

## Nutrition and Disease (709:498 ; 3 credits)

Thompson Hall, room 206  
Department of Nutritional Sciences

Cook Campus  
SEBS – Rutgers University

Monday and Thursday 10:55AM - 12:10 PM

**Instructor:** S. Shapses, Ph.D., R.D. (848-932-9403); [Shapses@aesop.rutgers.edu](mailto:Shapses@aesop.rutgers.edu)

**Office Hours:** Wed 12-2pm and Thursdays 12:30-2 by appointment  
using online booking <http://sueshapses.youcanbook.me/>

Office: Thompson Hall, Room 111, Cook Campus

**Assistant/Grader:** TBD

**Course Prerequisites:** Fall semester of Advanced Nutrition (709:401)

**Course Description;** The pathophysiology of diseases states and how it relates to nutritional concerns in patients at risk of nutritional complications. This includes an introduction to diet therapy and patient advice for each disease state.

### Required text:

**Krause's Food and the Nutrition Care Process**, 13th Edition, Eds., Mahan LK, Escott-Stump S., Raymond JL. Elsevier, 2012. **ADA Exchange booklet** for diabetes project –purchased in classroom.

### Learning objectives

After taking this course, students will:

1. To understand how to take up-to-date scientific knowledge of diseases and apply it to solve nutritional problems.
2. To learn how to approach nutritional treatment of disease and in-patient education.

Other objectives in this course include:

To formulate, organize and plan a diabetic diet and calculate a TPN formula

To understand and utilize different approaches to writing in the medical chart

To assess and critique clinical nutrition research article; create a summary for patient education.

To translate complicated medical nutrition treatment into practical patient care.

### Course Requirements and Grading

Exam I 25%

Exam II 25%

Final 25%

Pt summary or Herbal (oral and written) 10% Case Studies 10% Db project 5%

*For case studies done as a classroom assignment, you must submit your work after our discussion with a pass/fail grade. If there is a reason you can't be in class, this should be reported at website that automatically sends me an email. The case study can be done independently and submitted by the end of the same day (no late submissions accepted).*

This course includes exams, a critical review of a paper, and active learning projects, such as nutritional assessments, calculating a parenteral nutrition formula and a diabetic diet. There are post-tests included in some sections to help you learn the class material and study for exams. There will be guest lectures by various experts in the field. This class is geared to help you make an easier transition from the classroom to the clinical setting.

<b>Monday</b>	<b>Thursday</b>
	<i>January</i> Introduction/Nutritional Assessment ; Intro to Clinical Trials
<i>January</i> <i>Nutr assessment</i> Case study (SOAP/ADIME)	<i>January</i> Gastrointestinal Diseases
<i>February</i> Gastrointestinal Diseases	<i>February</i> Legal-Ethical Issues Audrey Cross, PhD, RD, JD
<i>February</i> Gastrointestinal Diseases GI or legal mini-case study (in class)	<i>February</i> Methods of Nutrition Support
<i>February</i> Nutritional Support (TPN calculations)	<i>February</i> Cancer
<i>February</i> <b>Exam I</b>	<i>February</i> Obesity
<i>February</i> Brain and Nutrient interactions - flipped	<i>March</i> <i>National Nutrition Month</i> Endocrine disorders and Diabetes
<i>March</i> Diabetes - Write a diabetic diet	<i>March</i> Osteoporosis
<i>March</i> <b>Spring break</b>	<i>March</i> <b>Spring break</b>
<i>March</i> Liver Disease	<i>March</i> (submit Db project) Renal Disease
<i>March</i> Renal Disease Mini-case study	<i>March</i> Hypertension
<i>April</i> <b>Exam II</b>	<i>April</i> Cardiovascular Disease
<i>April</i> Intro Herb/Drug Interactions Herbal/Drug	<i>April</i> Immune Sys./HIV
<i>April</i> Herbal/Drug Interactions Presentations	<i>April</i> Sepsis, Injury, Burns
<i>April</i> Respiratory Disease	<i>April</i> Inborn Errors
<i>May</i> <b>REVIEW</b>	

## **Course Policies**

**Attendance:** Attendance significantly improves test performance and you should attend all classes. During class, you are expected to be attentive and participate. Please arrive to class on time to avoid distracting your classmates. To eliminate distractions during class, laptop computers are to be used only for lecture slides or note taking. Please turn off cell phones and other electronic devices during class.

**Absences,** If you expect to miss class, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence (an email will automatically be sent to me). In cases where you must miss classes or recitations for periods longer than one week, please contact a Dean of Students for assistance to help verify your circumstances.

## **Academic Integrity**

Strict Adherence to Rutgers Academic Integrity Policy will be followed, and papers submitted will be examined on Turnitin.com. For information about student conduct, please see: <http://studentconduct.rutgers.edu/> Also, you can view the university's Academic Integrity Policy at the following website: <http://academicintegrity.rutgers.edu/integrity.shtml>