

## **NUIP 6360-001 Medical Nutrition Therapy I**

Fall 2023

Mondays & Wednesdays 9:00a-10:30a GC 4680

3 Credit Hours

**Instructors:** Kary Woodruff, PhD, RD, CSSD; Kristine Jordan, PhD, MPH, RD for 5 lectures

### **Contact information:**

**Phone:** (801) 585-5936

**Email:** Kary.Woodruff@utah.edu

**Office Hours:** Mon/Wed 10:30 am-11:30 am or by appointment

**Office Location:** HPR N 210

### **Course Description:**

This course addresses the physiology and pathophysiology throughout the life-cycle with recognition and application of appropriate medical nutrition therapy through implementation of the nutrition care process.

**Pre- or co-requisites:** NUIP Master's Program students or instructor's consent.

### **Student Learning Outcomes:**

*Upon completion of this course, students will be able to:*

- KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
- KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.
- KRDN 1.3 Apply critical thinking skills.
- KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.
- KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.
- KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.
- KRDN 3.1 Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.
- KRDN 5.5 Promote team involvement and recognize the skills of each member.
- CRDN 1.2 Evaluate research and apply evidence-based guidelines, systematic reviews and scientific literature in nutrition and dietetics practice.
- CRDN 1.5 Incorporate critical-thinking skills in overall practice.
- CRDN 2.3 Demonstrate active participation, teamwork and contributions in group settings.
- CRDN 2.6 Refer clients and patients to other professionals and services when needs are beyond individual scope of practice.
- CRDN 3.1 Perform Medical Nutrition Therapy by utilizing the Nutrition Care Process including use of standardized nutrition terminology as a part of the clinical workflow elements for individuals, groups and populations of differing ages and health status, in a variety of settings.
- CRDN 5.6 Promote team involvement and recognize the skills of each member.

CRDN 3.8 Design, implement and evaluate presentations to a target audience.

### **Teaching and Learning Methods**

This course will employ a variety of teaching and learning techniques including; lecture, case studies, student presentations, group discussions, simulations, activities and projects and exams. CANVAS is used as an online classroom support platform – the CANVAS Calendar contains most of the information you will need for the class. CANVAS Announcements are used to disseminate information for the class

**Learning Activities:** *The material covered includes learning activities required by the Accreditation Council on Education for Nutrition and Dietetics:*

- Case study on each of the following topics: cardiovascular disease, endocrine disorders, renal disease, gastrointestinal disease, and overweight/obesity.
- Case studies focusing on the following populations: children, adults, older adults; individuals with different religious affiliations (Hindu, Roman Catholicism, Protestantism); individuals from different ethnic backgrounds (Latino/Hispanic, African American, Indian, Caucasian).

### **Required Materials:**

- Mahan & Raymond. Krause's Food & the Nutrition Care Process, 16<sup>th</sup> edition, Elsevier Publishing, 2022. ISBN: 9780323810258
- Nelms N, Long S & Lacey K. Medical Nutrition Therapy - A Case Study Approach 6th Edition, Wadsworth, 2021
- **Academy of Nutrition and Dietetics Student Membership** You are required to become a member of the Academy of Nutrition and Dietetics (\$58.00). <https://www.eatrightpro.org/member-types-and-benefits>
- **Academy of Nutrition and Dietetics: eNCPT/electronic Nutrition Care Process Terminology tool**, a comprehensive guide for implementing the Nutrition Care Process using a standardized language. AND student member pricing \$35.00, <https://ncpt.webauthor.com/>.
- **Academy of Nutrition and Dietetics Evidence Analysis Library**, free with academy membership. Access via <http://www.andeal.org/>
- There will be selected readings from your Clinical Assessment (Fall 2024) textbook: Advanced Medical Nutrition Therapy, by Kelly Kane and Kathrine Prelack. 1<sup>st</sup> edition/2018.

### **Recommended:**

- Academy of Nutrition and Dietetics: **Nutrition Care Manual** Online Subscription. Note Student Member Pricing (\$79.99.) Available at [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org).
- Pronsky Z Food Medication Interactions, most recent (19e), available online. If you can't get the 19<sup>th</sup> edition, the 18<sup>th</sup> will suffice.
- A medical dictionary and medical terminology book can be very helpful. There are many websites that can help fulfill this need.

*\*These books will be used for both semesters of MNT as well as for clinical rotations.*

### **Learning Assessments:**

#### **Daily Quizzes (10%)**

On most lecture days, there will be a quiz due before class begins at 9 am on the reading material assigned for class that day. You will have 15 minutes to complete the open-book quiz. Quizzes available on Canvas, and the lowest grade will be dropped.

### Case Study Presentations (15%)

Each CMP student will present a case study from Nelm's Medical Nutrition Therapy: A Case Study Approach. The case presentation should be done as a PowerPoint or similar format. A grading rubric is provided on Canvas. Case presentations should be 15 minutes in length (including time for Q & A). **Students should plan to meet with the instructor at least one week prior to presentation date** to go over case materials with instructor. Students will hand in a write up of case study questions as well as a 1-day sample meal plan for the case study patient that aligns with the identified nutrition intervention.

### Case study questions (15%)

Each student in the class is responsible to write up and hand in a written response to preselected questions that accompany each case study. These are due on the day of the case presentation, submitted on Canvas. **All answers should be referenced, use the APA format.**

### Team Based Learning (15%)

Team-based learning (TBL) will be incorporated into the course through 3 modules. This active form of learning will replace traditional lectures to increase student engagement and collaboration. Students will be expected to provide constructive feedback to peers and effectively communicate on a team. TBL emphasizes the application of course material to enhance learning. Meets CRDN 2.3, 5.6

### Participation & Preparation points (10%)

Students are encouraged to participate in discussions, ask questions, complete short unplanned assignments etc. There are brief assignments including the EAL tutorial, the Functional Medicine assignment, and the HIPAA modules completion included here.

### Exams (35%)

There will be three exams worth varying points. Exams will contain multiple choice, short answer, case study question which will be drawn from written assignments, lectures, case presentations and readings.

**Life Card!** All students are given one 'Life Card' allowing them to submit an assignment late (up to 3 days) without penalty. This does not apply to quizzes since the lowest quiz grade is dropped.

### Grading Criteria:

Range			Grade	Range			Grade	Range			Grade
92.5	100		A	79.5	82.4		B-	66.5	69.4		D+
89.5	92.4		A-	76.5	79.4		C+	62.5	66.4		D
86.5	89.4		B+	72.5	76.4		C	59.5	62.4		D-
82.5	86.4		B	69.5	72.4		C-	0	59.4		E

*Grades will be determined based on a percentage of total points earned. Grades at or above the .5 level will be rounded up; grades at or below .4 level will be rounded down.*

## Course Schedule:

*Note:* Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas. Readings are listed on Canvas.

Week	Dates	Topics, Major Assignments
1	8/21, 8/23	Introduction to MNT; <i>The Nutrition Care Process TBL</i>
2	8/28, 8/30	Clinical Assessment/Screening; Anthropometric Assessment
3	9/6	Dietary Assessment
4	9/11, 9/13	Biochemical Assessment; Energy Expenditure
5	9/18, 9/20	Dietary Supplements; Neurologic Disorders
6	9/25, 9/27	<i>Exam #1</i> ; Upper GI Disorders
7	10/2, 10/4	Lower GI Disorders, Food Allergies & Intolerances
<b>Fall Break Oct 8-15<sup>th</sup></b>		
8	10/16, 10/18	Nutrition & Aging/ <i>Cultural Awareness CS</i> ; Adult Weight Management
9	10/23, 10/25	Pediatric Weight Management; <i>Case Study Presentations #1</i>
10	10/30, 11/1	<i>Weight Management TBL</i> ; <i>Exam #2</i>
11	11/6, 11/8	Diabetes
12	11/13, 11/15	<i>Case Study Presentations #2</i> ; Cardiovascular Disease
13	11/20, 11/22	<i>Hypertension TBL</i> ; <i>Case Study Presentations #3</i>
14	11/27, 11/29	Inflammation & Chronic Disease; Renal disease
15	12/4, 12/6	Cystic Fibrosis; <i>Case Study Presentations #4</i>
16	Finals Week	<i>Exam #3 Tuesday December 12<sup>th</sup> 8-10 am</i>

## Course Policies:

- Students are expected to attend lectures and participate actively
- Silence cell phones. No texting
- Laptops should be closed during student and guest presentations.
- Avoid eating when we have a guest lecturer. Please avoid noisy food.
- Avoid side conversations
- Assignments are to be uploaded into Canvas; I will not accept paper copies of assignments. **Technical difficulties will not be acceptable reasons for late assignments.** If you experience technical difficulties with submitting these assignments, you can call technical support or you can try to email me the assignment via Canvas email. *I will not accept late assignments or assignments not submitted correctly without prior permission.* Assignments submitted late (**up to 3 days including weekends**) **will be graded for at 50% credit.**

## University Policies

1. ***The Americans with Disabilities Act.*** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, (801) 581-5020. CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services.

2. ***University Safety Statement.*** The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [safeu.utah.edu](http://safeu.utah.edu).
3. ***Addressing Sexual Misconduct.*** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).
4. ***Undocumented Student Support.*** Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles to engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center. Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families. To learn more, please contact the Dream Center at 801.213.3697 or visit [dream.utah.edu](http://dream.utah.edu).
5. ***COVID-19.*** The University of Utah has implemented reasonable health and safety protocols, considering recommendations by local, state and national public health authorities, in response to the COVID-19 pandemic. For the most up-to-date information on COVID-19 protocol, please refer to: <https://coronavirus.utah.edu/>. Other resources are
  - a. [Registrar's Office COVID-19 Information and FAQ's](#)
  - b. [Housing & Residential Education](#)
6. ***Diversity/Inclusivity.*** I stand in support of compassion, dignity, value-of-life, equity, inclusion and justice for all individuals regardless of color, race/ethnicity, sexual orientation, religion, language, socioeconomic status, ability, gender, gender identity or expression, immigration status, or any type of marginalization. I stand in support of making our society more inclusive, just, and equitable for all individuals. I stand against individual and systemic racism in all its various forms.
7. ***Student Names & Personal Pronouns.*** Class rosters are provided to the instructor with the student's legal name as well as "Preferred first name" (if previously entered by you in the Student Profile section of your CIS account, which managed can be managed at any time). While CIS refers to this as merely a preference, I will honor you by referring to you with the name and pronoun that feels best for you in class or on assignments. Please advise me of any name or pronoun changes so I can help create a learning environment in which you, your name, and your pronoun are respected. If you need any assistance or support, please reach out to the LGBT

Resource Center. [https://lgbt.utah.edu/campus/faculty\\_resources.php](https://lgbt.utah.edu/campus/faculty_resources.php)

8. **Drop/Withdrawal.** The last day to drop classes is 9/1/23; the last day to withdraw from this class is 10/20/23. Please check the academic calendar for more information pertaining to dropping and withdrawing from a course. Withdrawing from a course and other matters of registration are the student's responsibility.
9. **Non-contract note.** This syllabus is meant to serve as an outline and guide for our course. Please note that I may modify it with reasonable notice to you. I may also modify the Course Schedule to accommodate the needs of our class. Any changes will be announced in class and posted on Canvas under Announcements.
10. **Wellness Statement.** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student's ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness at [www.wellness.utah.edu](http://www.wellness.utah.edu) or 801-581-7776.
11. **Veterans Center.** If you are a student veteran, the U of Utah has a Veterans Support Center located in Room 161 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information about what support they offer, a list of ongoing events and links to outside resources: <http://veteranscenter.utah.edu/>. Please also let me know if you need any additional support in this class for any reason.
12. **Learners of English as an Additional/Second Language.** If you are an English language learner, please be aware of several resources on campus that will support you with your language and writing development. These resources include: The Writing Center (<http://writingcenter.utah.edu/>); the Writing Program (<http://writing-program.utah.edu/>); the English Language Institute (<http://continue.utah.edu/eli/>). Please let me know if there is any additional support you would like to discuss for this class.
13. **Plagiarism software policy.** I have elected to use a plagiarism detection service in this course, in which case you will be required to submit your paper to such a service as part of your assignment.
14. **Other important information to consider including:**
  - a. Student Code: <http://regulations.utah.edu/academics/6-400.php>
  - b. Accommodation Policy (see Section Q): <http://regulations.utah.edu/academics/6-100.php>

### **Additional Support & Resources for Students:**

1. **Diverse Supports for Students.** Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

#### ***Student Support Services (TRIO)***

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Student Support Services (TRIO)**

801-581-7188

[trio.utah.edu](http://trio.utah.edu)

Room 2075

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

*American Indian Students*

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**American Indian Resource Center**

801-581-7019

[diversity.utah.edu/centers/airc](http://diversity.utah.edu/centers/airc)

Fort Douglas Building 622

1925 De Trobriand St.

Salt Lake City, UT 84113

*Black Students*

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Black Cultural Center**

801-213-1441

[diversity.utah.edu/centers/bcc](http://diversity.utah.edu/centers/bcc)

Fort Douglas Building 603

95 Fort Douglas Blvd.

Salt Lake City, UT 84113

### *Students with Children*

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### **Center for Childcare & Family Resources**

801-585-5897

[childcare.utah.edu](http://childcare.utah.edu)

408 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

### *Students across Intersectional Identities and Experiences*

The Center for Equity & Student Belonging (CESB) creates community and advocates for academic success and belonging for students across inter-sectional identities and experiences among our African, African American, Black, Native, Indigenous, American Indian, Asian, Asian American, Latinx, Chicanx, Pacific Islander, Multiracial, LGBTQ+, Neurodiverse and Disabled students of color.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### **Center for Equity and Student Belonging (CESB)**

801-581-8151

[diversity.utah.edu/centers/CESB/](http://diversity.utah.edu/centers/CESB/)

235 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

### *LGBTQ+ Students*

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### **LGBTQ+ Resource Center**

801-587-7973

[lgbt.utah.edu](http://lgbt.utah.edu) (Links to an external site.)

409 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112



## *Women*

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **Women's Resource Center**

801-581-8030

[womenscenter.utah.edu](http://womenscenter.utah.edu)

411 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## *Inclusivity at the U*

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

*Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.*

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

### **Office for Inclusive Excellence**

801-581-4600

[inclusive-excellence.utah.edu](http://inclusive-excellence.utah.edu) (Links to an external site.)

170 Annex (Wing D)

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

## *Other Student Groups at the U*

To learn more about some of the other resource groups available at the U, check out:

[getinvolved.utah.edu/](http://getinvolved.utah.edu/)

[studentsuccess.utah.edu/resources/student-support](http://studentsuccess.utah.edu/resources/student-support)