

Nutrition Counseling-1 Credit

11:709:499:01

Spring 2019 Course Syllabus

COURSE NAME, MEETING DAYS, TIME AND PLACE

Nutrition Counseling

Tuesday (section 01) 9:15 AM – 10:35 AM

Davison Hall, Room 122

CONTACT INFORMATION:

Instructor(s): Pinkin Panchal, MS, RDN

Email: pbp14@sebs.rutgers.edu (**preferred contact method**)

Office Hours: Tuesday & Wednesday - By appointment only.

NOTE: *The best way to reach me is by email. If you do not receive a response from me within 24hrs please contact me again.*

COURSE WEBSITE, RESOURCES AND MATERIALS

Required text: Holli, Betsy B. & Beto, Judith A. (2018) Nutrition Counseling and Education Skills: A Guide for Professionals. 7th Edition. Philadelphia: Wolters Kluwer Health; 2018.

All class-related documents, grades, and announcements for this class will be posted on our class Sakai website (sakai.rutgers.edu). Students will be responsible for regularly checking Sakai for announcements and schedule changes.

COURSE DESCRIPTION

Application of scientific knowledge to actual case studies. Techniques for effective nutrition interviewing and counseling.

Prerequisites: *Pre or co-requisite 709:442 and 498.*

Course website: <http://sakai.rutgers.edu>. To use the site, enter your NetID username and password. Class materials, assignments, resources, and announcements will be posted on the website.

COURSE OBJECTIVES AND GOAL

At the conclusion of this course, students should be able to:

Goal: To acquire the basic skills required for conducting interviews and counseling sessions as related to the field of nutrition and dietetics. Upon completion of the course the student will be able to:

1. Discuss the dietetic practitioner's role in counseling clients.
2. Define counseling, its role and the process of counseling.
3. Identify the attributes of a successful counselor.
4. Describe motivational interviewing as a form of counseling.

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 1.3: Apply critical thinking skills (i.e., Mock Interview and Counseling assignment).

KRDN 2.1 – Demonstrate effective and professional oral and written communication and documentation (i.e., Mock Interview and Counseling assignment, exams).

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity (i.e., Mock Interview and Counseling assignment, cultural competency lecture assessed by exam).

KRDN 3.1: Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions (i.e., in-class practice, exam).

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups (i.e., Mock Interview and Counseling assignment).

KRDN 4.3: Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained (i.e., guest speakers; reflective journal assignment).

CLASSROOM CONDUCT

As a potential future health care employee, I expect college-level, professional behavior. Once class has started, all cell phones must be turned to vibrate or silent during class time. If a student feels it necessary to answer a phone or open a text during class time, that student must exit the classroom to do so. Laptops must be used for class-related activities ONLY, no social networking! Please do not work on outside-of-class materials, carrying on distracting side conversations, leaving early, etc., are considered rude and distracting to me, your classmates, and especially to our guests. Students attending class are expected to arrive to class on time and stay the entire class time. Special situations should be discussed with the instructor. It is disruptive to guest lecturers, students, and to the class to arrive late or leave before class is dismissed. Adjust travel times, and appointments accordingly. Class will be dismissed in timely manner so that students may commute to the next class.

CLASS ATTENDANCE AND PARTICIPATION

You are expected to arrive on time and participate in all class activities. Attendance will be taken at the beginning of class and together with class participation (paying attention to lectures and participating in discussions), in-class work and homework completion will be calculated into your final grade. 150 points

ASSIGNMENTS/RESPONSIBILITIES & ASSESSMENT

All assignments must be typed with appropriate writing skills and grammar. Assignments will be handed in to instructor in class or uploaded to Sakai as instructed in class.

Late assignments – Any assignment received after the start of class on due date will be considered late. Ten points will be deducted for each day the project is late. If you are unable to attend class due to medical or personal emergencies the day an assignment is due, the assignment can be emailed as an attachment before the commencement of class.

Mock Interviews - to be completed as an in class assignment according to directions– 100 points

Interview Assignment - to be completed and submitted according to directions – 100 points

Reflective Journal Assignment – 50 Points

Exam - The final exam will be a summary of concepts, theories, and techniques covered throughout the semester – 100 points

Cell phones, apple watches, pagers, computers, personal devices, or anything similar must be off and stored in closed book bags during any exams.

The instructor reserves the right to change the schedule for lectures, assignments and exams. If a class is canceled due to unforeseen reasons, assignments or exams will be due/given during the next class meeting

Make-up Exam – All students are expected to take exams during the assigned time in class. Make-up exams will ONLY be given at the discretion of the instructor with appropriate written documentation of the reason for missing the scheduled exam. Under no circumstances will make-up exams be given later than the week following the scheduled exam.

Grading – Your final grade will be based on earned points as outlined below:

450-500 points	A
435-449 points	B+
400-434 points	B
385-399 points	C+
350-384 points	C
300-349 points	D
<300 points	F

Viewing Grades: Sakai is a course management system used for many course related activities including a platform for students to view their grades. It is your responsibility to know your exam and assignment scores.

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 POLICIES

ABSENCE POLICY

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 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 is expected. As a student of Rutgers University, you are responsible for understanding and abiding by the University's principles of academic integrity. For information about student conduct, please see: <http://studentconduct.rutgers.edu/> For more information about the academic integrity policy, visit: <http://academicintegrity.rutgers.edu/integrity.shtml>

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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/

Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / 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.

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/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.

Class Schedule	Topic	Chapter
1/22/19	Welcome	
1/29/19	What is Nutrition Counseling	
2/5/19	Effective Interviewing Skills	3
2/12/19	The Interview Process	3 & 4
2/19/19	Mock Interviews	
2/26/19	No Class/Out of Class Assignment (TV Interview Analysis Assignment Due)	
3/5/19	Nutrition Care Process and Proper Documentation	1 & 5
3/12/19	Coding/Billing and Reimbursement * (Reflective Journal Assignment)	
3/19/19	SPRING BREAK	
3/26/19	Effective Nutrition Counseling	2 & 6
4/2/19	Stages and Processes of Health Behavior Change	5
4/9/19	Counseling for Behavior Modification & Cognitive Change	7 & 8
4/16/19	Mock Counseling	
4/23/19	Counseling Case Studies *	
4/30/19	Exam (during regularly scheduled class)	

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