

LSC Use Only
Number: _____
Submission Date: _____
Action-Date: _____



UWUCC USE Only
Number: 99-51a
Submission Date: _____
Action-Date: _____

*App 3/21/00
Senate App 5/2/00*

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Dr. Joanne B. Steiner Phone 7-4440

Department Food and Nutrition

II. PROPOSAL TYPE (Check All Appropriate Lines)

_____ **COURSE** _____
Suggested 20 character title

_____ **New Course *** _____
Course Number and Full Title

XX **Course Revision** FN 355 Nutrition in Disease I
Course Number and Full Title

_____ **Liberal Studies Approval +** _____
for new or existing course Course Number and Full Title

_____ **Course Deletion** _____
Course Number and Full Title

_____ **Number and/or Title Change** _____
Old Number and/or Full Old Title

_____ New Number and/or Full New Title

XX **Course or Catalog Description Change** FN 355 Nutrition in Disease I
Course Number and Full Title

_____ **PROGRAM:** _____ **Major** _____ **Minor** _____ **Track**

_____ **New Program *** _____
Program Name

_____ **Program Revision *** _____
Program Name

_____ **Program Deletion *** _____
Program Name

_____ **Title Change** _____
Old Program Name

_____ New Program Name

III. Approvals (signatures and date)

Joanne B. Steiner
Department Curriculum Committee

Joanne B. Steiner
Department Chair

Man E. Swenton 12/9/99
College Curriculum Committee

Parley C. Zoni 12/12/99
College Dean

+ Director of Liberal Studies (where applicable)

* Provost (where applicable)



I. Catalog Description

FN 355

Nutrition in Disease I

(3c-01-3sh)

Pre-requisites: FN 212, BI 155 or BI 150/151

Basic tools for diet modification: food exchange systems; interviewing techniques; nutrition assessment; professional practice; dietary treatment of caloric imbalance, diabetes, and cardiovascular disease. Fall Semester only.

Part II. Description of the Curriculum Change
I. New syllabus of record

I. Catalog Description

FN 355	Nutrition in Disease I	3 credits 3 lecture hour 0 lab hours (3c-0l-3sh)
---------------	-------------------------------	---

Pre-requisites: FN 212, BI 155 or BI 150/151

Basic tools for diet modification: food exchange systems; interviewing techniques; nutrition assessment; professional practice; dietary treatment of caloric imbalance, diabetes, and cardiovascular disease. Fall Semester only.

II. Course Objectives

Upon completion of the course the student will:

1. Describe and demonstrate the correct techniques for nutrition assessment and screening.
2. Read and interpret data in the medical record.
3. Conduct an interview to develop a nutrition history.
4. Use the Problem Oriented Medical Record (POMR) for documentation.
5. Select and utilize appropriate techniques for patient instruction of diet regimens.

The remaining objectives pertain to the content areas of caloric imbalances, diabetes, and cardiovascular disease.

6. Describe the physiological and anatomical changes which necessitate dietary intervention.
7. Explain the rationale for commonly used therapeutic regimens.
8. Describe current dietetic practices pertaining to content area.
9. Prescribe the correct dietary regime.
10. Use exchange lists and nutrient composition tables to calculate diet prescriptions for the following modifications, taking into account specific individual, cultural, emotional, and economic factors, and write a sample menu to meet these criteria:
 - a. low calorie/high calorie

- b. diabetic
 - c. fat modification
11. Write a nutrition care plan and describe desired outcome.
12. Use correct medical terminology.

III. Detailed Course Outline

(37 hours lecture + 5 hours examinations + 2 hours presentations = 44 class hours including the final examination)

- A. Introduction (1 hour)
- B. Overview of nutrition care (1 hour)
- C. Interviewing (1 hour)
- D. Diet analysis (1 hour)
 - 1. Exchange lists
 - 2. Food guide pyramid
 - 3. Other evaluation methods
- E. Anthropometric assessment (3 hours)
 - 1. Arm muscle and fat assessment
 - 2. Body composition assessment
- F. Laboratory/clinical assessment (1 hour)
 - 1. Clinical signs of deficiency symptoms
 - 2. Hematology
- G. Hydration status (1 hour)
- H. Acid-base balance (1 hour)
- H. Medical terminology/documentation (1 hour)
- J. Nutrition Care Plans (1 hour)
- K. Exchange lists (2 hours)
 - 1. Calculating combination dishes
 - 2. Calculating diet prescriptions
- L. Caloric Imbalance (6 hours)
 - 1. Diagnosis

2. Underweight
 3. Eating Disorders
 4. Obesity
 5. Diet Modification
- M. Diabetes (8 hours)
1. Etiology
 2. Pathophysiology
 3. Diagnosis
 4. Treatment
 - a) Pharmacology
 - b) Diet Interventions
 - c) Other
 5. Complications and prognosis
- N. Coronary Heart Disease (6 hours)
1. Etiology
 2. Pathophysiology
 3. Diagnosis
 4. Treatment
 - a) Pharmacology
 - b) Diet interventions
 - c) Other
 5. Complications and prognosis
- O. Heart Failure (1 hour)
1. Etiology
 2. Pathophysiology
 3. Diagnosis
 4. Treatment
 - a) Pharmacology
 - b) Diet interventions
 - c) Other
 5. Complications and prognosis
- P. Hypertension (2 hours)
1. Etiology
 2. Pathophysiology
 3. Diagnosis
 4. Treatment
 - a) Pharmacology
 - b) Diet Interventions
 - c) Other
 5. Complications and prognosis

IV. Evaluation Methods

Examinations	450 points
Case studies	370
Other assignments	130
Quizzes	100

TOTAL 1050

945-1050= A

840-944 = B

735-839 = C

630-734 = D

< 629 = F

V. Required Textbooks

Mahan, L.K. and Escott-Stump, S. 1999. Krause's Food, Nutrition & Diet Therapy, 9th Ed. W.B. Saunders Company, Philadelphia.

Zeman, F.J. and Ney, D.M. 1996. Applications in Medical Nutrition Therapy. 2nd Ed, Prentice Hall. Upper Saddle River, NJ.

VI. Special Resource Requirements (Recommended)

1. Texts from Nutrition and Physiology
2. A good medical dictionary
3. Merck Manual
4. Physician's Desk Reference
5. Pennington, J. (current edition). Bowes and Church's Food Values of Portions Commonly Used. Lippincott. Philadelphia.
6. Allen, A.M. (current edition). Food Medication Interactions. Pottstown, PA.

VII. Bibliography

Billon, W.E. 1999. Clinical Nutrition Case Studies. 3rd ed. Wadsworth Publishing Company. Belmont, CA.

Cataldo, C.B., DeBruyne, L.K., and Whitney, E.N. 1999. Nutrition & Diet Therapy: Principles and Practices. 5th ed. Wadsworth Publishing. Belmont, CA

Davis, J.R, and Sherer, K. 1993. Applied Nutrition and Diet Therapy for Nurses. 2nd ed. W.B. Saunders Co. Philadelphia

Diabetes Practice Group. 1994. Meal Planning Approaches for Diabetes Management. American Dietetic Association. Chicago, IL.

Escott-Stump, S. 1997. Nutrition and Diagnosis-Related Care. 4th ed. Lea & Febiger. Philadelphia.

Holler, H.J. and Pastors, J.G. 1997. Diabetes Medical Nutrition Therapy. The American Dietetic Association and The American Diabetes Association.

Kinney, J.M., Jeejeebhoy, K.N., Hill, G.L., and Owen, O.E. 1988. Nutrition and Metabolism in Patient Care. W.B. Saunders Company. Philadelphia.

Kris-Etherton, P., Burns, J.H., and Eissenstat, B. eds. 1998. Cardiovascular Nutrition. American Dietetic Association. Chicago. IL.

Lysen, L.K. 1997. Quick Reference to Clinical Dietetics. Aspen Publishers, Inc. Gaithersburg, MD.

Morrison, G. and Hark, L. 1999. Medical Nutrition & Disease. Blackwell Science. Malden, MA.

Simko, M.D., and Cowell, C. 1994. Nutrition Assessment. 2nd ed. Aspen Publishers, Inc., Gaithersburg, MD.

Williams, S.R. 1997. Nutrition and Diet Therapy. 8th ed. Mosby. St. Louis.

2. A summary of the proposed revisions.

Current pre-requisites: BI 155, CH 102, and FN 212 to

New course pre-requisites: FN 212, BI 155 or BI 150 and BI 151

2. Change of course description.

The proposed change better reflects the content emphases within the course.

3. Justification/rationale for the revision

CH 102 can be deleted as it is required as a pre-requisite for FN 212. In the revised curriculum, the student may take either BI 155 or BI 150 and BI 151 depending on which Natural Science Option the student selects.

The course description now includes cardiovascular disease that was not included in the previous course description. The current issue in weight management is not limited to obesity but includes other disorders so the terminology caloric imbalance is a better description. Injury, surgery and recovery have never been major content areas in the course; so it is appropriate to delete these topics from the course syllabus.

4. Old syllabus of record

Attached

5. Letter of support

Not required.

I. Catalog Description

Basic tools for diet modification: food exchange systems; interviewing techniques; nutrition assessment; professional practice; dietary treatment of injury, surgery, recovery, obesity, and diabetes. Nutrition support. Food sampling experiences. Fall semester.

Prerequisites: BI 155, CH 102, FN 212

II. Course Objectives

Upon completion of the course, the student will:

1. understand and describe current dietetic practices pertaining to content area.
2. explain the rationale for commonly used therapeutic regimens.
3. describe the physiological and anatomical changes which necessitate dietary intervention in the following conditions:
 - a. diabetes
 - b. cardiovascular diseases
 - c. obesity
4. prescribe the correct dietary regimen for patients with the above conditions.
5. use exchange lists and nutrient composition tables to calculate diet prescriptions for the above conditions, taking into account specific individual cultural, emotional, and economic factors, and write a sample menu to meet these criteria.
6. write a nutrition care plan for each of the above conditions, and describe desired outcome for each.
7. use correct medical terminology as related to diet and disease.
8. describe and demonstrate the correct techniques for nutrition assessment and screening, and select the appropriate method and composition of nutrition support.
9. select and utilize appropriate techniques for patient instruction of diet regimens.
10. read and interpret data in the medical record.
11. use the Problem Oriented Medical Record (POMR) for documentation of progress notes in the medical record.
12. conduct an interview to elicit nutrition history.

III. Course Outline

- A. Role of the clinical dietitian
- B. Tools for clinical practice
 - 1. exchange systems
 - 2. medical record
 - 3. laboratory tests
 - 4. terminology
 - 5. anthropometry
- C. Communication
 - 1. medical record
 - 2. interviewing
 - 3. counseling vs. instruction
- D. Weight management
 - 1. normal physiology
 - 2. pathology of disease states
 - 3. nutritional relationships
 - 4. principles of nutrition intervention
 - 5. diet prescription and calculation
 - 6. goals of care/quality assurance
- E. Diabetes
 - 1. normal physiology
 - 2. pathology of disease states
 - 3. nutritional relationships
 - 4. principles of nutrition intervention
 - 5. diet prescription and calculation
 - 6. goals of care/quality assurance
- F. Cardiovascular disorders
 - 1. normal physiology
 - 2. pathology of disease states
 - 3. nutritional relationships
 - 4. principles of nutrition intervention
 - 5. diet prescription and calculation
 - 6. goals of care/quality assurance

General Information

1. Case studies are to be typed on the worksheets. You are to complete the items not covered in class and a menu as described in each class. Case studies indicated with * (on the assignment sheet) are to be completed and turned in. All others listed will be used for class discussions. Bring your case study book to all classes.
2. Case studies are due in class one week after they are assigned. Grades will be deducted after 4 p.m. on that date unless an extension is requested before the scheduled class time.
3. All menu plans are to be typed and to follow the attached format.
4. All written menus are to be original. If a menu is copied from any text, the case study will automatically receive a grade of 0.

5. Make up exams will be given only for documented illness or family emergency and only if the instructor is contacted prior to the exam period.
6. Course content is based on an adequate knowledge of chemistry, physiology and nutrition. It is the responsibility of the student to review pertinent material as necessary.
7. Handouts will be taken to class only once. Find another student to obtain copies for you if you must miss a class. In the event that this is not possible, it is your responsibility to photocopy the handouts of another student.
8. If you are not in class when an assignment is due, it may be turned in at the mailbox in Ackerman 114 during business hours (8-12:00 & 1-4:30 M-F).
9. The fourth exam will be comprehensive, with heavier weight placed on the material presented after Exam 3.

What You Need To Know

As an advanced course in nutrition, Nutrition in Disease requires a basic understanding of some concepts from the prerequisite science courses. Because of the large quantity of material presented in Nutrition in Disease, it is impossible to use class time to study material that should have been learned previously; therefore, it will be your responsibility to review pertinent information. Some important concepts that you should review/learn during the next few weeks are:

1. The Exchange Lists. You must know: the six types of exchanges; the protein, fat, carbohydrate, and calorie value for each; what foods are in each category; how to interpret combination dishes; quantity of each food in one exchange.
2. Functions, principle food sources and deficiency symptoms for all nutrients.
3. Principles of menu planning.
4. Familiarity with (not memorization of) the RDA, and how to use it in diet assessment and planning.
5. Basic human anatomy and physiology.

IV. Evaluation Methods

Grades will be calculated as follows:

Exam 1	75
Exam 2	75
Exam 3	75
Exam 4	125
Case Studies @ 30	150
*Class Activities	100
 Total	 600

*Every week there will be at least one unannounced in class activity (minimum of 13 total) worth ten points. These may include, but are not limited to, completion of a problem, short quiz, or activity sheet. Content will be based on the reading assignment for that day or the

material covered during the previous three class periods. At the end of the semester, each student's highest ten scores will be totaled for an activity score; the remaining scores will be dropped. If a student has not been present for ten activities, the score will be calculated all activities attended. There will be no make-up opportunities for missed activities unless a student presents written evidence that a medical problem has necessitated absence for two weeks or longer.

Grades will be assigned as follows:

90-100% - A
80- 89 - B
70- 79 - C
60- 69 - D
> 59 - F

V. Required Textbook

Krause & Mahon. Food, Nutrition and Diet Therapy.

Robinson, Lawler and Garwick. Case Studies in Clinical Nutrition.

Suggested References:

1. Texts from Nutrition, Biochemistry, and Physiology
2. A good medical dictionary
3. Merck Manual
4. Physician's Desk Reference
5. Pennington & Church, Food Values of Portions Commonly Used

Susan S. Dahlheimer
Associate Professor