

HMD 362 Medical Nutrition Therapy I
Department of Applied Human Sciences
Spring 2019

Course Number: HMD 362

Credit Hours: 4

INSTRUCTOR INFORMATION

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Office hours starting March 28: Thursdays 9:00-11:00, 1:00-4:00

COURSE INFORMATION: Hybrid On-line, Class will meet face to face in AC on Tuesday Thursday from 11:10-12:30 beginning on March 26th

CATALOG DESCRIPTION:

Study of the scientific principles of human nutrition in relation to health and disease. Emphasis is placed on nutritional assessment and planning of nutrition intervention strategies for specific disease conditions.

TERMINAL COURSE OUTCOME: Upon completion of this course students will be able to discuss the nutrition care process and describe nutrition therapy for a variety of diseases and conditions.

COURSE OBJECTIVES: At the end of this course students will be able to:

1. Utilize knowledge of human physiology and pathology, biochemistry, and normal nutrition to determine nutritional implications and interventions for various disease states including diabetes, hypertension, cardiovascular disease, obesity, GI disease, and renal disease.
2. The student will be able to calculate enteral diets and become acquainted with parenteral diets.
3. Be familiar with the medical model as the setting for clinical nutrition.
4. Apply knowledge of food composition to formulation of therapeutic diets and menus.
5. Utilize principles of nutrition assessment, planning, intervention, and evaluation to develop nutrition care plans based on dietary intake, laboratory data, and anthropometric values.
6. Be familiar with the delivery of food and nutrition services in health care systems.
7. Apply current research information and methods to dietetic practice.

Nutrition and Dietetics students: This class helps fulfill competencies (knowledge and skills) for Nutrition and Dietetics students set by the Academy of Nutrition & Dietetics. To identify competencies specific for this class please go to <http://www.wku.edu/facs/dietetics/>.

PREREQUISITES: HMD 361 and CHEM 304 or CHEM 109

REQUIRED TEXT: Nelms, M., K. Sucher, K. Lacey and S. Long. Nutrition Therapy and Pathophysiology, 3rd edition. Belmont, CA: Thomson Wadsworth, 2016.

REQUIRED MEMBERSHIP: Academy of Nutrition and Dietetics, student member. Students enrolled in HMD 362 are required to become student members of AND. Membership is \$58 and is required to complete the Evidence Analysis Library assignment and case studies. In addition, all students should be members in order to be competitive for internships. Information on becoming a student member can be found at the following link: <http://www.eatrightpro.org/resources/membership/membership-types-and-criteria/student-member>

HYBRID ON-LINE COURSE FORMAT

This course will be delivered in a hybrid on-line format, meaning that most of the information will be provided through online lectures (see On-line Lectures under Grading Procedures) with a smaller portion of information provided face to face. The course will be entirely online until the week of March 26. At around this time the course will begin to meet face to face on selected Tuesdays and Thursdays. Your instructor will provide further information on face to face meetings as the dates approach.

As a reminder, the instructor for the course is on maternity leave, which is why the course will be delivered in this format. Please keep this in mind when corresponding with your professor. Response time to emails will be delayed.

COURSE OUTLINE

Role of the Dietitian in the Healthcare Team
Nutrition Care Process and Nutrition Assessment Review
Nutrition Assessment—Biochemical Indicators
Fluid and Electrolyte Balance
Nutrition Intervention
Documenting the Nutrition Care Process
Upper and Lower GI Disorders
Energy Balance and Body Weight
Atherosclerosis
Endocrine Disorders
Diabetes
Hypertension and Heart Failure
Renal Disease