



**The University of British Columbia
Food, Nutrition and Health
FNH 475 Foundations of Nutrition Care II
Jan - April 2017**



Photo credit : Nelms, Sucher and Roth, 2016

INSTRUCTOR: Claire Tugault-Lafleur, PhD(c), MA, RD
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OFFICE HOURS: By appointment

CLASS TIME AND LOCATION: Tuesdays and Thursday, from 9:30-11:00 in West Mall Swing Space, room 105

PREREQUISITES: FNH 470, FNH 350, FNH 351, FNH 370, FNH 371, CAPS 301

TA: Sarah Montgomery, MSc(c), RD
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COURSE DESCRIPTION: This course explores the etiology and pathophysiology of selected diseases and conditions, and the application of the Nutrition Care Process in implementing and managing nutrition therapy. Disease states explored in this course include trauma and critically ill patients, hypermetabolic states and severe stress, diseases of the hepatobiliary system and kidneys, neurological disorders including the management of dysphagia, eating disorders, and food allergies. Students will participate in a variety of applied learning opportunities including case studies built around the Nutrition Care Process (NCP) and competencies for dietetic education assigned for each content area.

CLASS FORMAT: The format for this course will be 2 x 80 minute meetings each week. Learning in this course is supported by the completion of problem-based case-studies focused on Medical Nutrition Therapy (MNT) for different diseases across the lifespan, in-class two stage examinations, classes run by dietitians in practice, viewing multi-media resources, interactive group-based in-class activities, and reading selected materials.

LEARNING OUTCOMES: On completion of this course, students should be able to:

1. Describe the etiology and pathophysiology of select diseases including critically ill and trauma patients, cancer and other hypermetabolic conditions, diseases of the hepatobiliary system, diseases of the kidneys, neurological disorders, dysphagia management, eating disorders, and food allergies.
2. Describe and apply the Nutrition Care Process (NCP) and its application to nutrition therapy of selected diseases and conditions (listed in learning outcome #1).
3. Apply knowledge of nutrition support including knowledge of special nutritional products, their composition and appropriate application to the provision of nutritional care.
4. Describe the applications, side effects and potential nutrient-drug interactions for nutritionals, commonly used medications and complementary and alternative therapies.

5. Demonstrate an understanding of the role and scope of the dietitian in the delivery of nutrition care in various health care settings.
6. Consistently demonstrate professional practice, communication and collaboration skills.

EVALUATION

Evaluation	Due Date	Percent of Final Grade
<i>Problem-based Case Studies (CS):</i>		
1. Metabolic stress and trauma: open abdomen (CS#28 in Nelm's 5 th Ed.)	Jan 19	10%
2. Tongue cancer treated surgery, radiation and chemotherapy (CS#32 in Nelm's 5 th Ed.)	Jan 31	10%
3. Non-Alcoholic Fatty Liver Disease (NAFLD) (CS#14 in Nelm's 5 th Ed.)	Feb 16	10%
4. Chronic Kidney Disease (CKD) treated with dialysis (CS#19 in Nelm's 5 th Ed.)	March 7	10%
5. Ischemic Stroke (CS#22 in Nelm's 5 th Ed.)	March 23	10%
<i>In-class, two-stage exams (3):</i>		
1. Critical care and hypermetabolic states, dysphagia, cancer and HIV/AIDS	Feb 2	15%
2. Diseases of the kidneys, liver/hepatobiliary, eating disorders, and food allergies	March 9	15%
3. Neurological disorders, eating disorders, metabolic diseases, disease layering	April 6	20%
Total		100%

PROBLEM-BASED CASE STUDIES: In groups of 2-3 individuals, students will work on 5 case-study assignments based on the book by Nelms and Roth (5e) Medical Nutrition Therapy – A Case Study Approach. Students must remain in the same groups throughout the term. I expect students to work collaboratively on each of the case-studies as these are critical skills building towards internship. A word copy of these assignments will be posted on Connect. These assignments must be completed and submitted on the due date indicated above in the course evaluation. Late submissions will **not** be accepted since we will be reviewing these in class on their due date as a way of preparing the in-class examinations.

IN-CLASS, TWO-STAGE EXAMINATIONS: These tests will focus on synthesizing and applying concepts related to the etiology, pathophysiology, and applications of the MNT for various disorders. These examinations may include multiple choice questions, true/false (correct the false) questions, matching questions, and short answer questions. These examinations are close-book. Students will first complete individually these examinations for the first 45 minutes. They will then be grouped into small groups to address a sub-group of questions and re-submit their answers as a group. The individual component of the exam will count for 80% of their total marks

and the group component count for 20% of their total mark. There is no final exam for this course.

COURSE LINKAGE TO ICDEP: This course, like all required courses in the Dietetics Major, contributes to coverage of the *Integrated Competencies for Dietetic Education and Practice (ICDEP)*. All students in the Dietetics Major should refer to the [Mapping of Curriculum to ICDEP](#) page on the dietetics website to familiarize themselves with the requirements.

REQUIRED TEXTBOOKS:

1. Nelms, M, Sucher, Lacey and Roth. **Nutrition and Pathophysiology** (3e) 2016. Cengage Learning.
2. Nelms M. **Medical Nutrition Therapy – A Case Study Approach**. Thompson Books. 2017 (5e).
3. **Diet Analysis Software** is required to complete the case studies.

UBC CONNECT: Class notes are posted in advance of class. Guest lecture notes will be posted as soon as available. Additional Readings specified throughout the term posted on UBC Connect Library Tab are provided for further enrichment and to broaden understanding beyond lecture notes, text, case studies and guest presentations, students are encouraged to read supplemental material posted on the UBC Connect.

PLAGIARISM AND ACADEMIC MISCONDUCT: Plagiarism is using someone else's thoughts or publications, and presenting them as one's own, without citing the source. Students must ensure that when they seek assistance from a tutor or anyone else that the work they submit is actually their own. *Students* are responsible for ensuring that any work submitted does not constitute plagiarism. Students who are in any doubt as to what constitutes plagiarism should consult their instructor before handing in any assignments.

Many resources are available at UBC to help you avoid plagiarism. For more information, visit: <http://toby.library.ubc.ca/subjects/subjpage2.cfm?id=673>

More information on academic integrity and tips on how to avoid plagiarism are available here: <http://learningcommons.ubc.ca/resource-guides/avoiding-plagiarism/>

Penalties can range from giving a failing grade to suspension from the university, depending on the severity of the plagiarism. For more information, see: <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,959>

COURSE SCHEDULE
January – April 2017

Date	Topic	Readings	Evaluation
Tuesday, January 3	Introduction and course overview, interactive refresher from FNH 470		
Thurs, Jan 5	Unit 1: Nutrition Therapy in Critical Care Introduction to critical care nutrition: the clinical stress response and metabolic changes during stress and trauma	Nelms Ch.22	
Tues, Jan 10	Unit 1: Nutrition Therapy in Critical Care Clinical case-studies in the critically-ill patient: burns, traumatic brain injury, sepsis and surgery Guest speaker: Jan Greenwood, RD	Canadian Critical Care guidelines (link posted on Connect)	
Thurs, Jan 12	Unit 2 : Nutrition Therapy for Dysphagia Dysphagia management Guest lecture: Peter Lam, RD, CFE	Nelms Ch. 14 (p.359-362)	
Tues, Jan 17	Review CS#1; Unit 3: Nutrition Therapy for Neoplastic Disease , Introduction to cancer and nutritional management	Nelms Ch.23	CS #1: Metabolic stress and trauma
Thurs, Jan 19	Unit 3: Nutrition Therapy for Neoplastic Disease , clinical case scenarios Guest lecture: Melanie Chevrier, RD	Nelms Ch. 23	
Tues, Jan 24	Unit 4: Nutrition Therapy for cachexia, anorexia and wasting syndrome	Nelms Ch. 24	
Thurs, Jan 26	Unit 4: Nutrition therapy for HIV/AIDS Guest lecture: Cheryl Collier, RD	Nelms Ch.24	
Tues, Jan 31	Review CS#2, clinical scenarios, Q&A for exam #1		CS#2: Tongue cancer
Thurs, Feb 2	Exam #1 covering nutrition care in the critically-ill patient, dysphagia management, cancer and HIV/AIDS		Exam #1
Tues, Feb 7	Unit 5: Nutrition therapy for hepatobiliary diseases diseases of the liver and liver transplant Guest lecture: Lori Fortier, RD	Nelms Ch.16	
Thurs, Feb 9	Unit 5: Nutrition therapy for hepatobiliary diseases diseases of biliary system (pancreas and gallbladder)	Nelms Ch. 16	
Tues, Feb 14	Unit 6: Nutrition Therapy in Renal Disease Diseases of the renal system: pathophysiology and etiology	Nelms Ch. 18	
Thurs, Feb 16	Review Case-study #3	Nelms Ch. 18	CS#3: NAFLD

	Unit 6: Nutrition Therapy in Renal Disease Introduction to nutrition management for CKD, ARF, nephrotic syndrome and kidney transplant		
Feb 20-24	Reading week - no classes		
Tues, Feb 28	Unit 6: Nutrition Therapy in Renal Disease Clinical applications in renal diseases: CRF, HD and PD Guest lecture: Karen Parinas, RD	Nelms Ch. 18	
Thurs, Mar 2	Unit 7: Nutrition therapy for allergies & intolerances Guest lecture: Linda Kirste, RD, CNSD, Health Link BC	Nelms Ch. 9, p. 184-189	
Tues, Mar 7	Review case-study #4 Interactive discussion, applied clinical scenarios, Q&A for examination #2		CS#4: CKD with dialysis
Thurs, Mar 9	Examination #2 covering diseases of the hepatobiliary system, renal diseases and allergies		Exam #2
Tues, Mar 14	Unit 8: Nutrition therapy for Neurological disorders: Stroke, TBI and SCI	Nelms Ch. 20	
Thurs, Mar 16	Unit 8: Nutrition therapy for Neurological disorders: Progressive neurological disorders: Parkinson's, MS, ALS Guest lecture: Kathleen Beggs, RD, GF Strong	Nelms Ch. 20	
Tues, Mar 21	Unit 9: Nutrition Therapy for Eating Disorders Guest lecture: Kosa Matic, RD, SPH	Nelms Ch. 12, p.279-286	
Thurs, Mar 23	Review case-study #5; Disease layering and more complex scenarios Guest lecture: Liz Da Silva, MSc, RD		CS#5: Ischemic stroke
Tues, Mar 28	Unit 10: Nutrition therapy for Metabolic Diseases Guest lecture: Keiko Ueda, RD, MPH	Nelms Ch. 26	
Thurs, Mar 30	Application in nutritional genomics Guest lecture: Sarah Montgomery, RD, MSc(c) in experimental medicine	Nelms Ch. 10	
Tues, Apr 4	Course integration, Q & A for exam #3		
Thurs, Apr 6	Examination #3 covering neurological disorders, eating disorders, metabolic diseases and disease layering		Exam #3
No Final Exam! 😊😊 Have a great summer!			