SUFFOLK COUNTY COMMUNITY COLLEGE
RIVERHEAD, NEW YORK

FALL 2007
COURSE OUTLINE

Course Title: Advanced Clinical Nutrition
Catalog #: FM40
Section #: 1384, 1385
Professor: Jodi Levine, MS, RD, CDN
Office: Shinnecock 125
Office Phone: 548-3576
Office Fax: 548-2682
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Goal:
Students will acquire the knowledge, clinical and fieldwork training necessary to become a competent entry level dietetic technician.

Student Objectives:
Upon completion of this course the student will be able to:
1. Describe the factors that must be considered in developing a nutritional assessment care plan and progress notes.
2. Discuss the relationship between nutrition and stress.
3. Identify and explain various routes of feeding and the use of dietary supplements.
4. Explain the rationale for diets modified in consistency.
5. Explain the role of nutrition in the treatment and/or prevention of the following disorders:
   a. Gastrointestinal Tract (Upper and Lower)
   b. Liver
   c. Diabetes
   d. Blood Vessels and Heart
   e. Lungs
   f. Renal
   g. Cancer
   h. AIDS
6. Discuss meal plans that meet the nutrient requirements of individuals with the aforementioned disorders.
7. Describe the uses for medication and complementary therapies in the treatment of diseases.
8. See attached Learning Objectives for Clinical/Fieldwork.

Strategies For Accomplishing These Objectives:
1. Lecture/Discussion
2. Case Histories
3. Guest Speakers
4. Clinical and Field Experience Assignments
5. Written and Oral Assignments
6. Audio-Visual Aids

Student Requirements for the Successful Completion of the Course:
1. Read all assigned materials and be prepared to respond to questions relating to them.
2. Take all exams given. No make-up exams are permitted.
3. Complete all case studies and submit to instructor on established date. Case studies will not be accepted late.
4. Participate in class discussions and activities.
5. See attached Tasks for Clinical and Fieldwork in FM40.
Grading Practice:

**Classroom Grade (50%):**
- Class Participation & Attendance ........................................ 5%
- 3 Exams ........................................................................ 15%
- Comprehensive Final .......................................................... 10%
- 2 Case Studies ................................................................ 10%
- Field Work Write-up............................................................ 10%

**Clinical/Field Experience Grade (50%):**
- 4 Menus: (Puree, Diabetic, Low Na, Low Cholesterol) ........... 20%
- 20 (minimum) Nutritional Assessments ................................ 20%
- Student Evaluation Form .................................................. 10%

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**Rules Concerning Student Absence and Lateness:**

College Policy: The College expects that each student will exercise personal responsibility with regard to class attendance. All students are expected to attend every class session of each course for which they are registered. Students are responsible for all that transpires in class whether or not they are in attendance. The College defines excessive absence or lateness as more than the equivalent of one week of class meetings during the semester. Excessive absence or lateness may lead to failure in a course or removal from the class roster. A student may be removed from the class roster by an instructor at any time when in the judgment of the instructor absences have been excessive or when other valid reasons exist.

1. No more than 2 absences are permitted for the lecture portion of the course. More than this number of absences is to be discussed with the instructor if successful course completion is expected. Absences must be made up in the clinical area.
2. Tardiness is identified as coming to class after the session has begun. Tardiness or leaving the class before it has ended will affect the final grade; two instances will be the equivalent of one absence.
3. If students are aware in advance of being tardy or are unable to attend a class session, they are to notify the instructor by calling the College and leaving a message for the instructor at (631) 548-3576.

**Textbooks:**

3. Highly Recommended:
   - Dictionary of Medical Terms
   - Food-Medications Interaction Manual
   - Dietary Analysis Software

**Library Resources:**
A variety of journals, newsletters and videos are available, such as: *JADA, American Journal of Clinical Nutrition, Environmental Nutrition, Journal of Nutrition, Nutrition and the M.D., Nutrition Today, and Nutrition Reviews.*
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<tr>
<th>Date</th>
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<tr>
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**FM40 ~ Important Dates:**

- **Wednesday** 9/19 Puree Menu
- **Tuesday** 9/25 Case Study #1
- **Monday** 10/1 Diabetic Menu
- **Thursday** 10/2 Exam #1
- **Thursday** 10/23 Exam #2
- **Wednesday** 10/24 Low Cholesterol Menu
- **Thursday** 11/1 Case Study #2
- **Monday** 11/12 Low Sodium Menu
- **Tuesday** 11/27 Exam #3
- **Tuesday** 12/18 Final Exam

*No Class: 9/13, 9/18, 11/22*
LEARNING OBJECTIVES FOR SUPERVISED PRACTICE

1. Describe the function, policies and procedures of the Dietary Department as they relate to the nutritional care of the clients.

2. Explain the roles of the Dietitian, Dietetic Technician, Dietary Manager and Dietary Aides as they relate to the nutritional care of the clients.

3. Discuss ethical considerations in the nutritional care of the clients.

4. Describe the rationale for modified diets.

5. Write menu extensions for puree, diabetic, low sodium and low cholesterol diets.

6. Explain therapeutic menu extensions that meet the dietary needs of clients with disorders of the Upper GI Tract, Lower GI Tract, Liver, Pancreas, Blood Vessels, Heart, Lungs, Kidneys, Cancer and AIDS.

7. Utilize the principles of interviewing, communication and group dynamics in your relationships with clients, site personnel, peers and faculty.

8. Demonstrate the process of conducting a nutritional assessment and identify the responsibilities of the Dietetic Technician throughout the Nutrition Care Process.

9. Identify and utilize the standardized language for the Nutrition Care Process

10. Explain the importance of preventative nutrition.

11. Identify and analyze factors influencing food choices.

12. Identify specific food and medication interactions.

13. Explain the use of medications and complementary therapies in the treatment of diseases.

1. Modify regular menus for a puree diet. Include liquids used to purify foods.  
   **Due:** 9/19/07

2. Modify regular menu for 1800 kcal diabetic diet using the exchange lists and an 1800 kcal meal pattern from your instructor.  
   **Due:** 10/1/07

   **Due:** 10/24/07

4. Follow a 2g Na diet for three days. Use a diet manual as a guide. Submit your food intake record and nutritional analysis for each of the three days. Describe your experience following this diet in a typed paper (no more than one page).  
   **Due:** 11/12/07

5. Observe food service to patients on modified diets. Note acceptance of meals. Communicate patient problems/requests to your instructor.

6. Review the diet manual used at the field site. Become familiar with the nomenclature.

7. Distribute nourishments to patients requiring between meal feedings. Note acceptance of nourishments and communicate problems/requests to your instructor.

8. Review formulas available for enteral feedings and supplements. Identify special products for these diets and discuss them with your instructor. Observe and interview patients on tube feedings, if possible.

9. Collect information from the medical records of patients. Use assessment forms provided by your instructor to complete a minimum of 20 nutritional assessments with 80% accuracy.

10. Review the data you collected for one chart retrieval form. With the pertinent information navigate [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org) to obtain relevant supporting data. Click on the Nutrition Risk tab to identify your patient’s risk factors, if applicable. Then select the Nutrition Care tab, regarding the resident’s medical condition(s) and if available obtain information regarding physical observation, pertinent labs, nutrition prescription and goals. Then select the Meal Plan tab to see if it matches the patient’s diet prescription. Write a brief summary of your findings and attach your supporting material.

11. Review medications prescribed in medical records and note their purpose and food-drug interactions.

12. Review pertinent laboratory data in medical records and explain the rationale for various serum, urine and stool tests.

13. Define and calculate appropriate nutritional requirements for individuals throughout the life span in trauma and disease.

14. Observe the accuracy of patient trays and communicate errors to the instructor.

15. Attend 4 professional meetings on clinical topics. Submit a brief summary and assessment of the meetings to your instructor. *Students should obtain prior approval for meetings from their clinical instructor.*

16. Become familiar with the MDS forms utilized at the nursing home.

17. Observe the types of computer software used in your clinical site.

18. Describe how a change in diet order becomes implemented.

19. Explain how your site keeps track of daily intakes of fluid and food.
20. Attend a health care team meeting, if possible.

21. Explain how the site keeps track of patients' weights.

22. Explain the purpose of the diet roster, census forms and nourishment records.

23. Describe protocols for decubiti, dysphagia patients, and isolation requirements.

24. Calculate tube feedings and fluid requirements for a resident.

25. Identify community resources available for patients in the hospital (home care, hospice).

26. Complete other activities as assigned by clinical instructor.

(Max) Extra Credit : Plan and present an in-service at clinical site.

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FM40 TASKS FOR FIELD WORK ~ 48 HOURS

1. Identify the goals of the facility as they relate to the nutritional care of the population being served.

2. Identify criteria for clients to receive services.

3. Identify the role of the site manager, dietitian and/or dietetic technician at the field site.

4. Interview a minimum of five participants to determine their food likes and dislikes. Determine if the clinical site makes provisions for clients who are on therapeutic diets.

5. Participate in client counseling as assigned by facility preceptor, if possible.

6. Observe and assist meal preparation and service if possible. Comment on your participation.

7. Develop at least one educational tool to be distributed at your field site or create an informative bulletin board or table display or prepare and present a 20-minute educational session.

8. Explain how the field site monitors the nutritional needs of the population being served.

9. Review the billing system and reimbursement procedures, if applicable.

10. Identify public relations techniques that are used to solicit clientele.

11. Complete other activities as assigned by the field site director.