GENERAL INFORMATION (All information subject to change as needed)

Prerequisite: Nutrition 358

Prerequisite or Concurrent: Nutrition 452

Professor: Rebecca Corwin, Ph.D., R.D.
S-125A South Henderson Building
(It’s in the Nutrition Dept Office area; 125-126 South Henderson)
Phone: 865-6519; This is the best way to leave me a message.
E-mail: rxc13@psu.edu This is not as good as the phone, due to the large volume of e-mail messages I receive each day. If you e-mail me please put "NUTR 453" as the first part of the subject line. This will help me to give you a timely response. Please use your PSU account rather than hotmail to avoid viral infections. Read the syllabus before emailing me as your question already may be addressed here.

Office Hours: Mondays from 3:30-5PM, or by appointment


Required Booklets: Food-Medication Interactions, 11th Edition
Exchange Lists for Meal Planning
Note Packet for Nutrition 453-This will be provided in installments. The first portion is in the bookstore now.
All are available at the Penn State Bookstore.

Tabor’s (or other) Medical Dictionary

Classroom: All classes are scheduled in 14 Henderson

Class Schedule: M, F 2:30-3:20 PM
W 2:30-4:25 AM
What is this course about?
• The development of sound clinical judgement.

By the end of this course you should:
• Know nutrition therapy for representative disease states
• Be able to integrate pathophysiology (Nutr 452) with principles of dietary care
• Be able to use current knowledge and research to design nutrition care plans
• Be able to set priorities in patient care
• Be able to justify deviations from “ideal” care based on practical patient considerations.

Grading: Grades will be based on case study assignments, the clinic report, examinations, completion of the Medical Terminology text, other assignments and class participation. The examinations will have objective questions, case studies and questions that require short answers. Exams will test both knowledge and clinical decision-making skills. Grading will be based on the following:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>% of final grade</th>
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<tbody>
<tr>
<td>4 Initial Obesity Case Study assignments @ 10 points each</td>
<td>40</td>
<td>10.0 %</td>
</tr>
<tr>
<td>1 Rough Draft Renal Case Study @ 30 points</td>
<td>30</td>
<td>7.5 %</td>
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<tr>
<td>1 Final Renal Case Study @ 20 points</td>
<td>20</td>
<td>5.0 %</td>
</tr>
<tr>
<td>*1 Written Clinic Report @ 60 points</td>
<td>60</td>
<td>15.0 %</td>
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<tr>
<td>2 Midterms @ 50 points each</td>
<td>100</td>
<td>25.0 %</td>
</tr>
<tr>
<td>1 Comprehensive Final Exam @ 100 points</td>
<td>100</td>
<td>25.0 %</td>
</tr>
<tr>
<td>**pp. 1-490 of the Medical Terminology text, MINIMUM of 1 unit/week</td>
<td>30</td>
<td>7.5 %</td>
</tr>
<tr>
<td>You must hand in ALL of the frames from sections A and B, as well as Units 1-15. You do not need to hand in the &quot;Review Activities&quot;, &quot;Case Studies&quot;, or &quot;Crossword Puzzles&quot;. Note, however, that Exam questions will come from these sections.</td>
<td></td>
<td></td>
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<tr>
<td>Miscellaneous assignments, class participation</td>
<td>20</td>
<td>5.0 %</td>
</tr>
<tr>
<td>TOTAL POINTS POSSIBLE</td>
<td>400</td>
<td>100.0 %</td>
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LATE ASSIGNMENT POLICY: 10% of points will be taken off for late assignments.

Exams can be made up only in case of an emergency and an alternate date should be arranged prior to the exam date. The final exam can only be taken on the scheduled date.

Readings are due on the date specified. You will be expected to apply the readings in class discussions.

PLEASE STAPLE ALL ASSIGNMENTS AND PUT THE LAST 4 DIGITS OF YOUR SSN ON EACH PAGE; DO NOT USE YOUR NAME AND DO NOT USE PAPER CLIPS.

*Guidelines for the written clinic report are provided at the end of this syllabus.

**The Medical Terminology text is self-paced. You can move through it as quickly as you want. However, you MUST turn in a minimum of one unit per week, starting with Sections A and B, to receive full credit for this part of the course. Points will be deducted for each week in which no assignment was turned in. To complete the text by the end of the semester you will need to turn in more than one unit per week on some weeks (there are 15 units, plus Sections A and B, and only 15 weeks in the semester).
**Academic Integrity:**

"Academic Integrity: This is defined as the pursuit of scholarly activity in an open, Honest, and responsible manner and is a basic guiding principle for all academic activity at The Pennsylvania State University. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabrication of information or citations, facilitating acts of academic dishonesty by others, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. Penalties for academic dishonesty are outlined in Policies and Rules: A Handbook for Students, and may lead to disciplinary sanctions including a failing grade for the course."

What this means for NUTR 453:

You may work together to understand the various assignments in this class and may talk to each other to develop care plans. However, all work that you hand in must be clearly independent of any other member of the class. If any portion of two or more care plans or clinic reports are the same, all of the offending students will receive zeros on that assignment and may face disciplinary action through the College Academic Integrity committee. Obviously, the diet assessments will be similar in the two case studies. However, if the pattern of exchanges in your sample menu is the same in two case studies, and all that has been changed is, for example, the type of starch exchange (say saltines were substituted for animal crackers), then the involved students may face disciplinary action. Please be aware that the TAs and I will be looking for these sorts of similarities. Before grading the case studies we sit down together and compare the case studies very carefully.

**Lectures/Labs:**

Lectures are scheduled from 2:30-3:20 PM on Mondays, Wednesdays, and Fridays. Labs are scheduled from 3:25-4:25 PM on Wednesdays. Early on in the course and at other times, I will lecture during the lab session. For the most part, however, we will discuss assignments and clinic experiences during the scheduled laboratory session.

**WHAT AM I LOOKING FOR IN YOUR WORK?**

**Critical thought:** If you only give what was shown in class, you will only get partial credit. I want to know what YOU think and how YOU would justify your decisions.

**Summaries:** Don’t just give a checklist of facts. I want to know WHY those facts are important. What relevance do they have to the client’s care? Tell me what the facts mean. Remember, YOU are the dietitian.

**Calculations:** SHOW THEM!

**Sources:** Where did you get your information? What are your recommendations based on?

**Justification:** Justify EVERYTHING! I want to know why you think your analysis is a good one. There often are several different ways to do things. Why did you choose this particular one?

**Labels:** If you don’t label your work, I won’t know what you are doing.

**Neatness:** If we can’t read it, we won’t grade it.
Instructions for Clinical Experiences

Sign-up sheets for the clinic experiences will be provided in class as soon as dates, times, etc. are arranged with the various facilities. Each of you will go to one clinic. Your goal is to gather information, conduct a 24-h recall, food frequency, and diet history, and prepare a written report, following the guidelines below.

1. Know what you are doing when you arrive. Instructions will be provided.
2. Prepare a written report.

FOR ALL CLINICS
A. CONFIDENTIALITY IS ABSOLUTELY REQUIRED!! NEVER use the patient’s name in your reports, and do NOT use the patient’s name if discussing the case outside. IF YOU USE THE PATIENT’S NAME IN YOUR ORAL REPORT, YOU WILL AUTOMATICALLY loose 50% OF THE TOTAL POSSIBLE POINTS. Refer to the patient as “Mr. X” or “Ms. X”. X = lst initial of last name.

B. ARRIVE ON TIME! If you miss your appointment, the clinic may not be able to reschedule you!!
The PSU shuttle runs every 30 min. between the main campus and the hospital (schedules may be obtained from transportation services) if you cannot find a ride.

Notify the clinic at least a day ahead of time if you are unable to make your appointment. Hopefully, they will be able to reschedule you.

Know what you are doing. Carry this syllabus with you as well as any class notes that you may need to refer to when collecting information from the patient or the chart. You do not want to have to go back a second time because you forgot to get something that is critical to your report.

C. DRESS PROFESSIONALLY. Professional dress encourages people to pay attention to what you are saying rather than how you look.

Women: Stockings are required.
Skirt (not short!!) or nice pants.

Men: Pants and button-down shirt

Check your shoes for mud before going into the clinic.
Do not wear jeans, shorts, T-shirts.
Do not wear anything “see-through”.
Do not wear low-cut or tight blouses, sweaters, or shirts.

D. Review the patient's chart thoroughly.
Note the different sections. Where are nutrition notes recorded?
Take down the information that you will need for your clinic report. You will not be going to the clinic until we have covered a particular disease in class, so you should be well-prepared before going to the clinic.

E. Talk to the client/patient
Obtain a 24-hour diet recall, a food frequency, and a diet history (there may be information in the medical chart relevant to the diet history also). See the relevant forms and Tables in your textbook for guidance. For geriatric patients, you may have to analyze a one day menu that the nursing home provides.
Please do not make specific recommendations to the patient! If a patient asks you for advice, tell them you are not qualified, but you’d be glad to mention their concern/question to the nursing staff or dietitian.

PLEASE REMEMBER THAT YOU REPRESENT THIS CLASS AND PENN STATE. YOUR BEHAVIOR AFFECTS THE RELATIONSHIP THAT WE HAVE, AND THAT FUTURE STUDENTS WILL HAVE, WITH THE COMMUNITY.

WHAT TO INCLUDE IN THE WRITTEN CLINIC REPORT
The clinic report will follow the format that you will use in preparing case studies, with additional information being required for the educational materials. The following information must be included:

I. Cover page.
   A. The last four digits of your social security number
   B. The date that you turned it in
   C. The name of the class (Nutr 453, Spring 2001)
   D. The name of the clinic you went to.
   E. Which members of the team contributed to which parts of the report.

II. Patient description and information.

III. Assessment
   A. Assess the patient
   B. Assess the diet

IV. Plan interventions
   A. List the patient problems and strengths
   B. Set priorities
   C. Prescribe a diet
   D. Make dietary recommendations
   E. Set behavioral objectives
   F. Plan a sample menu

V. Additional educational materials.
All of the following questions must be answered. If a question does not apply to your patient, simply state so. Feel free to include anything else you find that may be valuable to your client or to fellow professionals. In addition to the detailed information that you provide in your clinic report, please provide a separate concise handout (no more than 1-2 pages, if possible) summarizing the information you find that will be of use to class members or a clinician in this area. I will then provide handouts to the class of information of interest.

   A. What special products or supplies are available for an individual with this disease?
   B. Where would you purchase these products or supplies (grocery store, pharmacy, medical supply store, health food store, private company, mail-order, etc.)?
   C. How much do the products or supplies cost?
   D. If this item must be supplied continuously, how much would the annual cost be?
   E. If special food products are required, recommended, or available, are they palatable (you can ask a patient who uses the product, sample it yourself, bring some to class on a lab day, etc.)?
   F. Talk with a patient who has this disease or a health professional familiar with the condition. What difficulties do patients frequently face? How do patients and their families deal with these problems?
   G. Are community resources available for individuals with this disease here in the State College area, as well as anyplace else of interest to you (for instance, support groups, financial or medical assistance, specialists, health clinics, etc.)?
   H. What medications are commonly prescribed or available over-the-counter? Approximately how much do they cost?
I. Do Web sites exist providing information about this disease? List significant reliable ones you find and who supports them. Reliability of the sites should be checked using the Tufts Nutrition Navigator http://navigator.tufts.edu/index.html. How reliable or scientifically sound do you think these sites are? Why?

J. Are books or magazines available for patients dealing with this disease? In your judgement, how reliable or scientifically sound are they? Why? If you locate a professional review of some of these items you can use it also.

VI. Evaluation of your plan.

VII. List of references.