

UNIVERSITY OF NEVADA LAS VEGAS
DEPARTMENT OF KINESIOLOGY AND NUTRITION SCIENCES
NUTR 426- Medical Nutrition Therapy 1
Fall 2015

Instructor: Laura J. Kruskall, PhD, RDN, CSSD, LD, FACSM, FAND. Director, UNLV Nutrition Sciences.

Office: BHS 330. Audrey Coffee, AA IV, Dr. Kruskall's Administrative Assistant.

Phone: (702) 895-4985 (office). Email preferred as I don't check messages daily.

Office Hours: M/W: 3:30-4:30. (Please make an appointment to guarantee time).

E-mail: WebCampus email or laura.kruskall@unlv.edu.

Class Credits, Times, and Location: 3 credits M/W 1:00pm-2:15pm, BHS 133

Course description: This clinical nutrition course is designed to prepare future Registered Dietitians/Nutritionists (RDN) for their Dietetic Internship and practice as an entry-level RDN. The Nutrition Care Process will be introduced and implemented for various disease states and populations. Prerequisites for this course include NUTR 271, NUTR 311/L, or consent of the instructor. It is expected that NUTR 427, 431, and 450 will be taken Spring 2015. This course will be taught and graded at the appropriate level. No leniency will be made in covering of material or grading due to lack of prerequisite courses. Some out of class meetings and assignments will be required.

Course Texts/Readings

- Krause's Food, Nutrition, & Diet Therapy, 13th Edition, W.B. Saunders Company, 2012 (Required).
- International Dietetics & Nutrition Terminology (IDNT) Reference Manual, Standardized Language for the Nutrition Care Process, 4rd Ed, 2013. Academy of Nutrition & Dietetics (Required). ecopy available and recommended.
- Exchange Lists for Meal Planning, The Academy of Nutrition & Dietetics (Required).
- Food Medication Interactions, 16th Edition (Required).
- A medical dictionary of your choice (Recommended).

Course Objectives:

Upon completion of the course the student will:

- Learn the differences between lay nutrition information and peer-reviewed scientific literature
- Identify accurate nutrition information and be able to better interpret nutrition information
- Understand the basis for dietary standards & guidelines
- Know the basic principles of macronutrient and micronutrient metabolism
- Understand nutrient & drug interactions
- Know nutrient requirements throughout the lifecycle
- Understand the Scope of Dietetics Practice Framework
- Develop a thorough understanding of the Nutrition Care Process (NCP) and apply the NCP to various patients/clients
 - **Assessment**
 - **Diagnosis**
 - **Intervention**
 - **Monitoring & Evaluation**

At the completion of the course students will have met the following ACEND Foundation Knowledge Requirements and Learning Outcomes:

Scientific and evidence Base of Practice: integration of scientific information and research into practice

- **Knowledge: KRD 1.1** The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.

Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.

- **Knowledge: KRD 2.3** The curriculum must include opportunities to understand governance of dietetics practice, such as the Scope of Dietetics Practice and the Code of Ethics for the Profession of Dietetics; and interdisciplinary relationships in various practice settings

Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations

- **Knowledge: KRD 3.1** The curriculum must reflect the principles of Medical Nutrition Therapy and the practice of the nutrition care process, including principles and methods of assessment, diagnosis, identification and implementation of interventions and strategies for monitoring and evaluation.

Course Evaluation:

Item	% of Total Grade
Dietary Exchanges Assignment	5% (50)
NCP Assignments	20% (200)
First Nutrition Care Process Case Study Exam	25% (250)
Weight Management Learning Modules	10% (100)
Final Exam	40% (400)
TOTAL POINTS POSSIBLE	100% (1000)
Course Grade: 93-100% = A; 90-92% = A-; 87-89% = B+; 83-86% = B; 80-82% = B-; 77-79% = C+; 73-76% = C; 70-72% = C-; 67-69% = D+; 63-66% = D; 60-62% = D-; <60% = F	

Course Format:

Assigned textbook chapters or other materials are to be read prior to each class meeting. Lectures may contain information not presented in the textbook. It will be the student's responsibility to ask questions in class or during an appointment if any information is unclear. Exams may contain material from the textbook, readings, and from class lectures. Missed exams and projects must be discussed with the instructor prior to the exam date or project due date, and make-ups will be at the discretion of the instructor. In the event of a legitimate emergency, the instructor must be contacted within a reasonable amount of time. Failure to do so will result in a zero. Late assignments will be deducted 10% per day (including weekend days) until received by the instructor.

Academic integrity is expected at all times. Violating this will result in penalties ranging from a zero on the assignment/quiz/exam, failing grade in the course, or academic suspension. Examples of academic misconduct include cheating in any manner or plagiarizing. Please refer to your student handbook for further definitions and examples.

It is expected that all students will behave in a professional and courteous manner. Side conversations, use of cellular phones, or other disturbing behavior during the class period will not be tolerated. If you engage in any of these behaviors, you will be asked to leave the class. A student who chooses not to comply is subject to an administrative course drop. Participation via questions and comments directed toward the instructor and/or other students is encouraged.

Modules & Assignments

To assist students with more thorough comprehension of certain topics, modules will be used. Module exercises will be provided and students are required to work independently to generate answers. Students should rely on main texts for modules, but are permitted to use other resources as well. Each assignment's instructions/guidelines will be provided throughout the semester. Sometimes the subject matter of classes overlap and an assignment can meet the requirements for more than one class. If this is the case, standards of **academic honesty** require that you inform your instructors of your intentions and get written approval before pursuing the assignments.

Exams:

Some exams and many assignments in this course are take home (outside of class). The important element of this class is for you to be able to understand and perform the Nutrition Care Process, not complete a traditional exam with questions and answers. You are expected to complete all assigned work **ON YOUR OWN**. You may not work on any assignment/exam with another classmate unless you are instructed to do so.

Announcements:

Professional Behavior- It is expected that all students will behave in a professional and courteous manner when communicating with their instructor, teaching assistants, and fellow students. Rude behavior will not be tolerated. If you engage in any of these behaviors, and fail to correct the problem, a report will be sent to the UNLV Office of Student Conduct. A student who chooses not to comply is subject to an administrative course drop. Of course, professional participation via questions and comments directed toward the instructor, TA, and/or other student is encouraged.

Academic Misconduct – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV’s function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the Student Academic Misconduct Policy (approved December 9, 2005) located at:

<http://studentconduct.unlv.edu/misconduct/policy.html>.

Copyright – The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at:

<http://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC) – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/> 702-895- 0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor before or after class in front of others to discuss your accommodation needs.

Religious Holidays Policy – Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, September 4, 2015, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit:

<http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Incomplete Grades - The grade of I – Incomplete – can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving “I” grades in 500-, 600-, or 700- level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

Tutoring – The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling 702-895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>.

UNLV Writing Center – One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student’s Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

Rebelmail – By policy, faculty and staff should e-mail students’ Rebelmail accounts only. Rebelmail is UNLV’s official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students’ e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu. Emailing within WebCampus is acceptable.

Library Resources – Students may consult with a librarian (www.library.unlv.edu/consultation) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students’ access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at www.library.unlv.edu/

Final Examinations – The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

Tentative Course Outline

Date	Chapter/Topic
8/24	Course Introduction; Profession of Dietetics Update
8/26	Using texts; Nutrition Care Manual (NCM); Evidence Analysis Library (EAL) Nevada Licensure
8/31	Chapter 2- Calculating Energy Needs Chapter 2- Calculating Energy Needs
9/2	Practice exercise- calculating energy needs in class. Bring calculator.
9/7	HOLIDAY- NO CLASS
9/9	Choose Your Foods- Using Exchanges for Meal Planning
9/14	Using Exchanges to Calculate Meal Plans Practice Exercise
9/16	NCP- (Chapter 11 & IDNT)
9/21	NCP- (Chapter 11 & IDNT)
9/23	NCP- (Chapter 11 & IDNT)
9/28	NCP- (Chapter 11 & IDNT)
9/30	NCP- (Chapter 11 & IDNT). Exchange List Assignment Due
10/5	NCP- (Chapter 11 & IDNT)
10/7	NCP- (Chapter 11 & IDNT)
10/12	NCP- (Chapter 11 & IDNT)
10/14	NCP- (Chapter 11 & IDNT)
10/19	Health Sciences Librarian
10/21	NCP- (Chapter 11 & IDNT)
10/26	NCP- (Chapter 11 & IDNT)
10/28	NCP- (Chapter 11 & IDNT)
11/2	Chapter 22- Weight Management Weight Management Module Due
11/4	Chapter 22- Weight Management
11/9	Chapter 22- Weight Management NCP Exam Due
11/11	HOLIDAY- NO CLASS
11/16	Chapter 22- Weight Management
11/18	Chapter 22- Weight Management
11/23	Chapter 22- Weight Management
11/25	NCP Case Studies
11/30	Chapter 22- Weight Management
12/2	Chapter 22- Weight Management NCP Case Studies Due.
Week of 12/7	Final Exam. Check MyUNLV for date/time.

* It is expected that you come into this course with a strong knowledge of the material in Chapters 1, 2, 3, 4, 6, & 8. Chapters 7 & 9 will be briefly covered. Chapters 10, 12, 15, & 16-21 are covered in other courses.