

Foods & Nutrition 3344A
Section 530

Dietary and Nutritional Assessment

Instructor	Professor Elena Usdenski, MScFN, RD
Email	eusdens@uwo.ca Email Policy: If you need to contact me please email me at eusdens@uwo.ca. I will respond within 48 hours during the week days. I do not check my email on weekends; if you email me on the weekend I will get back to you by the end of the day (6:00pm) on Tuesday. When emailing, please put the course code (FN3344A) in the subject heading and a quick description of your question/concern. For example: “FN3344A – final exam question”
Office Location	Ursaline Hall 207 (UH 207)
Office Hours	By appointment only (book via email): after lecture
Lecture Details	3.0 hours per lecture; 6.0 hours per week Tuesdays and Thursdays, 4:30 pm - 7:30 p.m., Room 18, Mother St. James Building, Brescia University College (BUC MSJ18)
Course Prerequisites:	Foods and Nutrition 1030E or Foods and Nutrition 1021 or Foods and Nutrition 2121. <i>Registration in the Foods and Nutrition or Nutrition and Families modules (Honors Specialization, Specialization, Major, Minor in Foods and Nutrition).</i>
Course Pre- or Corequisite:	Food and Nutrition 2241A/B

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.

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.
5. To begin to think like a clinician
6. To practice patient-centered care
7. To act as the patient's/client's nutritional ombudsman

PARKING:

Parking on Brescia property is enforced by UWO. Students may park at metered spaces or purchase a parking permit to use other available spaces. Daily permits can be purchased from the reception desk in the main building (at the top of the hill).

REQUIRED MATERIALS:

1. Gibson, R.S. 2005. Principles of Nutritional Assessment. 2nd edition. Oxford University Press, Toronto, Ontario.
2. Special Lee Course Pack, 5th Edition, available at UWO bookstore
3. Calculator – please bring to each lecture

OTHER RECOMMENDED REFERENCES:

- American Dietetic Association and Dietitians of Canada. 2000. Manual of Clinical Dietetics. 6th edition, American Dietetic Association, Chicago, Illinois.

- American Dietetic Association. 2010. International Dietetics & Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process. 3rd edition, American Dietetic Association, Chicago, Illinois.

- American Dietetic Association. 2003. Pediatric Manual of Clinical Dietetics. 2nd 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. 3rd edition. Wadsworth / Nelson Thomson Learning, Toronto, Ontario.

- Brown, J.E. 2005. Nutrition Now. 4th edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.

- Canadian Pharmacists Association. 2007. Compendium of Pharmaceuticals and Specialties. The Canadian Drug Reference for Health Professionals. 42nd edition. Canadian Pharmacists Association, Ottawa, Ontario.

- Cataldo, C.B., L.K. DeBruyne, and E.N. Whitney. 2003. Nutrition and Diet Therapy: Principles and Practice. 6th edition. Thomson Brooks/Cole, Thomson/Nelson, Belmont, CA.

- Charney, P. and A. Malone. 2009. ADA Pocket Guide to Nutrition Assessment. 2nd 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. 7th edition. Wadsworth/Thomson Learning Publishing Company, Toronto, Ontario.

- Dietitians of Canada. PEN: Practice-based Evidence in Nutrition. Online resource. (<http://www.dietitians.ca>).

- Dunford, M., Editor. Sports, Cardiovascular and Wellness Nutritionists Dietetic Practice Group. 2006. Sports Nutrition. A Practice Manual for Professionals. 4th edition. American Dietetic Association, Chicago, Illinois.
- Escott-Stump, S. 2008. Nutrition and Diagnosis-Related Care. 6th edition. Lippincott, Williams and Wilkins, Baltimore, Maryland.
- Grodner, M., S. Long, and S. DeYoung. 2004. Foundations and Clinical Applications of Nutrition: A Nursing Approach, 3rd edition. Mosby, Elsevier, St. Louis, Missouri.
- Hands, E.S. 2000. Nutrients in Food. 1st 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. 5th 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. 16th 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. 4th edition. F.A. Davis Company, Philadelphia, PA.
- Lysen, L.K. 2006. Quick Reference to Clinical Dietetics. 2nd edition. Jones and Bartlett Publishers, Sudbury, MA.
- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition Therapy. 12th 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. 6th edition. Mosby Inc., Elsevier Science, St. Louis, Missouri.
- Nix, S. 2005. Williams' Basic Nutrition & Diet Therapy. 12th edition. Mosby Inc., Elsevier Science, St. Louis, Missouri.
- Pagana, K.D., and T.J. Pagana. 2009. Mosby's Diagnosis and Laboratory Test Reference. 9th edition. Elsevier Mosby, St. Louis, Missouri. Peckenpaugh, N.J. 2007. Nutrition Essentials and Diet Therapy. 10th edition. Saunders Elsevier, St. Louis, Missouri.
- Pennington, J.A.T. and J. Spungen Douglass. 2005. Bowes & Church's Food Values of Portions Commonly Used. 18th edition. Lippincott, Williams and Wilkins, Baltimore, MD.
- Rodwell Williams, S. 2001. Basic Nutrition & Diet Therapy. 11th edition. Mosby/Elsevier Science, St. Louis, Missouri.
- Rodwell Williams, S. and E. Schlenker. 2003. Essentials of Nutrition and Diet Therapy. 8th edition. Mosby, Elsevier, St. Louis, Missouri.

- Rolfes, S.R., K. Pinna, and E.N. Whitney. 2006. Understanding Normal and Clinical Nutrition. 7th edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.
- Sauberlich, H.E. 1999. Laboratory tests for the assessment of nutritional status. 2nd 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. 10th edition, Lippincott, Williams & Wilkins, New York, New York.
- Sizer, F. and E. Whitney. 2005. Nutrition Concepts and Controversies. 10th edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.
- Stedman, T.L. 2008. Stedman's Concise Medical Dictionary for the Health Professions and Nursing. Illustrated 6th edition, Lippincott, Williams and Wilkins, New York, New York.
- 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. 46th edition. Lange Medical Books / McGraw-Hill, Toronto, Ontario. Weber, J.R. 2005. Nurses' Handbook of Health Assessment. 5th 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. 4th 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. 2nd 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.

TENTATIVE SCHEDULE OF LECTURES AND TOPICS:

	Date (2016)	Topics covered	Chapter (s)
1	Tuesday, May 17th	<ul style="list-style-type: none"> ➤ Course outline and living learning contract ➤ Malnutrition ➤ Nutrition assessment: definition, purpose, types, components ➤ ABCD findings ➤ Medical History ➤ Group Project assignment guidelines 	
2	Thursday, May 19th	<ul style="list-style-type: none"> ➤ Characteristics of the ideal nutrition assessment method ➤ Nutrition screening and risk assessment ➤ Scored PG-SGA 	
3	Tuesday, May 24th	<ul style="list-style-type: none"> ➤ Anthropometry and body composition-background information 	11
4	Thursday, May 26th	<ul style="list-style-type: none"> ➤ Lab: Anthropometry and body composition 	11
5	Tuesday, May 31st	<ul style="list-style-type: none"> ➤ Dietary Assessment 	5, 7, 8
6	Thursday, June 2nd	<ul style="list-style-type: none"> ➤ Nutrition Interview ➤ Introduction to Problem/Need Plan and Charting ➤ Clinical/physical examination with a nutrition focus 	26
7	Tuesday, June 7th	MID-TERM Covering lectures 1-6 inclusive (40%)	
8	Thursday, June 9th	<ul style="list-style-type: none"> ➤ Laboratory Assessment 	15
9	Tuesday, June 14th	<ul style="list-style-type: none"> ➤ Anemias: Iron, B12 and Folate 	17, 22
10	Thursday, June 16th	<ul style="list-style-type: none"> ➤ Nutritional assessment across the lifecycle: adults, elderly ➤ In-class assignment #1 (10%); due at the end of lecture 	
11	Tuesday, June 21st	<ul style="list-style-type: none"> ➤ Nutritional assessment across the lifecycle: pregnancy, lactation ➤ In-class assignment #2 (10%); due at the end of lecture 	
12	Thursday, June 23rd	<ul style="list-style-type: none"> ➤ Nutritional assessment across the lifecycle: infants, children, adolescents 	Pg. 245-258 Pg. 299-317

METHODS OF EVALUATION:

Item	% Final Mark	Due Date
In-class clinical case studies Two (2) clinical case -study group assignments completed during lecture – each worth 10%	20%	Thursday, June 16 th , 2016 Tuesday, June 21 st , 2016
Mid-term exam Covers lectures 1-6 (inclusively), assigned readings and exercises	40%	Tuesday, June 7, 2016; during lecture
Final Exam Covers lectures 8-12 (inclusively), assigned reading and exercises	40%	Date TBA during examination period (Monday, June 27, 2016 or Tuesday, June 28, 2016)
TOTAL		100%

Note: The date and location of the exams will be scheduled by the Registrar's Office and will be posted as well as announced in class. Students who miss exams because they have assumed dates and time incorrectly will not be permitted to reschedule them.

DIVISIONAL POLICIES:

Late Assignments: Assignments are due at the time and date indicated on the course outline. The mark will be automatically reduced by 20% on assignments submitted late. Assignments submitted after this seven (7) day period will not be accepted for marking. 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.

Documentation for Late Assignments: Assignments submitted late will only be accepted for marking with documentation of confirmed personal illness or death in the student's immediate family.

IMPORTANT: You must meet with an **Academic Advisor** from your undergraduate department to obtain proper documentation to submit a late assignment. *Emails and in-class requests made to the professor will not be accepted. See page 4 of the course outline for further details.*

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/2015/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, 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

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

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://brescia.uwo.ca/academics/registrar-services/>. The Western Registrar's website is at <http://www.registrar.uwo.ca/index.html>. 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.

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.