



UM | Faculty of Agricultural
and Food Sciences

Syllabus
HNSC 4500 Clinical Nutrition I
Winter 2022 (CRN, 61094)

Department of Food and Human Nutritional Sciences



**University
of Manitoba**

We acknowledge with great respect that The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Metis Nation.

Instructor: Miyoung Suh, RD, PhD
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Office hours: By appointment (arranged by e-mail)

Teaching Assistant: TBD

Office hours: Immediately after class or by e-mail

Course Format:

Lecture and Guest Speakers:

Tues & Thur 8:30-9:45am Online synchronous (Webex)*
* If Webex is down, Zoom will be used as a back up system.

Description:

An introduction to the principles of patient care in the hospital settings. Students will gain theoretical and practical knowledge to assess and apply recommendations and guidelines to specific clinical disease states. May not be held with the former HNSC 4320.

Pre or co-requisites: HNSC 3220 (or the former HNSC 3320), HNSC 3300, HNSC 3310 and HNSC 3400.

This course is a mandatory requirement for students who are applying for dietetic internship.

Learning Objectives:

This course will enable students:

1. to gain clinical nutrition knowledge and the etiology, pathophysiology, signs and symptoms of clinical diseases;
2. to identify the role of nutrition in the prevention and management of various disease states;
3. to apply nutrition recommendations and guidelines to specific clinical disease states;
4. to become familiar with nutritional care plan process (NCP: Assessment, Diagnosis, Intervention, and Monitoring & Evaluation (ADIME)) for each patient with consideration of life style, socio-economical, cultural, and psychological factors.

Textbook and Reference Materials:

1. Required textbook:

- Krause and Mahan's Food and the Nutrition Care Process, 15th edition (2021): 14th edition
Raymond JL and Morrow K, Elsevier Saunders, Philadelphia
- Any medical dictionary (eg. Tabler's Cyclopedic Medical Dictionary)

2. Recommended Reference Books:

- Textbooks from prerequisite courses.
- Compendium of Pharmaceuticals and Specialties (CPS 2021)
([University of Manitoba Libraries](#))

3. Important Web Sites:

- Dietitians of Canada: www.dietitians.ca
- Health Canada: www.hc-sc.gc.ca/fn-an/index_e.html
- Canadian Diabetes Association: www.diabetes.ca
- Public Health Agency of Canada: www.phac-aspc.gc.ca/index-eng.php
- Academy of Nutrition and Dietetics: www.eatright.org
- American Heart Association: www.heart.org/HEARTORG/

4. Other readings, specific nutrition guidelines and useful websites will be made available throughout the term.

Using Copyrighted Material:

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Course Technology:

UM Learn will be used for posting all lectures, assignment, and other content. It will also be used for evaluation such as exams and assignments. Cisco Webex will be used for the deliberation of synchronous lectures, and communications with instructor. Students are encouraged to take a look at the Webex features (eg. muting, sharing screen, raising hand, etc.)

Expectations:

- Regular attendance to lectures is essential for success in this course.
 - i) For classes with guest speakers, **2 points per each absence** will be deducted from the final grade.
- You are responsible for reviewing the relevant sections/chapters in the required textbook prior to attending lectures. Please bring your main resources and a calculator to each class.
- Do respect your fellow students and foster a cooperative learning environment where other's questions and comments are heard and discussed.
- I will be available for communication for any questions and comments you have via Cisco Webex communication and meetings.
- I will make an effort to reply to your questions/concerns within 72 hours-maximum 1 week, depending on the questions and time allowed (Please use "HNSC4500" in the subject line in e-mail).
- I value the diverse learning environment. Any lectures and discussions will be based in respect of diversity (culture, ethnicity, religion, gender identity, sexuality, disability, age, socioeconomic status and etc).
- I also expect you to follow some policies around Class Communication, Academic Integrity, and Recording Class Lectures as below.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Recording Class Lectures:

As an UM Faculty Association member, Dr. Miyoung Suh holds copyright to all of the course materials and lectures including cases. Thus, no audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without her permission. Course materials (both paper and digital) are only for your private study and research, but not to share with others via posting in any media and online.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services, 520 University Centre
Phone: (204) 474-7423; Email: Student_accessibility@umanitoba.ca

COURSE EVALUATION

Grading and Evaluation:

<u>Evaluation</u>	<u>Date</u>	<u>Grade (%)</u>
Midterm Test I	Mar 3, 2022 (in class)	15
Midterm Test II	Mar 31, 2022 (in class)	25
Term Assignment	Mar 17, 2022 (by 4:00 pm)	25
<u>Final Exam</u>	<u>Examination Period (April, 2022)</u>	<u>35</u>

The last date to voluntarily withdraw without academic penalty is April 25, 2022.

Grading:

Final grades will be assigned as follows:

≥ 90.0%	A+	65.0 - 69.9	C+
85.0 - 89.9	A	60.0 - 64.9	C
75.0 - 84.9	B+	50.0 - 59.9	D
70.0 - 74.9	B	< 50%	F

1. Examinations are closed book. Students will be allowed to refer to nutritional product guides; reference data will be provided if required. The exam format will be mixture of multiple choices, fill in the blanks, short and long answers, including case studies. Final exam is cumulative.
2. Absenteeism from tests without appropriate prior notification will result in a grade of 'F' being assigned.
3. Late assignments will be accepted however, **10% per day** late will be deducted from total

- marks of each assignment. It will be counted immediately **after 4:00 p.m.** of the due date.
4. Students are responsible for attending classes for which they are responsible for work covered.

Term Assignment:

*Detail instructions will be provided in the class.

To meet ICDEP performance indicators:

This course is designed to meet The Integrated Competencies for Dietetic Education and Practice (ICDEP, 2020, Version 3.0) developed by the Partnership for Dietetic Education and Practice (PDEP).

This course will basically meet two out of seven domain areas:

Domain 1. FOOD AND NUTRITION EXPERTISE

1.06 Integrate nutrition care principles and practices

Domain 5. NUTRITION CARE

5.01 Conduct nutrition assessment

5.02 Determine nutrition diagnosis

5.03 Plan nutrition intervention(s)

5.04 Implement nutrition intervention(s)

5.05 Monitor nutrition intervention(s) and evaluate achievement of nutrition goals

Practice Competencies with Performance Indicators

To achieve the above practice competencies, this course provides the following content areas of the performance indicators in ICDEP:

The ICDEPs are now assessed using Miller's Pyramid.

K = Knows; KH= Knows How; SH= Shows How; D = Does (based on [Miller's Pyramid](#)):

Knows (K) level is cognitive and indicates that the course is designed to provide students with foundational (basic) knowledge relevant to dietetic practice.

Knows How (KH) level demands more complex cognitive ability involving the direct application of knowledge in the context of dietetic practice.

Shows How (SH) level occurs in an artificially-constructed setting, designed to simulate an aspect of practice, but not involving the actual practice environment.

Does (D) level occurs in a dietetic practice-based setting and assesses performance.

1. FOOD AND NUTRITION EXPERTISE		
Dietitians integrate their food and nutrition expertise to support the health of individuals, communities		
PRACTICE COMPETENCIES	PERFORMANCE INDICATORS	ASSESSMENT Required
1.06 Integrate nutrition care principles and practices	a. Demonstrate knowledge of human physiological systems in health and disease	K
	b. Demonstrate knowledge of the etiology and pathophysiology of nutrition-related diseases	K
	c. Demonstrate understanding of nutrition-related disease management strategies	KH
	d. Demonstrate understanding of the Nutrition Care Process	KH
5. NUTRITION CARE		
Dietitians use the Nutrition Care Process to provide individualized care		
5.01 Conduct nutrition	a. Use appropriate nutrition risk screening strategies	KH
	b. Identify relevant information	KH
	c. Assess and interpret food- and nutrition-related history	KH
	d. Obtain and interpret medical history	KH
	e. Obtain and interpret demographic, psycho-social and health behaviour history	KH
	f. Assess and interpret anthropometric parameters	KH
	g. Assess and interpret nutrition-focused physical findings	KH
	h. Obtain and interpret biochemical data	KH
	i. Obtain and interpret results from medical tests and procedures	KH
	j. Obtain and interpret medication data	KH
	k. Assess and interpret chewing, swallowing and eating abilities	KH
5.02 Determine nutrition Diagnosis	a. Integrate assessment findings to identify nutrition problem(s)	KH
	b. Prioritize nutrition problems	KH
5.03 Plan nutrition intervention(s)	a. Determine nutrition goals	KH
	b. Determine nutrition requirements	KH
	c. Determine dietary modifications	KH
	d. Determine therapeutic supplementation	KH
	e. Determine supportive physical and social /environmental accommodations	KH
	f. Determine enteral nutrition regimens	KH
	g. Determine parenteral nutrition regimens	KH
	h. Determine client learning needs and assets	KH
	i. Determine required resources and support services	KH
5.04 Implement nutritionintervention(s)	a. Coordinate implementation of nutrition intervention(s)	KH
	b. Provide nutrition education	SH
	c. Provide nutrition counselling	SH
5.05 Monitor nutrition intervention(s) and evaluate achievement of nutrition	a. Determine strategies to monitor effectiveness of nutrition intervention(s) and evaluate achievement of nutrition	KH
	b. Evaluate progress in achieving nutrition goals	KH
	c. Adjust nutrition intervention(s) when appropriate	KH

TENTATIVE COURSE SCHEDULE (subject to modification):

Students are responsible for reviewing the relevant sections/chapters in the required text prior to attending lectures. Please bring your main resources and calculators to class daily.

WK	Content Area	Lecture Topics	Handouts/Cases
WK1	LEC1 25-Jan	Introduction	Introduction to Course Basic Medical Terminology
	LEC2 27-Jan	Nutrition Care Process	Introduction to NCP model Malnutrition
	1. Nutrition Assessment	Screening vs Assessment	HO: HSC & CNST Nutr Screening tool
WK2	LEC3 1-Feb	Medical and Social History Dietary Clinical/Physical	
	LEC4 3-Feb	Anthropometric & Body composition	HO: Handy Formula for Nutr Assessment
WK3	LEC5 8-Feb	Biochemical * Subjective Global Assessment (SGA)	HO: Laboratory Data SGA form
	LEC6 10-Feb	Requirement Assessment - Energy, Protein, Fluid	
WK4	LEC7 15-Feb	2. Nutrition Diagnosis -PES statement	HO: NCP forms (Terminology)
		3. Nutrition Intervention	HO: Oral Nutr Supplements HO: HSC Nutr Assessment Form
	LEC8 17-Feb	4. Nutrition <i>monitoring & Evaluation</i> Nutrition Support (cont'd): * <i>Fluid and Electrolyte Balance</i> -Enteral Nutrition (EN)	HO: WRHA: EN Feeding Decision Making Algorithms
WK5	Winter Break	No classes	
WK6	LEC9 1-Mar <i>(LCE10) 3-Mar</i>	-Parenteral Nutrition (PN) <i>*Midterm Test I: Mar 3, Thurs</i>	HO: HSC, Adult PN Requisition HO: Guidelines on PN
WK7	LEC11 8-Mar	Dysphasia Diet	IDDSI Food & Drink Classification and Testing (Video)
	LEC12	GI diseases	

	10-Mar	1. Upper GI diseases	Gastroesophageal Reflux Disease Peptic Ulcer Gastric Surgery * Dumping syndrome * <i>Refeeding syndrome</i>	
WK8	LEC13 15-Mar LEC14 17-Mar	2. Lower GI diseases	IBD (CD and UC) SBS IBS Diverticular diseases * Ileostomy & Colostomy <i>*Assignment due (Mar 17, Thurs, 4pm)</i>	Cases on GI diseases HO: Low FODMAP Diet (Evidence, Doubts & Hopes)
WK9	LEC15 22-Mar	Hepatobiliary & Pancreatic Disorders	Pancreatitis (Acute and Chronic) Gallbladder	Case
	LEC16 24-Mar		Liver diseases	Case
WK10	LEC17 29-Mar		Guest Speaker (K Vagianos, COVID Nutrition): tentative	
	<i>(LEC18) 31-Mar</i>		<i>*Midterm Test II: Mar 29, Thurs</i>	
WK11	LEC19 5-Apr		Food and Drug Interactions	
	LEC20 7-Apr	Chronic non-communicable diseases Cardiovascular Disease	Introduction to chronic diseases CVD AHA & ACC Guidelines	HO: FRS-Estimation of 10 yr CVD Risk HO: Mediterranean Diet Score Tool and Adherence Screener
WK12	LEC21 12-Apr LEC21 14-Apr	Obesity	Obesity and WT management Bariatric HAES Guest Speaker (Women's Health Clinic): tentative	HO: Adult Bariatric Care: Nutr Practice Guideline EOSS: Edmonton Obesity Staging System
WK13	LEC23 19-Apr LEC24 21-Apr	Cancer	Cancer Wrap-up Review	 (Last class)

- For the confirmation with guest speakers and any other changes in the schedule, the class will be notified at least 1-2 weeks in advance.

UNIVERSITY SUPPORT OFFICES & POLICIES

Schedule “A”:

Section (a) academic supports and resources:

Writing and Learning Support

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor’s feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/> You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries’ homepage: www.umanitoba.ca/libraries.

Section (b) mental health support and resources:

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:* <http://umanitoba.ca/student/counselling/index.html>, 474 University Centre or S207 Medical Services (204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team if you are concerned about yourself or another student and don’t know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html>
520 University Centre, (204) 474-7423

University Health Service

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus, (204) 474-8411 (Business hours or after hours/urgent calls)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <http://umanitoba.ca/student/health-wellness/welcome.html>

Katie.Kutryk@umanitoba.ca, 469 University Centre, (204) 295-9032

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site: <http://umanitoba.ca/student/livewell/index.html>

Section (c) a notice with respect to copyright:

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

Section (d) university and unit policies, procedures, and supplemental information:

Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:
Respectful Work and Learning Environment

http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline

http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,

Violent or Threatening Behaviour

http://umanitoba.ca/admin/governance/governing_documents/community/669.html

- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at:
http://umanitoba.ca/admin/governance/governing_documents/community/230.html More information and resources can be found by reviewing the Sexual Assault site
<http://umanitoba.ca/student/sexual-assault/>
- For information about rights and responsibilities regarding **Intellectual Property** view the policy http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site
<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>, 520 University Centre, 204 474 7423;
student_advocacy@umanitoba.ca