

ADVANCES IN CLINICAL NUTRITION

COURSE DIRECTORS:

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COURSE DESCRIPTION: An up-to-date review and critical evaluation of the current medical nutrition management of diverse disease conditions in different stages of the life cycle.

CLASS SCHEDULE: Monday, 1:30-4:30 PM, graduate classroom (room 26), Ursuline Hall. Three lecture hours per week, half-course.

LEARNING OUTCOMES

Upon successful completion of this course, students will be able to demonstrate the Brescia Competencies as outlined below.

1. Discuss the metabolic and physiological alterations in selected diseases observed in different stages of the life cycle based on current literature. [Critical Thinking, Inquiry & Analysis, Problem Solving, Level 4]
2. Demonstrate communication, critical thinking, critical appraisal of the literature and research skills relating to issues of the current medical nutritional management of selected diseases and clinical conditions. [Critical Thinking, Inquiry & Analysis, Problem Solving, Level 4]
3. Show an in-depth understanding of the current medical nutrition management of selected disease states and clearly explain the relationship between clinical

conditions and dietary modifications. [Critical Thinking, Inquiry & Analysis, Problem Solving, Level 4]

4. Discuss the strengths and limitations of the current medical nutrition management of selected disease conditions, as well as suggest where future research is needed. [Critical Thinking, Inquiry & Analysis, Problem Solving, Level 4]
5. To think like a clinician and following patient-centered care practices [Self-Awareness and Development, Level 4]
6. To learn to act as each patients' nutritional ombudsman [Social Awareness and Engagement, level 4]
7. To complete case studies, which will promote in-depth understanding of the relationships between clinical conditions and nutrition modifications. [Critical Thinking, Inquiry & Analysis, Problem Solving, Level 4, Communication, Level 4]

Brescia Competencies

1.Problem Solving

The ability to create and execute a strategy to answer a question or achieve a goal. Includes being able to anticipate the consequence of a potential solution, select a strategy among several alternatives, and decide when an acceptable outcome has been reached.

2.Critical Thinking

The ability to engage in thinking characterized by the rational, informed, independent, and open-minded exploration of issues, ideas, and events before accepting or formulating a conclusion.

3.Communication

The ability to exchange information and meaning across cultures, space, and time appropriately and correctly. This competency includes oral, written, and interpersonal communication, and the ability to use current or innovative media.

4.Inquiry & Analysis

The ability to ask questions, examine issues, and reach informed conclusions by breaking down complex issues, exploring evidence, and describing relationships among persons, things, or events.

5.Self-Awareness and Development

The ability to draw meaning, knowledge and value from honest and fair reflection and self-evaluation. Students are able to recognize their emotions and patterns of thinking, their impact on others, and make a commitment to personal growth.

6.Social Awareness and Engagement

The ability to respect and be open to diversity (e.g. cultural, religious, political) and social justice. Students take personal responsibility to actively engage in and contribute to creating positive change in local, regional, national, or global communities and societies.

7.Valuing

The ability to make decisions or choose actions based on the consistent application of principles expressing fundamental values that are accepted on account of reason or spiritual insight.

EXPECTATIONS AND ASSIGNMENTS:

- **Readings:** Students will be required to do background reading in preparation for each weekly clinical nutrition topic presentation, and research topic discussions. Mandatory and suggested readings will be provided at least a week ahead as much as possible.
- **Facilitated Case Studies:** In groups of three, each student will prepare 2 facilitated discussions and written summaries on a selected clinical research topic in clinical nutrition and human disease. The discussion will include a review and critique of a recent research article related to the topic. It is expected that the presentations will extend beyond the assigned readings. Discussion materials are to be posted on Owl four days before the class presentation. Please review separate research topic guideline document: Student-Facilitated Case Study and Article Review.

RECOMMENDED REFERENCES: (available at Beryl Ivey Library)

- Academy of Nutrition and Dietetics. Nutrition Care Manual. Online resource available through the Beryl Ivey library.
- Dietitians of Canada. Practice-based Evidence in Nutrition. Online resource available through the Beryl Ivey library.

Note: Other interesting reference books and journals are 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.

EVALUATION:

• Facilitated Case Studies Include review and critique of a research article (10% will be based on professionalism)	60%
• Class discussion participation	10 %
• Objective Structured Clinical Examinations (OSCEs)	30%
Total	100%

TENTATIVE SCHEDULE OF LECTURES AND TOPICS:

Week 1: Monday, January 11th

- Review of Course outline
- Living Learning Contract
- A case Study
 - Discussion on Facilitated Case Studies
 - Review of key elements of the Nutrition Care Process, Charting
 - Guidelines to Review/Critique Clinical Research

Week 2: Monday, January 18th

- Review of Nutrition Support-J. Hoard

Week 3: Monday, January 25th

- Clinical lecture

Week 4: Monday, February 1

- Nutrition Counselling Skill Development
- Hands-on Case Study
- Handling patients with multiple issues
- Introduction and Preparation for OSCEs

Week 5: Monday, February 8

- Facilitated Case Studies by students-*Group 1*

Reading Week: February 15th to 20 - No Class

Week 6: Monday, February 22nd

- Facilitated Case Studies by students-*Group 2*

Week 7: Monday, March 1

- Facilitated Case Studies by students-*Group 3*

Week 8: Monday, March 8

- Facilitated Case Studies by students-*Group 4*

Week 9: Monday, March 15

- Cindy Ulrich on NICU-via live zoom

Week 10: Monday, March 22

- Facilitated Case Studies by students-*Group 5*

Week 11: Monday, March 29th

- OSCEs with simulated patients

Week 12: Monday, April 5th

- OSCEs wrap-up and debrief
- Review of nutrition assessment models and equipment

COURSE 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 pass the course.

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

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.

Brescia Graduate Course Academic Policies and Regulations 2020-2021

Statement on Academic Offences

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 website

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf

Additionally;

A) When written work is assigned, 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 (<http://www.turnitin.com>).

B) 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.

Copyright and Intellectual Property

PowerPoint lecture slides and notes, lists of readings, in-class activities, assignment guidelines, and other components of the course materials are typically the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

Policy for Accommodation for Illness or Other Exceptional, Extenuating Circumstances

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by physical or mental illness, or other exceptional, extenuating circumstances. The University recognizes and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be considered only in those cases where there is documentation indicating that the student was seriously affected by illness or other exceptional, extenuating circumstances and could not reasonably be expected to meet his/her academic responsibilities.

When Seeking Accommodation For Work Representing 10% Or More Of The Overall Grade: The course instructor should be notified in advance of deadlines and

documentation shall be submitted as soon as possible in accordance with the below guidelines. Students should submit documentation to the Graduate Program Coordinator in the School of Food and Nutritional Sciences. For students enrolled in a graduate program outside of the School of Food and Nutritional Sciences, contact the Graduate Program Office in your program for accommodation and have them notify the Food and Nutritional Sciences instructor(s). Once the supporting documents have been received and assessed, appropriate academic accommodation shall be determined by the student's home Graduate Program office in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, reweighting course requirements, or granting late withdrawals without academic penalty. Academic accommodation shall be considered and granted only where the proper documentation is received, using the guidelines noted below, and the severity of the illness/condition are such that the student could not reasonably be expected to complete his/her academic responsibilities. The medical professional providing the documentation must be able to make a reasonable assessment of the student's physical or mental state during the period for which accommodation is sought. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Note that there is no expectation that a student must be in optimum condition to carry out his or her academic responsibilities.

When Seeking Accommodation For Work Worth Less Than 10% Of The Overall Grade In A Course: the student must contact the instructor in advance of missing the deadline. In arranging accommodation, instructors will use good judgment and ensure fair treatment for all students. Instructors must indicate whether documentation will be required for absences, late assignments or essays, missed tests, laboratory experiments or tutorials, etc. Where medical or other documentation is required, the guidelines for accommodation for 10% or more should be followed. Students who have been denied accommodation by an instructor may appeal this decision to the Chair of the School of Food and Nutritional Sciences.

Medical (Or Other) Documentation Required For Accommodation: must be sought immediately, indicate a timeline including when the student should be able to resume academic responsibilities, and include the professional person's name, qualifications, the professional office name and contact details, the student name, and the date. Documentation will be retained in the student's file within their home Graduate Program Office, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

Related Student Resources:

Academic Advising: Please contact the Graduate Program Coordinator in your home Graduate Program Office for academic advising and support.

Student Accessibility Services

Western is committed to achieving barrier-free accessibility for all its members, including graduate students. As part of this commitment, Western provides a variety of services devoted to promoting, advocating, and accommodating persons with disabilities in their respective graduate program.

Graduate students with disabilities (for example, chronic illnesses, mental health conditions, mobility impairments) are encouraged to register with Student Accessibility Services, a confidential service designed to support graduate and undergraduate students through their academic program. With the appropriate documentation, the student will work with both SAS and their graduate programs (normally their Graduate Chair and/or Course instructor) to ensure that appropriate academic accommodations to program requirements are arranged. These accommodations include individual counselling, alternative formatted literature, accessible campus transportation, learning strategy instruction, writing exams and assistive technology instruction.

Sexual Violence: All members of the Western University community have a right to work and study in an environment that is free from any form of sexual violence. Western University recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence will not be tolerated. The university is committed to preventing Sexual Violence and creating a safe space for anyone who has experienced Sexual Violence. If you or someone you know has experienced any form of Sexual Violence, you may access resources at https://safecampus.uwo.ca/sexual_violence/

Mental Health and Wellness: Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Students who are in emotional/mental distress should refer to Health and Wellness at Western University http://uwo.ca/health/mental_wellbeing/index.html. Further information to find help for yourself or others is available at Western University School of Graduate and Postdoctoral student Wellness Resources https://grad.uwo.ca/life_community/self/index.html. Students seeking help regarding mental health concerns are also encouraged to speak to someone they feel comfortable confiding in, such as their Faculty Supervisor, their Program Director (Graduate Program Chair), or other relevant staff/administrators in their unit. Additional campus mental health resources may be found at http://www.health.uwo.ca/mental_health/resources.html

Health and Wellness: As part of a successful graduate student experience at Western, we encourage students to make their health and wellness a priority. Western provides several on campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your graduate degree. Information regarding health- and wellness-related services available to students may be found at

<http://www.health.uwo.ca> In addition, numerous cultural events are offered throughout the year. For examples, please check out the Faculty of Music <http://www.music.uwo.ca/> and Western's McIntosh Gallery <http://www.mcintoshgallery.ca/>