

**Clinical Nutrition Seminar**  
**FCS 690A-3 credits**  
**Spring 2009**  
**SQ 109**

**Professor: Lydia Chowa, DrpH. RD. BSN**

**Office Hours: Monday 2:00 – 4:00 p.m.**

**Tuesday 2:00 p.m.- 4:00 p.m**

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**Class time: 4:20 – 6:50 p.m on Tuesdays**

**Course Description:** This course will focus on the clinical decision making and application of theory as it relates to Parenteral and Enteral nutrition. Evidence based information guiding the application of clinical nutrition care to these topics will be discussed and relevant case studies reviewed. Emphasis will be placed on acute and chronic health deviations requiring Parenteral or Enteral nutrition in adults. The nutrition care process will be utilized for the application of nutrition care for PN and EN clients. Students will apply nutrition and related theories and research findings into the holistic care of adults. Guest speakers will be invited to address the use of TPN and EN in hospitals if available. There will be a comprehensive look, review and calculation of actual Parenteral and enteral prescriptions. The course will also address a selected number of alternative therapies and explore any current research and controversies.

The most interesting and highly rewarding component of this course will be the review of actual case-studies of patients who were either on PN or EN.

Overall this course is designed to meet 4 key needs: Knowledge base development, familiarization with the evidence and research behind PN and EN, application of the nutrition care process as it relates to PN, EN and alternative therapies and lastly will provide students with skills for calculating formulations so that they will be able to assess the adequacy of these nutrition interventions and make recommendations as competent dietetic practitioners to other members of the Health Care Team.

**COURSE REQUIREMENTS:**

1. Students are expected to attend all scheduled class sessions. The In-class activities cannot be made up. These activities provide substantial points for students who are poor test takers but have excellent attendance and participation. Please contact me before class personally or by phone if you will be absent.
2. All assignments are due at the beginning of class on the assigned dates. Assignments will be accepted if accompanied by a written physician's excuse; examples of situations where assignments also may be accepted (oozing wound or face swollen with the ravages of flu).

3. Exams must be completed on the assigned dates.
4. The instructor reserves the right to reapportion the weight of each assessment if an evaluation opportunity is missed due to a physician-excused illness.
5. The benefits you receive from this course will increase if:
  - a. You attend class regularly
  - b. You read the assigned units
  - c. You come to class prepared to think, discuss and participate
  - d. Engage in all group activities in and outside of class.
6. Assignments must be submitted typed, neatly presented and properly formatted using APA format. Spelling and grammar errors will significantly reduce your total score.
7. The instructor's responsibility is to facilitate the learning process. Learning is, in the final analysis, the responsibility of the student. Make the most of this opportunity. You will get out of it what you put into it!

**Goal:**

At the end of this course and the accompanying class experiences, the student will possess the knowledge and skills needed for an entry-level position in clinical nutrition and will understand all that is needed to calculate PN and EN feedings, evaluating its adequacy, making recommendations to modify prescriptions, educating clients about current issues relating to alternative therapies as well as be able to make appropriate recommendations for the management of nutrition care.

**Objectives:**

Upon completion of this course you will be able to:

1. Apply the nutrition care process with emphasis on assessment, making a nutrition diagnosis, planning goals of therapy, implementing an intervention plan, educating the client and making recommendations during the provision of holistic nutrition care to adults.
2. Apply nutrition related theories, evidence based information and research findings to the care of adults with complex needs.
3. Demonstrate effective written and verbal communication on issues relating to PN and EN with clients, families, instructor, colleagues, and interdisciplinary team members to ensure continuity of care.
4. Fulfill clinical assignments and responsibilities demonstrating accountability to self, clients, families, and colleagues.
5. Implement the nutrition roles of care provider, teacher and member of the disciplines in a variety of health care settings safely and competently
6. Use professional codes and standards in making decisions with moral, social, ethical and legal implications.

***Learning Outcomes# 1: Understand and Apply Knowledge Related to Clinical Nutrition as it applies to PN and EN***

1. Identify and utilize principles of nutrition screening, assessment, problem identification making the nutrition diagnosis, planning the intervention, goals, making recommendations and follow-up patient care.

***Learning Outcome #2: Demonstrate and apply appropriate research, technology and skills in professional practice***

1. Utilize the internet and library to search for articles published within the last 5 years to use as references for PN and EN. Journals tend to have more current and original research. You will be required to cite a minimum of 10 articles for each one of your Research assignments.
2. Utilize the APA manual for the style of writing and referencing. The library should have several copies or you can invest in purchasing one since you can use it over and over in your professional career.
3. Utilize PowerPoint to develop your presentation
4. Utilize computer software to design brochures and other educational media handouts as needed.

***Learning outcome # 3: Demonstrate knowledge and application of ethical and professional standards***

1. Utilize professional standards learned to practice confidentiality and respect when using the case studies in class. Refrain from using actual names of clients when discussing with your classmates during group work, tea breaks or other personal meetings. When presenting in class about projects developed from outside facilities avoid using actual names or identifiers of clients. Confidentiality must be practiced at all times. Never discuss about clients in elevators or bathrooms etc. respect individual beliefs, values and customs of different target populations you work with.

**Required Textbooks: Pocket Guides**

Pamela Charney PhD, RD and Ainsley Malone MS, RD

An evidence-based guide for the management of patients on parenteral feedings

Pamela Charney, MS, RD and Ainsley Malone, MS, RD

Research-based guide for the management of patients on enteral feedings

Recommended article:

Karen Lacey, MS, RD; Ellen Pritchett RD.: Nutrition Care Process and Model: AA adopts road map to quality Care and Outcomes Management. JADA, 103, (8) August 2003 original article (2006 edition)

## Assignments

### **Assignment 1: 100 points for written paper and 25 points oral presentation**

#### **Application of research to practice paper. Due 4/28**

In order to promote the spirit of inquiry and to develop the practice of applying research to clinical practice you are expected to write a paper in which you will apply research to an identified clinical nutrition problem or question that relates to PN or EN. For this paper (5 pages suggested length), please:

1. Reflect on the clients you have cared for (those of you working in hospital already) or have known and identify a clinical question you have had or a patient problem or need that has arisen or comes to your mind and would like to inquire or know more about
2. Conduct a literature search to locate evidence-based (research-based) practice guidelines or protocols that have been developed to answer your question or respond to the patient problem/need.
  - a. You will want to search professional databases such as CINAHL and MEDLINE, but be aware that there are databases now that are devoted to evidence-based practice guidelines.
3. Write the paper (using APA format) describing the state of the science regarding that question or problem.
  - a. Describe the question/problem/need that prompted your search
  - b. Describe the research that has gone into finding an answer or solution to the question/problem/need
  - c. Describe the evidence-based practice guideline or protocol that you located
  - d. Discuss the application of the guideline or protocol to the care of the patient that you either took care of or have seen or simply imagine.
  - e. Evaluate the quality and effectiveness of the guideline or protocol; if in your judgment additional research is needed in order to have a sound protocol that meets patient's needs, suggest what that research might look like
  - f. Cite all references
  - g. Submit with your paper a copy of any/all journal articles referenced.

### **Assignment 2: 7 case studies on PN and EN each 25 p. =Total 175 p**

**3 exams 50 points each=150 points**

**7 Terminology Quizzes at 20 points each= 140 points**

**Final Exam= 100 pts**

**Nutrition Care Process Forms To be completed for each Case study**

**Pertinent DX** \_\_\_\_\_

**PMHX**-----

**NUTRITION ASSESSMENT DATA**

**SUBJECTIVE**

**Appetite:**    **good**            **fair**            **poor**  
                    ~75%            ~50%            ~25% or <

**Diet PTA:** \_\_\_\_\_

**WT Change PTA:**    **Yes**            **No**  
~-----# in the past \_\_\_\_\_ months

**Problems:**    **Nausea**            **Chewing**            **Diarrhea**  
                    **Vomiting**    **Swallowing**            **Constipation**

**Skin Integrity:** \_\_\_\_\_

**Food Allergy/Intolerance:** \_\_\_\_\_

**Other:**-----

**OBJECTIVE**

**Ht:** \_\_\_\_\_            **Wt:** \_\_\_\_\_            **IBW** \_\_\_\_\_ **% IBW** \_\_\_\_\_

**BMI** \_\_\_\_\_            **UBW** \_\_\_\_\_            **%UBW** \_\_\_\_\_

**Pertinent Lab Data:**    **Alb** \_\_\_\_\_            **Prealb** \_\_\_\_\_

**Pertinent Medications:** \_\_\_\_\_

**Vitamins/Medications/Herbal Supplements PTA:**

Other: \_\_\_\_\_

**ESTIMATED NUTRITIONAL NEEDS**

Calories: \_\_\_\_\_ Kcal//d \_\_\_\_\_ Kcal/kg

Protein: \_\_\_\_\_ gm/d \_\_\_\_\_ gm/kg

Fluid: \_\_\_\_\_ ml/d

Diet/nutrition support is \_\_ Adequate\_\_ Inadequate but appr \_\_

Inadequate\_\_

Nutrition Diagnosis (es): \_\_\_\_\_

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Intervention (# 1): \_\_\_\_\_

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Goal (s): \_\_\_\_\_

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Intervention (# 2): \_\_\_\_\_

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Goal (s): \_\_\_\_\_

**Intervention (#3): Education/counseling/referral provided:** \_\_\_\_\_

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**Goal (s):** \_\_\_\_\_

**No Dietitian Education/Counseling/Referral needed at this time**

**Recommendations:** \_\_\_\_\_

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**Discussed above with**  **Pt**  **Family/sig other**  **RN**  
 **MD**  **Other**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Food and Nutrition Services Initial Assessment**

**690A Medical Center**

**Patient ID XXXXX**

### Course Schedule

<b>Date</b>	<b>Topic</b>	<b>Reading &amp; Assignments</b>
1/20	Pretest Introduction to PN Project discussion Case study	Evidence Based Library and Handouts, ASPEN and LLU DIET Manual
1/27	Pt Selection and Indications for PN- Case study Terminology Quiz	Chapter 1 C & M/ASPEN Research Articles
2/3	Parenteral Nutrients Formulations Case Study Terminology Quiz	Chapter 3 C & M/ASPEN Research Articles Group work
2/10	Initiations/Advancement & Acute Complications Case Study Terminology Quiz	Chapter 4 C & M/ASPEN Research Articles Group work
2/17	TPN for the Pediatric client Possible guest speaker	<b>Exam 1</b>
2/24	Long-term Complications of TPN Case Study Terminology Quiz	Chapter 5 C & M Research Articles Group work
3/3	–Work on your own doing research for your papers	Evidence Based Library and ASPEN Internet searches welcome but try to use credible sources
3/10	Intro to Enteral nutrition. Pt Selection and Indications for Enteral Feedings Pre-test Terminology Quiz	Chapter 1 C & M/ASPEN
3/17	Enteral Formula Selection Terminology Quiz	Chapter 3
3/24	Initiation, Advancement and Transition of Enteral feedings Terminology Quiz	Chapter 4 C
3/31	<b>Cesar Chavez Day</b>	<b>Campus Closed</b>
4/7	<b>Spring Break</b>	<b>Campus Closed</b>
4/14	Complications of Enteral Feedings	Chapter 5 C & M/ASPEN <b>Exam 2</b>

4/21	Alternative Therapies Terminology Quiz Pretest	Handouts/current research
4/28	Case Studies, Presentations	Last Day of class, Handouts
5/5	Last day of class	<b>Exam 3</b>

**Please note** that the weekly outline above is tentative and can be modified by the teacher as it becomes necessary. Make sure you mark all assignment due dates and work accordingly. Find a buddy in class and let her/him know when you will be absent from class so that they can save handouts for you and help you with notes or any other catching up. If you will not make it to the facility make sure to call the facility preceptor before your expected time of arrival and also send an email to me. You will need to make up all service learning hours missed by arranging make-up with the facility.

**Plagiarism**

**Dishonesty, cheating, fabrication, are all subject to discipline which may lead to a zero grade and expulsion from the school. See the CSUN Catalogue (Appendix C).**

**Competencies covered in FCS 690A are:**

1. Supervise nutrition assessment of individual patients/clients with complex medical conditions, i.e., more complicated health conditions in select populations, e.g. renal disease, multi-system organ failure, trauma
2. Integrate pathophysiology into medical nutrition therapy recommendations
3. Select, monitor, and evaluate complex enteral and parenteral nutrition regimens, i.e., more complicated health conditions in select populations, e.g., in patients with renal disease, multi-system organ failure, trauma
4. Supervise development and implementation of transition feeding plans from the inpatient to home setting
5. Participate in nasogastric feeding tube placement and care
6. Participate in waived point-of-care testing, such as blood glucose monitoring

**Grading Scale:**

<b>% Possible Points</b>	<b>Letter Grade</b>
94 & above	A
90-93	A-
87-89	B+
84-86	B
80-83	B-
78-79	C+
74-77	C
70-73	C-
68-69	D+
64-67	D
60-63	D-
60	F