

Peer Nutrition Counseling



FCS 494/I PNC – Spring 2013

Class meets in Klotz Student Health Center (SHC) Conference Room
Wednesday 8:15 – 9:50 AM

Instructor: Dr. Lisagor, EdD. MS, RD

Office: SQ 141 (FCS Office)

Phone: (818) 677-3119, or Family and Consumer Sciences Office: 677-3051 (Leave message)

Email: terri.lisagor@csun.edu (best way to reach me)

Course website: <http://www.csun.edu/~lisagor>

Office Hours: Monday: 3:00-5:00 PM (FCS office); Wednesday: 12:30-1:00 PM (SHC, just after class); or by appointment. You may also send questions by email. **Klotz Student**

Health Center website: <http://www.csun.edu/~shcenter/>

Course Description

This is a practicum course. Students develop skills in providing health screening, performing nutritional assessment and counseling, analyzing the information and documenting nutrition services, understanding the Nutrition Care Process in delivery of care. Nutrition services are provided at Klotz Student Health Center, and may include Moorpark College and/or Pierce Colleges' Student Health Centers, Northridge Academy High School, and the CSUN Student Recreation Center. The student completes the portfolio. The course consists of a minimum of 90 hours.

Required textbooks

American Dietetic Association, *Guide for International Dietetics and Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process*. Third Edition, American Dietetic Association, Chicago, IL, 2011.

Mahan, L.K., Escott-Stump, S. *Krause's Food, Nutrition & Diet Therapy*, 13th edition (use same edition required in FCS 402 & 403). Philadelphia, PA: W.B. Saunders Company, 2012.

[Access pdf of Klotz Student Health Center Privacy and HIPAA Policy \(website below\)](#)

The following ADA Student Learning Outcomes are addressed in FCS 494/I

1. KR 2.1.b. Learning Outcome: Students are able to demonstrate assertiveness, advocacy and negotiation skills appropriate to the situation.
2. KR 2.2.a. Learning Outcome: Students are able to demonstrate counseling techniques to facilitate behavior change.
3. KR 2.3.a. Learning Outcome: Students are able to locate, understand and apply established guidelines to a professional practice scenario.
4. KR 2.3.b. Learning Outcome: Students are able to identify and describe the roles of others with whom the Registered Dietitian collaborates in the delivery of food and nutrition services.

5. KR 3.1.a. Learning Outcome: Students are able to use the nutrition care process to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions, including medical nutrition therapy, disease prevention and health promotion.
6. KR 3.2.a. Learning Outcome: Students are able to apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups.
7. KR 4.1.a. Learning Outcome: Students are able to apply management and business theories and principles to the development, marketing and delivery of programs or services.
8. KR 4.2.b. Learning Outcome: Students are able to develop outcome measures, use informatics principles and technology to collect and analyze data for assessment and evaluate data to use in decision-making.

Course Objectives - During the semester students will:

- ◆ Work cooperatively to provide exemplary services at the service-learning sites (e.g. health and fitness centers);
- ◆ Practice ethical and professional behavior, as well as appearance;
- ◆ Perform patient/client assessment, education and counseling and define nutrition plans with measurable outcomes that can be evaluated at follow-up appointments;
- ◆ Document patient/client visit in the medical record;
- ◆ Identify and practice various health behavior theories used in counseling;
- ◆ Present case studies, accepting and providing feedback to others;
- ◆ Using professional leadership skills make presentations, provide interviews to the media, develop education materials, interact with the public about nutrition;
- ◆ Prepare a log of hours using excel spreadsheet and submit it the 1st and 15th of each month;
- ◆ Prepare and present a portfolio to the class; one copy will remain at CSUN.

Client appointments begin 3rd or 4th week of class, and end the last week of formal class meetings.

* Boise State University Peer Education logo

Evaluation (*Earning the Grade You Want*): See Grade Guidelines on our class website.

Grading:

FCS 494/I grade is based upon the **quality** and **quantity** of the following:

1. Complete minimum of **90 hours of work**, which includes:
 - 22 hrs attending PNC class (our weekly 1.5 hour class)
 - 68 hrs of outside-of-class activities, including the following:
 - Nutrition assessment and counseling* (4 hours/week x 15 = 60 hours) (adjusted for when you start to have your office hours).
 - Report writing and marketing/health promotion activities
 - Up to 4 hours may include:
 - Attending (provide written documentation) the Resume Writing & Interviewing Skills Workshops at the CSUN Career Center or
 - Completing Excel class at CSUN
2. *Schedule **four hours** each week (**office hours**) for nutrition counseling; complete a minimum number of **15 counseling sessions**. Counseling sessions will include **SOAP notes (including PES statement)** and will demonstrate proficient use of nutrition therapy. Failure to keep scheduled appointment(s) will result in a reduction in your grade. Insufficient numbers of counseling sessions will result in a reduction in your grade. "Counseling

sessions” are only for those CSUN students who are seeking actual services provided by Peer Nutrition Counselors, as part of personal wellness, and **not as a class assignment or for extra credit.**

3. **Within 24-48 hours** of seeing your client, you will provide a SOAP note to the professor. These can be emailed to the professor (from your CSUN email address only). Student must demonstrate proficiency in completing the required components of a SOAP note and PES statement.
4. Understand **HIPAA** (<http://www.dhcs.ca.gov/formsandpubs/laws/hipaa/Pages/default.aspx>), and become certified in the process.
5. Develop/complete a **portfolio** containing the following items:
 - Résumé
 - Statement of professional philosophy
 - PNC client case study
 - Marketing plan (how you’ve advertised your services, events)
 - Articles, brochures, handouts, or approved nutrition education/counseling items and that demonstrate abilities/skills.
 - The portfolio will be retained and kept on file in the FCS Department.
 - *For further details, see the grading rubric on our class website. An in-class presentation will also detail what is expected.*
6. Use Excel to prepare time logs (include formulas) that are emailed to the instructor 1st and 15th of each month throughout the semester. After the first submission, students will not receive reminders to submit the time log. That will be part of the student’s professional responsibility development. **Minus points will be calculated for any late time logs.**
7. Participate in various on-campus activities that promote health and raise awareness of healthy lifestyle and the Health Center programs. Examples of programs include Health Fair, nutrition education display/program at residential halls, University Counseling Center, Women’s Center or other campus sites, publish nutrition/food article in Sun Dial or SHC Newsletter, athlete counseling walk-in appointments, work with a CSUN Sports Team, participate in a TV or radio program or suggest other ideas.
8. Analyze assessment data and provide evidence of use and knowledge of counseling theories and the Nutrition Care Process (NCP) in SOAP notes and class quiz.
9. Always conduct yourself (dress, language skills, patient/client-PNC interaction) in a professional manner.

<u>Criteria for Evaluation</u>	<u>Points</u>
PROPER DOCUMENTATION	100
<ul style="list-style-type: none"> ▪ SOAP notes; NCP (PES) <ul style="list-style-type: none"> ○ Including proper spelling and grammar ○ Calculations of BMI, REE, TEE ○ Interpretation of medications ○ Incorporate nutrition diagnosis, stage of change 	<ul style="list-style-type: none"> ○ Measurable recommendations ○ Number, complexity of patients ○ Problem-solving <i>with</i> client ○ Proper coding, including in SHC’s computer data system
Quiz	36

Leadership/participant in PNC marketing projects/programs	20
Professionalism (Professional attire, language, attitude)	10
Excel spreadsheet for time log, emailed on time, correct format	10
Spelling, grammar – in addition to with SOAP notes	10
Portfolio	25
<hr/> Total	<hr/> 211

(Points subtracted when appointment or class is missed; time logs late.)

Course grades will be based on percentage of total points achieved and will be assigned as follows:

93-100% A	90-92% A-	80-82% B-	77-79% C+	73-76% C	70-72% C-
87-89% B+	83-86% B	59-62% D-	<59% F		
67-69% D+	63-66% D				

Student expectations:

1. All PNCs will complete a mandatory personal appointment with the SHC RD, Ellen Bauersfeld, either immediately before the PNC semester begins or within the 1st two weeks.
2. Will be available during office hours for scheduled clients and walk-in appointments. If a counselor cannot fulfill his/her scheduled time at the SHC, then he/she must call follow the protocol given on page 3 of the PNC Program Guide. Can be found on-line.
3. **Will wear lab coat, name badge and meet patients in the 2nd floor waiting area.**
4. **Will not use work performed for another internship or class for PNC credit.**
5. Students will arrive before class begins. Attendance is mandatory: Five points will be deducted for arriving late to class; ten points deducted for each missed class.

CLASSROOM AND COURSE POLICIES

- ◆ Privacy is critical in the treatment of any patient. Therefore, we must strictly adhere to the policies established by CSUN. Refer to the privacy guidelines from website listed above. Any breach of adherence may result in a failure grade in PNC.
- ◆ **MANDATORY:** all SOAP notes must be submitted to professor within 24-48 hours of patient visit, unless given special permission.
- ◆ Assignments are to be turned in at the **beginning** of the class period on the day they are due.
- ◆ **NO LATE ASSIGNMENTS WILL BE ACCEPTED.**
- ◆ **Assignments must be typed (word processed)** unless otherwise noted.
- ◆ **Class attendance and punctuality** are mandatory. (Attendance will be taken.) (-10 pts/absence; -2 pts. if late)
- ◆ If you miss class, you are still responsible for the assignments that are due on that day.
- ◆ There is information and discussion that take place during class that cannot be captured just by reading the texts. If you miss class you will still be responsible for anything you missed.
- ◆ **No make-up or early exams**
- ◆ **Cell phones** are to be "off" during all class and counseling sessions.
- ◆ **Plagiarism and cheating will not be tolerated, and will result in an automatic "fail" in the course. The student may be subject to more severe University discipline. (Refer to the California Code of Regulations, Section 41301, Title 5, as found in the University catalog.)**
- ◆ **Honesty, ethical, and respectful behavior** are expected of each student.
- ◆ **For professional skill development, any and all emails must have a proper greeting and salutation** (e.g. Dear Sincerely,).
- ◆ ***It is understood, as a condition of the below signature, that the PNC student will not serve as a PNC patient for future PNCs.***

Special Needs

- Requests for accommodation in test taking or other special needs must be made to the instructor by the 2nd class meeting.

AGREEMENT

I, _____, have read, understood, and agree to the conditions as presented in the FCS 494/I course syllabus.

Signature

Date