

Syllabus

HNSC 4500: Clinical Nutrition I
(Winter 2024)

TABLE OF CONTENTS

COURSE DETAILS.....	3
INSTRUCTOR CONTACT INFORMATION.....	3
COURSE DESCRIPTION	3
COURSE GOALS	4
COURSE LEARNING OBJECTIVES	6
TEXTBOOK, READINGS, AND COURSE MATERIALS	6
USING COPYRIGHTED MATERIAL	6
COURSE TECHNOLOGY	6
EXPECTATIONS: I EXPECT YOU TO	7
EXPECTATIONS: YOU CAN EXPECT ME TO	8
CLASS SCHEDULE AND COURSE EVALUATION	8
GRADING	10
VOLUNTARY WITHDRAWAL.....	11
ASSIGNMENT DESCRIPTIONS	11
REFERENCING STYLE	11
ASSIGNMENT FEEDBACK.....	11
ASSIGNMENT EXTENSION AND LATE SUBMISSION POLICY	11
UNIVERSITY SUPPORT OFFICES & POLICIES	11

COURSE DETAILS

Course Title & Number:	HNSC 4500 Clinical Nutrition I (CRN, 61094)	
Number of Credit Hours:	3	
Class Times & Days of Week:	Tues & Thur	8:30-9:45am
Location for classes	TIER 303	
Pre or co-Requisites:	HNSC 3220 (or the former HNSC 3320), HNSC 3300, HNSC 3310 and HNSC 3400.	

Instructor Contact Information

Instructor(s) Name:	Dr. Miyoung Suh, RD. PhD
Office Location:	Primary office: R4036 St. Boniface Hospital Research Center Student meeting: Human Ecology or Duff Roblin building
Office Hours or Availability:	Immediately before or after calss, Tuesday 10am-12pm & Thursday 10am-12pm or by appointment (arranged by e-mail)
Office Phone No.	Phone: 204-235-3106
Email:	Miyoung.suh@umanitoba.ca Use HNSC4500 in the subject line in the e-mail.
Contact:	By appointment (arranged by e-mail)
TA:	Breanne Semenko, RD: semenkob@myumanitoba.ca

Course Description

U of M Course Calendar 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.

General Course Description

This course is a mandatory requirement for students who are applying for dietetic internship. This course also benefits non-dietetic students who are interested in learning etiology, pathophysiology, signs and symptoms of clinical diseases.

Course Goals

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).

To meet ICDEP performance indicators:

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

Course 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, Readings, and Course Materials

1. Required textbook:

- Krause and Mahan's Food and the Nutrition Care Process, 16th edition (2022): 15th 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

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 may also be used for evaluation such as assignments.

To gain access or learn how to navigate the UM Learn please contact the [Centre For The Advancement Of Teaching & Learning](#) or http://intranet.umanitoba.ca/academic_support/catl/resources/umlearn.html for details.

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. The student can use all technology in the classroom setting only for educational purposes approved by instructor and/or the University of Manitoba Student Accessibility Services. Do not use cellphone during class time.

Expectations: I Expect You To

- 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 expect that your use of technology (ie. laptops, mobile devices, etc) will not be disruptive to others or to their learning environment.
- I also expect you to follow some policies around Class Communication, Academic Integrity, and Recording Class Lectures as below.

Class Communication:

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

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

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.

For group work:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and
- V. All work should be completed independently unless otherwise specified.

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

Expectations: You Can Expect Me To

- I will be available for communication for any questions and comments you have via e-mail communication and in person meetings if arranged in advance.
- I will make an effort to reply to your questions/concerns within 72 hours- ~1 week, depending on the questions and time allowed (Please use "HNSC4500" in the subject line in the 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).

CLASS SCHEDULE AND COURSE EVALUATION

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

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.

TENTATIVE COURSE SCHEDULE (subject to modification):

Date	Content Area	Lecture Topics	Relevant Handouts & Cases
Jan 9-11	Introduction	Introduction to Course Basic Medical Terminology	
	Nutrition Care Process	Introduction to NCP model	HO: HSC & CNST Nutr Screening tool
	1. Nutrition Assessment	Malnutrition Screening vs Assessment	
Jan 16-18		Medical and Social History Dietary Clinical/Physical Anthropometric & Body composition	HO: Handy Formula for Nutr Assessment

Jan 23-25		Biochemical * Subjective Global Assessment (SGA) Requirement Assessment - Energy, Protein, Fluid	HO: Laboratory Data SGA form
Jan30-Feb1	2. Nutrition Diagnosis	Diagnosis - PES statement	HO: NCP forms (Terminology)
	3. Nutrition Intervention	Nutritional Support: -Therapeutic Diets	HO: Oral Nutr Supplements HO: HSC Nutr Assessment Form
	4. <i>Nutrition monitoring & Evaluation</i>		
	3. Nutrition Intervention	-Enteral Nutrition (EN)	HO: WRHA: EN Feeding Decision Making Algorithms
Feb 6-8		-Parenteral Nutrition (PN) Dysphasia Diet	HO: HSC, Adult PN Requisition HO: Guidelines on PN IDDSI Food & Drink Classification and Testing (Video)
Feb 13-15	GI diseases		
	1. Upper GI diseases	Gastroesophageal Reflux Disease Peptic Ulcer Gastric Surgery * Dumping syndrome <i>* Refeeding syndrome</i>	
	2. Lower GI diseases	IBD (CD and UC) SBS IBS	Cases on GI diseases
Feb 20-22		Spring break (No class)	
Feb 27- Feb 29	Feb 27	Midterm Exam I (In class) SBS IBS Diverticular Diseases * Ileostomy & Colostomy	HO: Low FODMAP Diet (Evidence, Doubts & Hopes)
Mar 5-7	Hepatobiliary & Pancreatic Disorders	Pancreatitis (Acute and Chronic) Gallbladder Liver diseases	Case Case
Mar 12-14		Cystic Fibrosis Food and Drug Interactions	

			*Assignment Due Mar 14 (4pm) UM Learn
Mar 19-21	Chronic non-communicable diseases Cardiovascular Disease Obesity	Introduction to chronic diseases CVD AHA & ACC Guidelines Obesity and WT management Bariatric HAES	HO: FRS-Estimation of 10 yr CVD Risk HO: Mediterranean Diet Score Tool and Adherence Screener HO: Adult Bariatric Care: Nutr Practice Guideline EOSS: Edmonton Obesity Staging System
Mar 26-28	Mar 26 Obesity	Midterm exam II (in class) Obesity continued	
Apr 2-4	Cancer	Cancer Guest Speaker (oncology RD): tentative	
Apr 9		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.

Course Evaluation

Grading and Evaluation:

Evaluation	Date	Grade (%)
Midterm Test I	Feb 27, 2024 (in class)	15
Midterm Test II	Mar 26, 2024 (in class)	25
Term Assignment	Mar 14, 2024 (by 4:00 pm UM Learn)	25
Final Exam	Examination Period (April 12-28, 2024)	35

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. Students are responsible for attending classes for which they are responsible for work covered.

Term Assignment:

*Detail instructions will be provided in the class.

Grading

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	≥ 90.0%	4.05-4.5	4.5

A	85.0-89.9	3.75-4.04	4.0
B+	75.0-84.9	3.37-3.74	3.5
B	70.0-74.9	2.75-3.36	3.0
C+	65.0-69.9	2.25-2.74	2.5
C	60.0-64.9	2.0-2.24	2.0
D	50.0-59.9	Less than 2.0	1.0
< 50%	< 50%	F	0

Voluntary Withdrawal

January 19 is the last day to drop the class and receive 100% refund and **March 20** is the last day to withdraw with no refund. Students who did not drop the course by the deadline would be assigned a final grade. The withdrawal courses will be recorded on official transcript. If you have any questions on this, please contact the [Registrar's Office](#) for more information. I am willing to discuss your progress and strategies for improvement prior the withdrawal date.

ASSIGNMENT DESCRIPTIONS

*Detail instructions will be provided in the class.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2009). Publication manual of the American Psychological Association (6th ed.). Washington, DC: Author.

Assignment Feedback

*Detail instructions will be provided in the class.

Assignment Extension and Late Submission Policy

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.

No extension will be allowed unless students have medical reasons or compassionate reasons (e.g. death in the family). Students must submit the evidence of the reasoning (Physician's note, death certificate etc), please contact the instructor in advance.

UNIVERSITY SUPPORT OFFICES & POLICIES

Schedule "A"

Section (a) sample re: A list of academic supports available to Students, such as the Academic Learning

Centre, Libraries, and other supports as may be appropriate:

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) sample: re: A statement regarding mental health that includes referral information:

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 [peer support from Healthy U](#) or 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 <https://umanitoba.ca/student/health-wellness/welcome-about.html>

britt.harvey@umanitoba.ca

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) sample: re: 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) sample: re: A statement directing the student to University and Unit policies, procedures, and supplemental information available on-line:

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 <https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual>

[Property Policy - 2013_10_01 RF.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