

FOODS & NUTRITION 3344 A  
**DIETARY AND NUTRITIONAL ASSESSMENT**

**COURSE OUTLINE**

**COURSE DIRECTORS:**

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**COURSE DESCRIPTION:**

A critical survey of the methods used in the assessment of food and nutrients intakes and nutritional status of communities, groups and individuals, in both health and disease.

**CLASS SCHEDULE:** Friday 8:30 to 11:20 am (3 lecture hours/session 1x/week)

**Location:** St. James Building Room 136

**OBJECTIVES:** At the end of the course, the students will be able to:

1. Understand the principles and practicalities of the variety of methods used in assessing food/nutrient intake and nutritional status.
2. Evaluate these methods in terms of strengths, limitations and appropriateness for particular populations, individuals, clinical situations and study designs.
3. Complete exercises to practice doing nutritional screening, dietary and nutritional assessment of individuals in different situations.
4. Develop practical skills, critical thinking, team work and communication skills.

**FORMAT:**

- Three hours of lecture per week, plus supplementary readings and exercises assigned.
- Students will be graded on written assignments (e.g. case study), two exams, and class participation.
- An interactive approach to learning will include individual and group work, involving patient case studies, hands on exercises, class discussions, and role-playing.
- Emphasis will be placed on the mechanics involved and skills required to put theory into practice. Please bring a calculator to every lecture.

**REQUIRED TEXTS:**

- Gibson, R.S. 2005. Principles of Nutritional Assessment. 2<sup>nd</sup> edition. Oxford University Press, Toronto, Ontario.
- Special Lee Course Pack, 5<sup>th</sup> Edition, available at UWO bookstore

**OTHER RECOMMENDED REFERENCES:**

- American Dietetic Association and Dietitians of Canada. 2000. Manual of Clinical Dietetics. 6<sup>th</sup> edition, American Dietetic Association, Chicago, Illinois.
- American Dietetic Association. 2010. International Dietetics & Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process. 3<sup>rd</sup> edition, American Dietetic Association, Chicago, Illinois.
- American Dietetic Association. 2003. Pediatric Manual of Clinical Dietetics. 2<sup>nd</sup> edition, American Dietetic Association, Chicago, Illinois.
- American Dietetic Association. ADA Nutrition Care Manual. Online resource (<http://www.eatright.org>).
- Bauer, K. and C. Sokolik. 2002. Basic Nutrition Skill Development. Wadsworth / Thomson Learning, Belmont, CA.
- Brown, J.E. 2008. Nutrition Through the Life Cycle. 3<sup>rd</sup> edition. Wadsworth / Nelson Thomson Learning, Toronto, Ontario.
- Brown, J.E. 2005. Nutrition Now. 4<sup>th</sup> edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.
- Canadian Pharmacists Association. 2007. Compendium of Pharmaceuticals and Specialties. The Canadian Drug Reference for Health Professionals. 42<sup>nd</sup> edition. Canadian Pharmacists Association, Ottawa, Ontario.

- Cataldo, C.B., L.K. DeBruyne, and E.N. Whitney. 2003. Nutrition and Diet Therapy: Principles and Practice. 6<sup>th</sup> edition. Thomson Brooks/Cole, Thomson/Nelson, Belmont, CA.
- Charney, P. and A. Malone. 2009. ADA Pocket Guide to Nutrition Assessment. 2<sup>nd</sup> edition. American Dietetic Association, Chicago, Illinois.
- Coulston, A.M., C.L. Rock, and E.R. Monsen. 2001. Nutrition in the Prevention and Treatment of Disease. Academic Press, Elsevier, San Diego, CA.
- DeBruyne, L.K., E.N. Whitney and K. Pinna. 2008. Nutrition and Diet Therapy. 7<sup>th</sup> edition. Wadsworth/Thomson Learning Publishing Company, Toronto, Ontario.
- Dietitians of Canada. PEN: Practice-based Evidence in Nutrition. Online resource. (<http://www.dietitians.ca>).
- Stedman, T.L. 2008. Stedman's Concise Medical Dictionary for the Health Professions and Nursing. Illustrated 6<sup>th</sup> edition, Lippincott, Williams and Wilkins, New York, New York.
- Dunford, M., Editor. Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. 2006. Sports Nutrition. A Practice Manual for Professionals. 4<sup>th</sup> edition. American Dietetic Association, Chicago, Illinois.
- Escott-Stump, S. 2008. Nutrition and Diagnosis-Related Care. 6<sup>th</sup> edition. Lippincott, Williams and Wilkins, Baltimore, Maryland.
- Grodner, M., S. Long, and S. DeYoung. 2004. Foundations and Clinical Applications of Nutrition: A Nursing Approach, 3<sup>rd</sup> edition. Mosby, Elsevier, St. Louis, Missouri.
- Hands, E.S. 2000. Nutrients in Food. 1<sup>st</sup> edition. Lippincott, Williams and Wilkins, New York, New York.
- Health Canada. 2008. Nutrient Value of Some Common Foods. Minister of Health Canada, Ottawa, Ontario. (This document is available for consultation online at <http://www.healthcanada.gc.ca/cnf> )
- Health Canada. 2007. Eating Well with Canada's Food Guide. A Resource for Educators and Communicators. Health Canada, Ottawa, Ontario.
- Hogan, M.A. and D. Wane. 2003. Nutrition & Diet Therapy Reviews & Rationales. Prentice Hall, Pearson Education, Upper Saddle River, N.J.
- Holli, B.B., J. Beto, R. Calabrese and J.O. Maillet. 2008. Communication and Education Skills for Dietetic Professionals. 5<sup>th</sup> edition, Lippincott, Williams and Wilkins, New York, New York.

- Institute of Medicine of the National Academies. 1997. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. The National Academies Press, Washington, D.C. (and other DRI publications available for consultation at <http://www.nap.edu>)
- Institute of Medicine of the National Academies. 1998. Dietary Reference Intakes: Proposed Definition and Plan for Review of Dietary Antioxidants and Related Compounds. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2000a. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2000b. Dietary Reference Intakes: Applications in Dietary Assessment. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2000c. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2001a. Dietary Reference Intakes: Proposed Definition of Dietary Fiber. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2001b. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2003a. Dietary Reference Intakes: Applications in Dietary Planning. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2003b. Dietary Reference Intakes: Guiding Principles for Nutrition Labeling and Fortification. The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2004. Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate. Prepublication copy, The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies. 2005. Dietary Reference Intakes: Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients). The National Academies Press, Washington, D.C.
- Institute of Medicine of the National Academies Committee on the Scientific Evaluation of Dietary Reference Intakes. 2006. Dietary Reference Intakes: The Essential Reference for Dietary Planning and Assessment. The National Academies Press, Washington, D.C.

- Kasper, D., E. Braunwald, A. Fauci, S. Hauser, D. Longo and J. Jameson. 2005. Harrison's Principles of Internal Medicine. Vol. 1 & 2. 16<sup>th</sup> edition, McGraw-Hill Ryerson, Toronto, Ontario.
- Leonberg, B.L. 2008. ADA Pocket Guide to Pediatric Nutrition Assessment. American Dietetic Association, Chicago, Illinois.
- Lutz, C.A. and K.R. Przytulski. 2006. Nutrition and Diet Therapy: Evidence-Based Applications. 4<sup>th</sup> edition. F.A. Davis Company, Philadelphia, PA.
- Lysen, L.K. 2006. Quick Reference to Clinical Dietetics. 2<sup>nd</sup> edition. Jones and Bartlett Publishers, Sudbury, MA.
- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition Therapy. 12<sup>th</sup> edition. W.B. Saunders Company, Philadelphia, PA.
- McPherson, R., J. Frohlich, G. Fodor and J. Genest. 2006. "Canadian Cardiovascular Society position statement – Recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease." *Canadian Journal of Cardiology* 22 (11), 913-927.
- Moore, M.C. 2009. Pocket Guide to Nutritional Assessment and Care. 6<sup>th</sup> edition. Mosby Inc., Elsevier Science, St. Louis, Missouri.
- Nix, S. 2005. Williams' Basic Nutrition & Diet Therapy. 12<sup>th</sup> edition. Mosby Inc., Elsevier Science, St. Louis, Missouri.
- Pagana, K.D., and T.J. Pagana. 2009. Mosby's Diagnosis and Laboratory Test Reference. 9<sup>th</sup> edition. Elsevier Mosby, St. Louis, Missouri.
- Peckenpaugh, N.J. 2007. Nutrition Essentials and Diet Therapy. 10<sup>th</sup> edition. Saunders Elsevier, St. Louis, Missouri.
- Pennington, J.A.T. and J. Spungen Douglass. 2005. Bowes & Church's Food Values of Portions Commonly Used. 18<sup>th</sup> edition. Lippincott, Williams and Wilkins, Baltimore, MD.
- Rodwell Williams, S. 2001. Basic Nutrition & Diet Therapy. 11<sup>th</sup> edition. Mosby/Elsevier Science, St. Louis, Missouri.
- Rodwell Williams, S. and E. Schlenker. 2003. Essentials of Nutrition and Diet Therapy. 8<sup>th</sup> edition. Mosby, Elsevier, St. Louis, Missouri.
- Rolfes, S.R., K. Pinna, and E.N. Whitney. 2006. Understanding Normal and Clinical Nutrition. 7<sup>th</sup> edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.

- Sauberlich, H.E. 1999. Laboratory tests for the assessment of nutritional status. 2<sup>nd</sup> edition, CRC Press, New York, New York.
- Shils, M.E., M. Shike, A.C. Ross, B. Caballero, and R.J. Cousins, Editors. 2006. Modern Nutrition in Health and Disease. 10<sup>th</sup> edition, Lippincott, Williams & Wilkins, New York, New York.
- Sizer, F. and E. Whitney. 2005. Nutrition Concepts and Controversies. 10<sup>th</sup> edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.
- Steinecke, R. and College of Dietitians of Ontario. 2003. The Jurisprudence Handbook for Dietitians in Ontario. The College of Dietitians of Ontario, Toronto, Ontario. (This document is available for consultation online at <http://www.cdo.on.ca>).
- Tierney Jr., L.M., S.J. McPhee and M.A. Papadakis. 2007. Current Medical Diagnosis and Treatment. 46<sup>th</sup> edition. Lange Medical Books / McGraw-Hill, Toronto, Ontario.
- Weber, J.R. 2005. Nurses' Handbook of Health Assessment. 5<sup>th</sup> edition. Lippincott Williams & Wilkins, New York, NY.
- Whitney, E.N., L.K. DeBruyne, K. Pinna and S.R. Rolfes. 2007. Nutrition for Health and Health Care. 3rd edition. Wadsworth/Thomson Learning Publishing Company, Toronto, Ontario.
- Yamada, T., D.H. Alpers, N. Kaplowitz, L. Laine, C. Owyang, and D.W. Powell, Editors. 2003. Textbook of Gastroenterology. Vol. 1 and 2. 4<sup>th</sup> edition. Lippincott Williams & Wilkins, Baltimore, MD.
- Yamada, T., W.L. Hasler, J.M. Inadomi, M.A. Anderson, and R.S. Brown Jr., Editors. 2005. Handbook of Gastroenterology. 2<sup>nd</sup> edition. Lippincott Williams & Wilkins, Baltimore, MD.

Note: Other interesting references are also available at the Brescia University College library. You are strongly encouraged to consult them. Many of these books will be mentioned throughout the course lectures. A copy of the texts assigned for reading will be placed on library reserve for consultation.

## **DIVISIONAL POLICIES:**

**Participation/Attendance:** Everyone enrolled in the course is expected to participate in class discussions. Attendance at class is mandatory. Students who have not attended at least 75% of the lectures will not be able to write the final exam.

**Penalty for late assignments:** Assignments are due at class time on the date specified. There will be a deduction of 20% of the value of the assignment for late submission. NO assignment will be accepted one (1) week after due date, except in cases with proper

documentation to show a confirmed personal illness or a death in the student's immediate family.

**Special examination:** NO special examination will be given for a student who has missed a scheduled examination except in cases with proper documentation to show a confirmed personal illness or a death in the student's immediate family.

**Note:** Participation and attendance in this course are evaluated through in-class assignments. For this reason, missed in-class assignments will not be re-scheduled. However, a student with proper documentation of a confirmed personal illness or a death in the student's immediate family will be excused.

Up to 10% of marks on each assignment and examination can be deducted for lack of proper English communication skills, including errors in spelling or grammar.

### **SPECIFIC COURSE POLICIES:**

**For mark components of 9% or less:** The student has to request accommodation from the academic counselors for both medical & non-medical reasons with proper documentation.

### **EVALUATION:**

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|---|-------------------|
| • <b>In-class clinical case studies</b>   | <b>20%</b>        |
| Four clinical case assignments given throughout the course lectures will be marked. They will involve small group work.           |                   |
| • <b>Mid-term exam</b>  | <b>30%</b>        |
| This exam will include the material covered in class and the assigned readings and exercises for the lectures 1 to 5 inclusively. |                   |
| • <b>Group assignment</b>   | <b>20%</b>        |
| This group assignment will include a written report.  |                   |
| • <b>Final exam</b>   | <b>30%</b>        |
| This exam will include material covered in class and the assigned reading and exercises after the mid-term exam.                  |                   |
|   | <hr/> <b>100%</b> |

### **TENTATIVE SCHEDULE OF LECTURES AND TOPICS: Fall 2013**

#### **Lecture 1: Friday September 13<sup>th</sup>**

- Course outline **and living learning Contract**
- Malnutrition

- Nutrition assessment: definition, purpose, types, components
- ABCD findings
- Medical History
- Case study assignment guidelines

**Lecture 2: Friday September 20<sup>th</sup>**

- Characteristics of the ideal nutrition assessment method
- Nutrition screening and risk assessment
- Scored PG-SGA

**Lecture 3: Friday September 27<sup>th</sup>**

- Nutrition interview
- Clinical / physical examination with a nutrition focus

**Lecture 4: Friday October 4<sup>th</sup>**

- Anthropometry and body composition-background information

**Lecture 5: Friday October 11<sup>th</sup>**

- **Lab: Anthropometry and body composition** (please wear comfortable clothing, we will be conducting hands-on anthropometric measurements)

**Lecture 6: Friday October 18<sup>th</sup>**

- Dietary Assessment
- Introduction to Problem/Need Plan and Charting

**Lecture 7: Friday October 25<sup>th</sup>**

- MID-TERM Covering lectures 1-6

**Lecture 8: Friday November 1<sup>st</sup>**

- Fall Break
- No class

**Lecture 9: Friday November 8<sup>th</sup>**

- Folate and B12 lecture
- Dr. Brenda Hartman

**Lecture 10: Friday November 15<sup>th</sup>**

- Laboratory Assessment
- **In-class assignment #1**

**Lecture 11: Friday November 22<sup>nd</sup>**

- Nutritional assessment across the lifecycle: pregnancy, lactation
- **In-class assignment #2**

**Lecture 12: Friday November 29<sup>th</sup>      **GROUP PROJECT DUE TODAY****

- Nutritional assessment across the lifecycle: infants, children, adolescents
- **In-class assignment #3**

## Lecture 13: Friday December 6<sup>th</sup>

- Nutritional assessment across the lifecycle: adults, elderly
- **In-class assignment #4**

### FINAL EXAM

Please see final exam schedule (**Examination period: December 2013**)

## BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### 1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm> . If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2013/pg117.html>

### 2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, [www.registrar.uwo.ca](http://www.registrar.uwo.ca), for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

### **3. ABSENCES**

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

### **4. POLICY ON CHEATING & ACADEMIC MISCONDUCT**

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

#### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

#### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

### **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor.

Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

## **6. PREREQUISITES AND ANTIREQUISITES**

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

## **7. SUPPORT SERVICES**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at [http://www.brescia.uwo.ca/academics/registrar\\_services/index.html](http://www.brescia.uwo.ca/academics/registrar_services/index.html) . The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm> . The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/> . Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.