



## **MEDICAL NUTRITION THERAPY II: INTERVENTION, MONITORING & EVALUATION**

**11:709:485**

**3 Credits**

**DAY & TIME:** Tuesday & Thursday 2-3:20PM

**LOCATION:** ARH 200

### **CONTACT INFORMATION:**

Instructor: Sue Shapses PhD, RDN

Office Location: TBD

Office Phone: (848) 932-9403      Email: [shapses@rutgers.edu](mailto:shapses@rutgers.edu)

Office Hours: By appointment

NOTE: *The best way to reach me is by email.*

### **COURSE DESCRIPTION**

Integration of disease pathophysiology and functional nutrition for major nutrition-related disease states that will inform nutritional and pharmacological interventions, monitoring, and evaluation of diverse patients using the Nutrition Care Process. This includes case studies and patient advice for each disease state.

**Prerequisites:** 11:709:483 MNT-I: Nutrition Assessment and Diagnosis and 11:709:484 Nutrition Therapy Lab, or by permission.

### **COURSE WEBSITE, RESOURCES AND MATERIALS:**

Resources and materials will be made available on the Rutgers CANVAS website.

To use the site, enter your NetID username and password. All class-related documents, grades, and announcements for this class will be posted on our class CANVAS website. Students will be responsible for regularly checking Canvas for announcements and schedule changes.

<https://canvas.rutgers.edu/>

**Required Text:** Krause's Food and the Nutrition Care Process, 15th Edition, Mahan LK, Raymond JL. Elsevier, 2021.

<https://evolve.elsevier.com/cs/product/9780323636551?role=student>

**Recommended Subscription:** Electronic Nutrition Care Process Terminology (eNCPT)

<https://www.ncpro.org/>

### **COURSE OBJECTIVES:**

Following completion of the course, the student will:

1. Understand how to take up-to-date scientific knowledge of diseases and apply it to the Diagnosis, Intervention, Management and Evaluation of medical nutrition nutritional problems.
2. Learn how to approach nutritional treatment of disease with a focus on in-patient

education and clinical concerns for the outpatient.

3. Other objectives in this course include:
4. Students will further their knowledge of the Nutrition Care Process
5. To understand different approaches to weight loss methods and be introduced to bariatric surgery options (the indications, outcomes and short- and longer-term nutritional risks)
6. To become familiar with case studies, and for the diabetes case study students will learn how to plan and calculate a diabetic diet.
7. To understand a range of upper and lower GI diseases pathophysiology, diagnosis, intervention and management)
8. To translate complicated medical nutrition treatment into practical patient care.
9. Demonstrate effective knowledge in the pathophysiology of a range of disease states (liver, pancreatic, respiratory, renal, the critically ill patient, neurological diseases, cancer). and professional oral and written communication and documentation. Describe the interaction of nutrition and diet with specific diseases.
10. Demonstrate a knowledge related to legal issues in the field of clinical nutrition.
11. Student will learn about geriatric nutritional concerns including pressure ulcers, memory care, and other long term care focus areas).
12. Due to the large number of patients taking nutritional and herbal supplements, students will learn about DSHEA and other regulation in the field and learn about the mechanisms of action and possible benefits for specific conditions and side effects.
13. Student will practice PES statements by using them in Case studies, to have practical skills utilizing nutrition assessment in a range of disease conditions.

## **2017 CORE KNOWLEDGE FOR THE RDN (KRDN) –STANDARDS FOR THE DIDACTIC PROGRAMS IN DIETETICS**

Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols (i.e., Herbal/Drug Interaction Project with both written and oral presentation).

KRDN 2.1 – Demonstrate effective and professional oral and written communication and documentation (i.e., Herbal/Drug Interaction Project with both written and oral presentation; The Flipped Neurological class give students an opportunity to learn material, create a handout and teach in small groups).

KRDN 2.2 – Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe inter-professional relationships in various practice settings (i.e., classroom discussions and case study assignments)

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services (i.e., in-class discussions, exams).

KRDN 3.1: Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions (i.e., case study assignments and exams).

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups (i.e., case study assignments and exams).

#### **ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT:**

- Exam I                    22%
- Exam II                   22%
- Exam III                 25%
- Case Studies/participation- 10%
- CVD case and presentation-10%

*Participation – In class activities (mandatory attendance for guest lectures, etc). Topic quizzes will be done independently and can be taken up to 2 times (highest score used for your grade)*

*Attendance: If there is a reason you can't be in class on days when there are guests or projects are due, this should be reported at the website that automatically sends me an email. As needed, you can submit projects by the end of the same day that it is due (late submissions-10% off).*

<b>MNT II</b>	
Class Day 1	Class Day 2
No class (key: * indicates case studies)	January 21 – Introduction (overview of misc topics - eating disorders, review of Assessment, etc. \)
Obesity and Weight Management And Bariatric surgery	January 28 Legal Issues in Dietetics (A Cross)
February 1 Endocrine disorders and Diabetes	February 4 Diabetes – Food Exchanges and Diabetic diet
February 8 Diabetes – Advanced topics	February 11 GI Disease: Stomach and small intestine, GB
February 15 GI Disease: Lower GI Disorders	February 18 GI: (cont pancreatic) and Case studies
February 22 Liver Disease and Alcohol	February 25 Exam I
March 1 Respiratory Disease	March 4 Immune System (HIV, COVID other diseases)
March 8 National Nutrition Month Critically Ill patients – Hypermetabolic Stress (Sepsis Injury Burns)	March 11 Critically Ill patients – Hypermetabolic Stress (Sepsis Injury Burns)

March 14 - Spring break	March 17 - Spring break
March 22 Neurological (stroke, ALS, Parkinson's, nutrient cognitive interactions) - Flipped	March 25 Geriatrics (long term care; memory care patients; pressure ulcers); review of MN scores
March 29 – Exam II	April 1 – Osteoporosis
April 5 – Cont...Osteoporosis Intro Herb Supplement (DSHEA, etc)	April 8– Pediatrics - Inborn Errors
April 12 – Oncology (submit ½ page drug/herb project)	April 15 - Oncology
April 19 - Renal Disease Part I	April 22 – Herb/Nutrient Interactions
April 26 - Renal Disease – Part II	April 29 – Drug/Herb/Nutrient Interactions
May 3 - REVIEW	Mon May 10 – EXAM 3 (60 min) – 9am-12N

### **ACCOMMODATIONS for Students with disabilities**

Please follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full policies and procedures are at <https://ods.rutgers.edu/>

### **ABSENCE POLICY**

Students are expected to attend all classes; if you expect to miss one or two classes, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

### **ACADEMIC INTEGRITY**

The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>. The principles of academic integrity require that a student:

1. properly acknowledge and cite all use of the ideas, results, or words of others.
2. properly acknowledge all contributors to a given piece of work.
3. make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
4. obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
5. treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
6. uphold the canons of the ethical or professional code of the profession for which he or she is preparing.

Adherence to these principles is necessary in order to ensure that

1. everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
2. all student work is fairly evaluated and no student has an inappropriate advantage over others.
3. the academic and ethical development of all students is fostered.

4. the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## **STUDENT WELLNESS SERVICES**

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

### **Counseling, ADAP & Psychiatric Services (CAPS)**

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/ [www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/)

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

### **Violence Prevention & Victim Assistance (VPVA)**

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / [www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

### **Disability Services**

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation:

<https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at:

<https://ods.rutgers.edu/students/registration-form>.

### **Scarlet Listeners**

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.