

**Nutrition Therapy Lab**

*co-requisite: 11:709:483*

11:709:484 (1 credit) Fall 2023

*Class times:* Monday 12:10-1:30 PM

*Location:* Davison Hall, Room 122 (Cook/Douglass Campus)

**CONTACT INFORMATION:**

Instructor(s): Sonal Agarwal, MS, RD

Email: [sonal.agarwal1@rutgers.edu](mailto:sonal.agarwal1@rutgers.edu)

Office Hours: Friday 3-5pm (by appointment only)

**COURSE WEBSITE, RESOURCES AND MATERIALS:**

- Resources and materials will be made available on the Rutgers CANVAS website.
- 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. ISBN: 9780323636551  
<https://evolve.elsevier.com/cs/product/9780323636551?role=student>  
*(Please note this textbook will also be used for MNT II)*
- Recommended Text: Holli, Betsy B. & Beto, Judith A. (2018) Nutrition Counseling and Education Skills: A Guide for Professionals. 7th Edition. Philadelphia: Wolters Kluwer Health; 2018. ISBN: 1496339142
- Recommended Text: Food Medication Interactions 18th Edition Spiral-bound – 2015
- Recommended Subscription: Electronic Nutrition Care Process Terminology (eNCPT)  
<https://www.ncpro.org/>
- Other Free Resources: Evidence Analysis Library (EAL)  
<https://www.andevidencelibrary.com/sso.cfm?key=227F1AC0-C07A-4E96-B426-0FE99DE9F21B&u=rutgersuniversity>

**COURSE DESCRIPTION:**

Application of nutrition assessments and counseling skills through simulations and/or standardized patients.

**LEARNING GOALS:**

Following completion of this course, students will be able to:

- Discuss the dietetic practitioner's role in counseling clients
- Define counseling and its role in nutrition and dietetics
- Demonstrate how to provide nutrition counseling skills
- Demonstrate understanding of nutrition and health screening assessments
- Demonstrate application of critical thinking skills

**2022 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 2.1:** Demonstrate effective and professional oral and written communication and documentation (i.e., culminating project with mock nutrition counseling/interview and ADIME note assignment).

**KRDN 2.5:** Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates (i.e., Interdisciplinary collaboration assignment).

**KRDN 3.1:** Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions (i.e., culminating project with mock nutrition counseling/interview and ADIME note assignment, homework on estimating nutritional needs and writing ADIME note).

**KRDN 3.3\*:** Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups (i.e., culminating project with mock nutrition counseling/interview and ADIME note assignment).

**KRDN 3.4\*:** Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol) (i.e., in class practice, anthropometric and lab assessment homework).

**KRDN 5.4\*:** Practice resolving differences or dealing with conflict (i.e., culminating project with mock nutrition counseling/interview and ADIME note assignment, EAL group presentation).

**KRDN 5.5:** Promote team involvement and recognize the skills of each member (i.e., peer and self-evaluations from mock nutrition counseling/interview and ADIME note assignment).

\*Indicates a Student Learning Outcome. If you receive less than 70% on an assessment of a KRDN Student Learning Outcome, you will be required to redo the assignment until you pass (no grade change). If not, you may not receive a Verification Statement required to enter a supervised practice program.

**ASSIGNMENTS/RESPONSIBILITIES, GRADING & ASSESSMENT:**

- Classwork (5 total) (20%)
- Assignment I (20%)
- Assignment II (20%)
- Assignment III (30%)
- Class participation/Attendance (10%)

**Grading Scale:**

<b>GRADE SCALE</b>	<b>90-100</b>	<b>85-89</b>	<b>80-84</b>	<b>75-79</b>	<b>70-74</b>	<b>60-69</b>	<b>&lt;60</b>
<b>% OF POINTS</b>	<b>A</b>	<b>B+</b>	<b>B</b>	<b>C+</b>	<b>C</b>	<b>D</b>	<b>F</b>

**Homework and Assignments:** Instructions are posted on the Canvas course site for the classwork and 3 assignments for this class. You will submit classwork at the end of class and assignments on due date by 11:59pm (late submissions-5% deduction per day late).

**Participation:** In class activities (mandatory attendance) require active participation (10% of final grade).

**Attendance:** If you can't attend a class with activities due to medical or other reason, please inform the instructor so you don't get marked off for the participation grade.

**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/>

**COURSE SCHEDULE:**

(co-requisite with MNT I) Chapters refer to Holli, Betsy B. & Beto, Judith A. 2018

*Tentative syllabus - subject to change*

	<b>Schedule</b>	<b>Readings/Assignments</b>
Mon 9/11	Introduction to Nutrition Therapy Lab; Counseling (demo)	
Mon 9/18	Interviewing - 24hr diet recall, obtain labs, medications	<i>Classwork 1: diet recall with "client"</i>
Mon 9/25	Assessment -labs review and each student presents a medication with drug nutrient interaction	
Mon 10/2	Assessment - BP/Ht & Wt & Nutrition Focused Physical Exam ( <i>guest lecture</i> )	<i>Classwork 2: lab and anthropometric assessment</i>
Mon 10/9	Assessment - Practice Different Equations with Case Examples	<i>Classwork 3: estimation on nutritional needs</i>
Mon 10/16	Diagnosis - PES, Practicing Nutrition Diagnosis with Case; Examples; ADIME documentation	
Mon 10/23	Case Study HTN/CVD & DASH/AHA education; MI Practice	<i>Classwork 4: ADIME note</i>
Mon 10/30	Case Study Oncological CA with poor appetite, metallic mouth/sores ; MI Practice	<i>Assignment 1: (group) current treatment research debate (evidence based practice, EAL) (due 11/13)</i>
Mon 11/6	Case study GI	
Mon 11/13	Assignment 1 - Cancer: fact vs myth presentation	

	Schedule	Readings/Assignments
Mon 11/20	Case Studies Pediatrics <i>Guest lecture</i>	<i>Classwork 5: ADIME note</i> <i>Assignment 2: interdisciplinary collaboration assignment (due 12/4)</i>
Week 12	<b>THANKSGIVING BREAK</b>	
Mon 11/27	Interviewing practice	
Mon 12/4	Mock Interviews Assignment	<i>Assignment 3A - conduct mock interview; ADIME note (due 12/11)</i>
Mon 12/11	Final day	<i>Assignment 3B - peer and self evaluations (due end of class)</i>

## FINAL EXAM/PAPER DATE AND TIME

Online Final exam Schedule: <http://finalexams.rutgers.edu/>

## 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:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- 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.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- 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.
- 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

- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- 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 / <https://rutgers.campuslabs.com/engage/organization/scarletlisteners>

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