NFS 260: CLINICAL NUTRITION 1
University of Vermont, Nutrition and Food Sciences Department
Fall 2022: T, TH 4:25-5:40PM, 3 Credits
Aitken 102

Instructor:
Kelsey L. Rose, MPH, RDN, LDN
Email: klrose@uvm.edu
Office: 253 Carrigan Hall
Office Hours: Wednesday 10:30-11:30 or by appointment

Supporting your success is my priority; do not hesitate to schedule a meeting through email. Please note, it could take more than 48 hours to respond, especially on the weekend.


Course Description:
This course explores concepts in pathophysiology of disease, with a focus on nutrition interventions. The course will begin with foundational aspects of nutritional assessment and the overall nutrition care process. Major organ system dysfunction including cardiovascular, gastrointestinal, renal, endocrine, pulmonary, central nervous system and immune processes/metabolic stress will be discussed over the next two semesters. Throughout the course, we will discuss ethical considerations, culturally competent care, and how to best support an individual’s overall wellbeing to empower you as future practitioners.

Through lecture, case discussion, and assignments, students will learn to use logical and critical reasoning to approach clinical situations which are complex and ill structured. Students are expected to identify problems and solutions and support their decisions with evidence-based, well-structured arguments.

Course Format
As much as possible, the course will begin with an overview of the previous week’s material, including a quiz (once a week) to best assess comprehension, then explore new material. Every class will involve a split between a lecture and applied learning and/or discussion. Required readings are expected to be completed before each class.

Learning Objectives:
After taking NFS 260 students will be expected to:
1) Know the pathophysiology/mechanism of disease and their nutrition interventions
2) Effectively use the Nutrition Care Process for disease states
3) Be able to create a care plan based on medical and social conditions, recognizing environmental barriers
4) Illustrate how the RDN is a necessary part of a multidisciplinary team
5) Critically think about application of population-wide recommendations at an individual level
6) Skillfully interpret current research
7) Utilize advocacy skills to challenge policy

Competencies:
ACEND Core Knowledge for Entry-Level Practice as an RDN
Upon completing 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 2.2  Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics.
KRDN 2.4  Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.
KRDN 2.5  Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.
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.

Prerequisites: Senior Standing, NFS 143, NFS 243

Course Requirements:
Assignments are due by the date specified in the calendar on pages 5-6. Assignments will be due 2 weeks from the assigned date. All assignments are to be word processed, with correct spelling and grammar utilized. Late assignments will be deducted 10% for each day past the due date. I will provide a grace period of 48 hours for one assignment. Readings will be assigned prior to lecture, followed by weekly quizzes. The following is the assigned work for NFS 260:

- Personal Reflection 5% (5 points)
- Starvation Project 5% (5 points)
- Midpoint Evaluation 5% (5 points)
- Weekly Quizzes 15% (35 points)
- Advocacy Presentation 10% (30 points)
- Mid-term 20% (40 points)
- Final Exam 20% (40 points)
- Case Study x 2 20% (40 points)

100% (200 points)

100 Points = D-
110 Points = D
120 Points = D+
130 Points = C-
140 Points = C
150 Points = C+
160 Points = B-
170 Points = B
180 Points = B+
190 Points = A-
200 Points = A
Grades of A+ will be awarded at the instructor’s discretion for outstanding engagement and performance in the course.

ATTENDANCE AND ILLNESS
If you need to isolate or quarantine, Student Health Services will inform our Dean’s office. You should contact me to make arrangements to discuss missed work.

If I need to be absent because of COVID-symptoms I reserve the right to either adjust our schedule to accommodate a cancelled class, or to convene the class remotely on Teams. If I need to be absent or convene a remote session, I will communicate with you as early as possible.

DIRE EMERGENCIES
These emergencies must be documented and are subject to my approval. In such emergencies, the student should contact me within twenty-four hours of the scheduled assessment/due date, unless it is physically impossible for the student to do so, in which case the student should be prepared to document that impossibility. I am willing to work with you if you are experiencing COVID-19 related illness or loss, you must however communicate with me in a timely manner so I can provide this support and alert college student services to pursue possible extensions.

LIVED NAME AND PRONOUN INFORMATION
The UVM Directory includes fields for indicating your lived name and your pronouns. Lived names (preferred names, names in use) are names that an individual wants to be known by in the University community. Entering your pronouns is strongly encouraged to help create a more inclusive and respectful campus community. To update your information, login to the UVM Directory. A preview box will allow you to see how this information will appear in other systems used on campus such as Microsoft Teams and Blackboard.

More information about how to make changes to your lived name and pronouns is available in the Knowledge Base.

STATEMENT ON WEIGHT INCLUSIVITY:
This course will take a weight-inclusive approach with the intention of improving access to health care that is non-stigmatizing. This approach is built on scientific evidence that individuals can maintain a healthy body and achieve a state of well-being independent of their weight. This approach moves away from blaming the individual for being unable to lose weight. It allows for a decrease in weight stigma and body shaming, while increasing focus on overall improvement in psychological well-being and social determinants of health. In this course, a weight-inclusive approach will be applied to all facets of dietetics & nutrition practice, including interventions, training, counseling, and education. This approach is consistent with CALS commitment to Diversity, Equity, and Inclusion.

POTENTIAL CHANGES DURING THE SEMESTER
The University of Vermont reserves the right to make changes in the course offerings, mode of delivery, degree requirements, charges, regulations, and procedures contained herein as educational, financial, and health, safety, and welfare considerations require, or as necessary to be compliant with governmental, accreditation, or public health directives.
PROHIBITION ON SHARING ACADEMIC MATERIALS
Students are prohibited from publicly sharing or selling academic materials that they did not author (for example: class syllabus, outlines or class presentations authored by the professor, practice questions, text from the textbook or other copyrighted class materials, etc.); and students are prohibited from sharing assessments (for example homework or a take-home examination). Violations will be handled under UVM’s Intellectual Property policy and Code of Academic Integrity.

ACADEMIC INTEGRITY
UVM has an Academic Integrity policy that should be adhered to during this course. You can find a copy of the policy here: http://www.uvm.edu/policies/student/acadintegrity.pdf.

RELIGIOUS HOLIDAYS
Students have the right to practice the religion of their choice. Each semester students should submit, in writing to their instructors, by the end of the second full week of class, their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

DISABILITY ACCOMMODATIONS
Students requiring special assistance due to a disability are asked to contact the instructor during the first week of classes so that reasonable accommodation for the disability can be determined and arranged. Disability documentation, testing, and accommodations are coordinated through the Student Accessibility Services office on campus: http://www.uvm.edu/~access/.

ACADEMIC-ATHLETIC CONFLICTS
Student athletes need to notify me of any classes they may miss due to documented athletic conflicts by the end of the second week of the semester. We will then work on a plan to allow the student-athlete to make-up any work they miss because of an athletic conflict.

UVM FINAL EXAM POLICY
This course will abide by the UVM Final Exam Policy: http://catalogue.uvm.edu/undergraduate/academicinfo/examsandgrading/.

STUDENT SUPPORT SERVICES
There are many students support services available to UVM students. You may find the following to be helpful throughout the semester and your time at UVM.

UVM Counseling and Psychological Services (CAPS) Office: http://www.uvm.edu/~chwb/psych/

UVM Living Well: http://www.uvm.edu/~chwb/psych/?Page=outreach.html

UVM Center for Health and Wellbeing: http://www.uvm.edu/~chwb/

Student Accessibility Services: https://www.uvm.edu/academicsuccess/student_accessibility_services

UVM Tutoring Center: https://www.uvm.edu/academicsuccess/tutoring_center

UVM Writing Center: http://www.uvm.edu/wid/writingcenter/
C.A.R.E.: If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at https://www.uvm.edu/studentaffairs

Alcohol and Cannabis Statement: As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored
- Affect sleep patterns, which interferes with long-term memory formation

Course Topic/Assigned Readings:
These are subject to change; however, students will receive advanced notice of any changes in assignment due dates and/or readings.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assigned Reading/Assignments</th>
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<tbody>
<tr>
<td>August 30</td>
<td>Introduction: Why being an RDN matters</td>
<td>NYtimes article, emailed</td>
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<tr>
<td>Sept 1</td>
<td>Let’s talk about weight inclusivity</td>
<td>See Blackboard</td>
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<td>Sept 6</td>
<td>Relationship to Body: It’s complicated</td>
<td>See Blackboard</td>
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<td>Sept 8</td>
<td>What is the Health at Every Size Movement and what does it mean for clinical practice?</td>
<td>See Blackboard</td>
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<td>September 13</td>
<td>Nutrition Care process: introduction</td>
<td>See Blackboard</td>
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<tr>
<td>September 15</td>
<td>Nutritional Assessment: Anthropometrics/Body Composition, Dietary Data, Biochemical, Clinical Nutrition Screening (SGA)</td>
<td>See Blackboard</td>
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<tr>
<td>September 20</td>
<td>Interprofessional practice: Complete module virtually</td>
<td>Chapter 3</td>
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<td>September 22</td>
<td>Interprofessional practice part 2: Attend one of two virtual sessions on Friday, September 23 via emailed link</td>
<td>Chapter 3</td>
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<td>September 27</td>
<td>Malnutrition: Consensus statement and diagnosing malnutrition</td>
<td>Chapter 22, Blackboard</td>
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<tr>
<td>September 29</td>
<td>nutrition focused physical exam and SGA</td>
<td>Chapter 22</td>
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<td>October 4</td>
<td>Malnutrition: alcohol and drug use</td>
<td>Blackboard</td>
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<td>Date</td>
<td>Topic</td>
<td>Due Date/Details</td>
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<tr>
<td>October 6</td>
<td>Metabolic stress in critical illness</td>
<td>Blackboard: Starvation project due</td>
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<td>October 11</td>
<td>Fluid and electrolyte balance: refeeding syndrome</td>
<td>Chapter 7</td>
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<td>October 13</td>
<td>Eating disorders Part 1</td>
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<td>October 18</td>
<td>Eating disorders Part 2</td>
<td>See blackboard</td>
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<td>October 20</td>
<td>Bariatric Surgery</td>
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<td>October 25</td>
<td>Part 1: Parental and Enteral nutrition</td>
<td>Chapter 5</td>
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<tr>
<td>October 27</td>
<td>Part 2: Parental and Enteral nutrition</td>
<td>Chapter 5 Midpoint evaluation due</td>
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<tr>
<td>November 1</td>
<td><strong>Exam 1</strong></td>
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<td>November 3</td>
<td>Upper GI tract Diseases</td>
<td>Chapter 14</td>
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<td>November 8</td>
<td>Upper GI/Lower GI</td>
<td>Chapter 14/Chapter 15</td>
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<td>November 10</td>
<td>Lower GI Tract Diseases</td>
<td>Chapter 15</td>
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<td>November 15</td>
<td>CVD Part 1: Hypertension</td>
<td>Chapter 13</td>
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<td>November 17</td>
<td>CVD Part 2: Lipid Disorders</td>
<td>Chapter 13 Case Study #2 due</td>
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<td>November 29</td>
<td>CVD Part 3: Metabolic syndrome</td>
<td>Chapter 13</td>
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<tr>
<td>December 1</td>
<td>CVD Part 4: Congestive Heart Failure</td>
<td>Chapter 13</td>
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<td>December 6</td>
<td>COVID and Nutrition Interventions</td>
<td>Blackboard</td>
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<td>December 8</td>
<td>Advocacy presentations</td>
<td>Advocacy presentation due</td>
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<td>December 15</td>
<td><strong>Final Exam: Aitken 102 at 4:30 PM</strong></td>
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