

HUN4445
Nutrition and Disease – Part I: Fall 2022
Class #14453

Instructor

Laura Acosta

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Please use my UFL email instead of Canvas email

Office Hours:

- 9:00-10:30am on Tuesdays by appointment (email for appointment time).
 - Zoom Link for Tuesday office hours:
 - <https://ufl.zoom.us/j/92273572344?pwd=NHhyd280RThUTUpOdEtrb0MrU3hoQT09>
 - Meeting ID: 922 7357 2344
 - Passcode: 710286
- I may also be able to accommodate occasional appointments on other days. Please email if Tuesdays do not work for you and we will arrange an alternate day.
- All office hours will be held on Zoom unless otherwise arranged.

Teaching Assistant

Danielle Aycart

danielle.aycart@ufl.edu

Office Hours TBA

Course Location & Meeting Times

Tuesday and Wednesday 1:55-2:45pm (7th period)

Location: 100% online in Zoomland 😊

Note: This online course is synchronous, meaning that you will need to log in to Zoom at class time, and be “present” (virtually), just as you would if the course was in-person.

See Canvas site for Zoom links.

Recording Policies

Note that our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Students are allowed to record their own video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable

purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Course Description

Part one of a two-semester sequence that focuses on assessing the nutritional status of individuals and on the biochemical and pathophysiological bases of diseases and conditions that require specialized nutrition support or medical nutrition therapy.

Prerequisites: Fundamentals of Human Nutrition (HUN2201) and Organic Chemistry 2 (CHM2211)

Corequisites: Biochemistry (BCH3025 or BCH4024) and Physiology (APK2015C or PCB4723C)

Credits: 2

Required Materials

- Computer with reliable internet access, webcam, and microphone
- Access to e-Learning (Canvas): <https://elearning.ufl.edu/>
- Access to Zoom: <https://ufl.zoom.us>
- Google Chrome browser with the HonorLock extension for quizzes and exams
 - Chrome can be downloaded here: <https://www.google.com/chrome>
 - The HonorLock Extension can be downloaded here: <https://static.honorlock.com/install/extension>
- Access to MS Word, MS PowerPoint, and PDF reader software

Course Objectives

Upon completion of this course, students should be able to:

1. Describe how to conduct a comprehensive nutrition assessment
2. Describe the etiology, symptoms, clinical findings and pathophysiology associated with diseases and conditions covered in this course.
3. Describe the nutritional management of the diseases and conditions covered in this course.

4. Differentiate between enteral and parenteral nutrition; identify appropriate situations for using these feeding modalities; calculate the energy, protein and fluid content of formulas; and make appropriate recommendations with regard to initiation and monitoring of enteral and parenteral solutions.
5. Evaluate the impact of food/nutrient-drug interactions on nutritional status and drug efficacy and recommend appropriate intervention strategies.
6. Describe research designs used in nutrition research and discuss their strengths and limitations and the features that increase confidence that results are valid.

Recommended Text

- Nelms M, Sucher K. (2020). Nutrition Therapy and Pathophysiology, 4th Edition. Boston, MA: Cengage Learning. ISBN-13: 978-0357041710
- OR**
- Nelms M, Sucher K, Lacey K. (2016). Nutrition Therapy and Pathophysiology, 3rd Edition. Boston, MA: Cengage Learning. ISBN-13: 978-1305111967

Course Format

We will use a “flipped classroom” model in this course. The general pattern will be:

- Wednesday: Lecture to introduce new concepts and set the stage for the week.
- Thursday through Monday: Online content to review independently (this may consist of videos, readings, etc.)
- Tuesday: Discuss and synthesize concepts; wrap up the topic.

Attendance

Attendance is required for this course. “Attendance” is more than just logging into class on Zoom. It means being attentive and engaged, and not working on other tasks. Come to class in a quiet space without distractions. You should not be working at a job, traveling, “multitasking”, etc. **You must have your camera on in order to be counted as “present”**. If there is a day that you must keep your camera off for some reason, communicate with Danielle and Mrs. Acosta about this ahead of time.

Each student is allowed 3 absences that will not count against your grade. After that, there will be a 5 point deduction for each absence. Tardiness is unacceptable in the workplace and therefore also inappropriate in the classroom. Students who are more than 10 minutes late will lose **2 points** from their attendance grade each time they are tardy.

Student Evaluation

Final grades will be based on attendance, in-class activities, weekly online quizzes, one case study, three unit exams, and a cumulative final exam.

Quizzes: Quizzes will be given in Canvas. They will open on Thursday afternoons, and close on Wednesdays at 11:59pm.

Case Study: Due on the date indicated on the syllabus. Late assignments will be penalized 10% for each day late.

Exams: Exams will be given on Canvas, using HonorLock. In the weeks that we have exams, they will open on Fridays, and must be completed by the following Monday at 11:59pm. Exams are

designed to take 60 minutes. However, everyone will be given double time (120 minutes) for exams. Failure to take an exam will result in a score of 0.

Extra credit projects will not be available.

Performance Indicators

Attendance	10
In-class Activities	20
11 Weekly Quizzes (6 points each, lowest score dropped)	60
Case Study	60
<u>Exams 1, 2 & 3 @ 150 points each</u>	<u>450</u>
Total	600

Grades are not negotiable and will be assigned according to the following scale:

560-600	93.34-100%	A	400-419	66.68-69.9%	D+
540-559	90-93.33%	A-	380-399	63.34-66.67%	D
520-539	86.68-89.9%	B+	360-379	60-63.33%	D-
500-519	83.34-86.67%	B	<360	<60%	E
480-499	80-83.33%	B-			
460-479	76.68-79.9%	C+			
440-459	73.34-76.67%	C			
420-439	70-73.33%	C-			

Grades and Grade Points

For information on current UF policies for assigning grade points, see

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Student Honor Code."* You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: *"On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students

Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>.

Software Use

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Phone	Web site	Services provided
University Counseling and Wellness Center	352-392-1575	https://counseling.ufl.edu/	<ul style="list-style-type: none"> • Counseling Services • Groups and Workshops • Outreach and Consultation • Self-Help Library • Wellness Coaching
U Matter We Care	umatter@ufl.edu 352-392-1575	http://www.umatter.ufl.edu/	Support for students in distress
Career Connections Center	352-392-1601	https://career.ufl.edu/	Career development assistance and counseling

Services for Students with Disabilities

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center (DRC). The DRC coordinates needed accommodations, including accommodations within the classroom, adaptive computer equipment, interpretation services, and mediation for faculty-student disability related issues. Here is the link to get started with the DRC: <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructors and discuss their access needs as early as possible in the semester.

Online Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available

at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Writing Studio

The Writing Studio is committed to helping University of Florida students meet their academic and professional goals by becoming better writers. Individual assistance is provided and students of all levels and disciplines are welcome (<https://writing.ufl.edu/writing-studio/>). Their main office is 302 Tigert Hall, and their office phone is (352) 846-1138.

Course Material Copyright and Confidentiality

All course material is the property of the University of Florida and the course instructor, and **may not** be posted online for any commercial or non-commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Filing a Complaint

The University of Florida believes strongly in the ability of students to express concerns regarding their experiences at the University. The University encourages its students who wish to file a written complaint to submit that complaint directly to the department that manages that policy.

A student who is unsure as to the official responsible for handling his or her particular complaint may contact the Ombuds office or the Dean of Students Office. For complaints that are not satisfactorily resolved at the department level or which seem to be broader than one department, students are encouraged to submit those complaints to one of the following offices:

Ombuds: <http://www.ombuds.ufl.edu/>
352-392-1308

The purpose of the Ombuds office is to assist students in resolving problems and conflicts that arise in the course of interacting with the University of Florida. By considering problems in an unbiased way, the Ombuds works to achieve a fair resolution and works to protect the rights of all parties involved.

Dean of Students Office: <http://www.dso.ufl.edu/>
352-392-1261

The Dean of Students Office works with students, faculty, and families to address a broad range of complaints either through directly assisting the student involved to resolve the issue, working with the student to contact the appropriate personnel, or referring the student to resources or offices that can directly address the issue. Follow up is provided to the student until the situation is resolved.

Additionally, the University of Florida regulations provide a procedure for filing a formal grievance in Regulation 4.012: <http://regulations.ufl.edu/regulations/uf-4-student-affairs/>

Email

Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

	Date	Topic	Optional Textbook Readings (Nelms, Sucher) 3 rd = Third Edition 4 th = Fourth Edition Additional supplemental readings will be posted on Canvas	Major Assignments and Exams
Week 1: Wednesday Aug 24 – Tuesday Aug 30	Wednesday August 24	Syllabus and Expectations Introduction to The Nutrition Care Process	3 rd : Chapter 2 4 th : Chapter 2	
	Watch for Tuesday...	Nutrition Screening		
	Tuesday August 30	Nutrition Screening Activity and Review		
Week 2: Wednesday Aug 31 – Tuesday Sept 6	Week 1 Quiz Due by 11:59pm on Wednesday, August 31			
	Wednesday August 31	Nutrition Screening Activity and Review		
	Watch for Tuesday...	Anthropometrics and Body Composition		
	Tuesday September 6	The Nutrition Care Process (continued)		
Week 3: Wednesday Sept 7 – Tuesday Sept 13	Week 2 Quiz Due by 11:59pm on Wednesday, September 7			
	Wednesday September 7	The Malnutrition Diagnostic Framework	3 rd : Chapter 3 4 th : Chapter 3	
	Watch for Tuesday...	Estimating Energy Needs Dietary Assessment		

	Tuesday September 13	Energy Needs Activity and Review		
Week 4: Wednesday Sept 14 – Tuesday Sept 20	Week 3 Quiz due by 11:59pm on Wednesday, September 14			
	Wednesday September 14	Protein Needs	3 rd : Chapter 3 4 th : Chapter 3	
	Watch for Tuesday...	Fluid Needs Interpreting Labs		
	Tuesday September 20	Protein, Fluids, and Labs Activity and Review		
Week 5: Wednesday Sept 21 – Tuesday Sept 27	Week 4 Quiz due by 11:59pm on Wednesday, September 21			
	Wednesday September 21	Review for Unit 1 Exam		
	Complete By Monday...	Unit 1 Exam: Nutrition Assessment (Due Monday, September 26 at 11:59pm)		UNIT 1 EXAM
	Tuesday September 27	Introduction to Enteral Nutrition		
Week 6: Wednesday Sept 28 – Tuesday Oct 4	No quiz due this week			
	Wednesday September 28	Enteral Nutrition (Part 1)	3 rd : Chapter 5 4 th : Chapter 5	
	Watch for Tuesday...	Enteral Nutrition (Parts 2 and 3)		
	Tuesday October 4	Enteral Nutrition Activity and Review		
Week 7: Wedn esday Oct 5	Week 6 Quiz due by 11:59pm on Wednesday, October 5			
	Wednesday October 5	Introduction to Parenteral Nutrition	3 rd : Chapter 5 4 th : Chapter 5	

	Watch for Tuesday...	Parenteral Nutrition (Part 2)		
	Tuesday October 11	NO CLASS MEETING TODAY (Dr. Acosta at a conference) Complete Parenteral Nutrition Practice Problems		
Week 8: Wednesday Oct 12 – Tuesday Oct 18	Week 7 Quiz due by 11:59pm on Wednesday, October 12			
	Wednesday October 12	Parenteral Nutrition Activity and Review		
	Watch for Tuesday...	TBA		
	Tuesday October 18	Introduction to Interprofessional Case Study		
Week 9: Wednesday Oct 19 – Tuesday Oct 25	No quiz this week			
	Wednesday October 19	Interprofessional Case Study		
	Complete By Monday...	Unit 2 Exam: Nutrition Support (Due Monday, October 24 at 11:59pm)		UNIT 2 EXAM
	Tuesday October 25	Interprofessional Case Study		
Week 10: Wednesday Oct 26 – Tuesday Nov 1	No quiz this week			
	Wednesday October 26	Nutrition and Cancer	3 rd : Chapter 23 4 th : Chapter 23	
	Watch for Tuesday...	Nutrition and Cancer Parts 2 and 3		

	Tuesday November 1	Nutrition and Cancer Review		
Week 11: Wednesday Nov 2 – Tuesday Nov 8	Week 10 Quiz due by 11:59pm on Wednesday, November 2			
	Wednesday November 2	TBA		INTERPROFESSIONAL CASE STUDY DUE
	Watch for Tuesday...	Nutrition and Pharmacology	3 rd : Chapters 11 and 24 4 th : Chapter 11, and Chapter 22 Section 22.11 (pgs. 693-698)	
	Tuesday November 8	Nutrition and Pharmacology Activity and Review		
Week 12: Wednesday Nov 9 – Tuesday Nov 15	Week 11 Quiz due by 11:59pm on Wednesday, November 9			
	Wednesday November 9	Introduction to Critical Care	3 rd : Chapter 22 4 th : Chapter 22	
	Watch for Tuesday...	Nutrition and Critical Care		
	Tuesday November 15	Critical Care Activity and Review		
Week 13: Wednesday Nov 16 – Tuesday Nov 22	Week 12 Quiz due by 11:59pm on Wednesday, November 16			
	Wednesday November 16	TBA		
	Tuesday November 22	NO CLASS: THANKSGIVING		

Week 14: Wednesday Nov 23 – Tuesday Nov 29	No quiz this week			
	Wednesday November 23	NO CLASS: THANKSGIVING		
	Watch for Tuesday...	Nutrition and HIV/AIDS		
	Tuesday November 29	HIV/AIDS Activity and Review		
Week 15: Wednesday Nov 30 – Tuesday Dec 6	Week 14 Quiz due by 11:59pm on Wednesday, November 30			
	Wednesday November 30	Introduction to Renal Nutrition	3 rd : Chapter 18 4 th : Chapter 18	
	Watch for Tuesday...	TBA		
	Tuesday December 6	Renal Nutrition (Part 2)		
Week 16: Wednesday Dec 7	Week 15 Quiz due by 11:59pm on Wednesday, December 7			
	Wednesday December 7 LAST DAY OF CLASSES	Review for Exam 3		
EXAM 3	Wednesday December 14	You will have 2 hours to complete this exam. It will be open from 8am to 8pm.		EXAM 3