

Syllabus: MDT7090 Clinical Nutrition

Peggy R. Borum, Ph.D., Professor

2021-2022

Course Goals	
Goal 1	Guide the student in evaluating one's own nutrition and physical activity and in finding sources of information that facilitate any needed improvement
Goal 2	Further develop the student's ability to use the internet as a learning tool for continuous professional development in the field of nutrition support
Goal 3	Provide the student with the opportunity to find reliable electronic resources for nutrition information appropriate for patients of different ages and in different physiological or pathological states
Goal 4	Enhance the student's skills in presenting nutrition information to professional colleagues and to the general public
Online Location Of Course	
Canvas Course Account	Go to https://lss.at.ufl.edu/ , click on "e-learning" and log in with your Gatorlink login and password. On the left side of the Canvas page click on "Courses" and choose "Clinical Nutrition 2020-2021".
Instructor Information	
Course Instructor	Peggy R. Borum, Ph.D. Professor of Human Nutrition Room 409 FSHN Bldg. prb@ufl.edu 392-7553
Office Hours	The course instructor will check email on Canvas approximately every 24 hours during the school week in an effort to respond quickly to individual student questions.
Class Activities to Achieve Goals	
Overview	<p>Nutrition is an integral part of patient care. Today when we have a question we often turn to the internet to find information. This course provides an opportunity to familiarize yourself with reliable electronic sources for nutrition information appropriate to the many different types of patients you will treat.</p> <p>Several modules are provided in the Modules tool of Canvas account for this course. You need to complete 2 modules for each hour's credit in Clinical Nutrition. You post the completed modules to the Assignment tool in canvas.</p>
Modules Include the Following:	
Module 1 Evaluation of One's Own Diet Module	As first year interns you will be extremely busy and it is easy to forget about one's own nutrition. The time to begin thinking about your own nutrition is now.

	<p><u>First be your own patient:</u> Record all the food that you eat (what you eat and how much you eat) from the time you get up on Thursday morning this week until you go to bed Saturday night this week. You will also find it helpful to record physical activities during this time period. Using your food and activity record, go to your favorite food composition website such as MyFitnessPal (https://www.myfitnesspal.com/food/calorie-chart-nutrition-facts) (Links to an external site.) or CalorieKing (https://www.calorieking.com/us/en/foods/) (Links to an external site.)). Use these tools to track your foods and physical activities to see how they stack up.</p> <p><u>Now give advice to yourself:</u> Prepare a Word document summary of your evaluation including any suggestions for improvement in the future. Post the summary of the evaluation on this assignment tool “Evaluation of One’s Own Diet Module”.</p>
<p>Module 2 Online General Nutrition Module</p>	<p>In days of yore, healthcare professionals purchased very heavy reference books and kept them on a nearby shelf in order to have them available when they needed to get to information in a hurry. In addition to being very expensive and heavy to use, the books were quickly out of date and required that the user returned to the physical location of the reference shelf in order to obtain the needed information.</p> <p>Today smart phones and tablets have become the healthcare professional’s reference shelf. The web is awash with “information”, but even with numerous search engines, finding valid information quickly can be challenging.</p> <p>Prepare a list of at least five websites that will become your nutrition reference source. Choose sites that you might want to share with your fellow medical students as they begin their internships. The list of websites must be accompanied by a brief paragraph for each describing the source including why you think it would be useful. I suggest that you begin your search with http://www.nutrition.gov/ .</p> <p>Post this information to Assignment 02 - Online General Nutrition Module.</p>
<p>Module 3 General Nutrition Handout for Patients Module</p>	<p>As an intern, you have been asked to prepare for UFHealth patients a front and back 1 sheet informational handout on making wise nutrition choices to improve and maintain health. The sheets will be provided to patients as they check into outpatient clinics during the month of March which is National Nutrition Month.</p> <p>Materials are requested for the following groups:</p> <ol style="list-style-type: none"> 1. Healthy children 2. Healthy adults 3. Pregnant or lactating adult females 4. Overweight adults 5. Elderly adults

	<p>I suggest that you review www.nutrition.gov paying special attention to the Topic link in the menu at the top of opening page.</p> <p>Post your nutrition informational sheets to Module 03 Assignment tool “General Nutrition Handout for Patients Module”.</p>
<p>Module 4 Internet Newsletter Articles Module</p>	<p>The editor of the local newspaper has asked you to write five articles for the Healthy Lifestyle Column.</p> <p>A recent survey showed that although more and more readers are using the Internet on a daily basis to find nutrition information, what they find seems contradictory and confusing.</p> <p>The newspaper editor wants you to use the five articles to describe the ten best nutrition information internet sites that the readers can use to find reliable and useful nutrition information. (Suggestion: Begin with http://www.nutrition.gov/ .) Remember that your audience is the general public.</p> <p>Newspaper articles are to be posted to Module 04 Assignment tool “Internet Newspaper Article Module”.</p>
<p>Module 5 Pediatric Nutrition Online Module</p>	<p>We all know that children are not just little adults and the eating habits they develop are often with them for a lifetime. The preschooler with healthy eating habits is felt by many to have a head start on a long and healthy life. Children and their families are bombarded by frequent advertising in many formats which is usually designed to sell a product. As the physician, the family looks to you to provide a source of nutrition information that they can trust.</p> <p>Prepare a list of at least five electronic sources for pediatric nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/ , but make liberal use of the links found on that site.</p> <p>Post the information to Module 05 Assignment tool “Pediatric Nutrition Online Module”.</p>
<p>Women's Nutrition Online Module</p>	<p>The nutrient needs of the healthy adult woman living into her eighties change many times in response to changing physiological demands on her body. Fashion magazines imply that she cannot be too thin, the internet has a new product every week to make her look “better”. Where does she go to find information about what she should be eating to be healthy?</p>

	<p>Prepare a list of at least five electronic sources for women’s nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/ , but make liberal use of the links found on that site.</p> <p>Post the information to Module 06 Assignment tool “Women’s Nutrition Online Module”.</p>
<p>Module 7 Men's Nutrition Online Module</p>	<p>Information about energy drinks, wings, beer, protein powders, and herbal supplements seem to find their way to most adult men. However, where should they go to find reliable nutrition information to improve health?</p> <p>Prepare a list of at least five electronic sources for men’s nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/, but make liberal use of the links found on that site.</p> <p>Post the information to Module 07 Assignment tool “Men’s Nutrition Online Module”.</p>
<p>Module 8 Senior's Nutrition Online Module</p>	<p>People are living longer and the United States is graying. Intuitively it does not seem appropriate to give the same nutrition advice to young adults and to seniors. Is it appropriate to give all seniors the same nutrition information? A 55 year old is defined as a senior in many situations. Treating a centenarian is no longer a rare experience for a physician. Although both are seniors, is it appropriate to give the 55 year old patient and the 100 year old patient the same nutrition advice?</p> <p>Prepare a list of at least five electronic sources for seniors’ nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/, but make liberal use of the links found on that site.</p> <p>Post the information to Module 08 Assignment tool “Senior’s Nutrition Online Module”.</p>
<p>Module 9 Special Dietary Needs</p>	<p>Many patients come to you saying they must follow a special diet such as gluten-free, peanut free, etc. You may place patients on specials diets as part of their treatment. Where are these patients to go for nutrition</p>

<p>Nutrition Online Module</p>	<p>information? Incorrect information can be life threatening for some of these patients. What websites should they trust?</p> <p>Prepare a list of at least five electronic sources for special dietary needs nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/, but make liberal use of the links found on that site.</p> <p>Post the information to Module 09 Assignment tool “Special Dietary Needs Nutrition Online Module”.</p>
<p>Module 10 Sports Nutrition Online Module</p>	<p>Many of your patients are only involved in leisure time sporting activities, while sport is a daily activity for others. These patients often receive their nutrition information from electronic media. Patients participating in organized school sports or professional sports are provided nutrition information by coaches, which often comes from electronic sources. What electronic sources should your patients be using?</p> <p>Prepare a list of at least five electronic sources for sports nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/, but make liberal use of the links found on that site.</p> <p>Post the information to Module 10 Assignment tool “Sports Nutrition Online Module”.</p>
<p>Module 11 Weight Loss Products In The Pharmacy Module</p>	<p>It is quite likely that you will tell many of your patients that they need to lose weight. Volumes of data document that this is very hard for most patients. Many commercially available products are advertised to make it easier to lose weight. Your patients will be looking for ways to help them lose weight. They may be aware that they should not believe everything stated and sold on the internet, but a retail pharmacy is the place you send them to get their prescription filled for an acute illness. Can they trust what they find there when it comes to weight loss aids?</p> <p>Go to a website of a major retail pharmacy such as Walgreens or CVS and list all the products that are for sale to assist customers with weight loss programs. For each product list the rationale for its use, the reason why you think it would or would not be helpful to an overweight customer, and your evaluation of its cost effectiveness for the customer. Would you advise the senior vice president of the retail chain to make any changes to the weight loss products listed on the website? If so, what changes?</p>

	<p>Post the information to Module 11 Assignment tool “Weight Loos Products In the Pharmacy Module”.</p>
<p>Module 12 Weight Management Nutrition Online Module</p>	<p>Obesity at all ages is well documented by the Center for Disease Control and Prevention. As a physician, you treat some patients that need to lose weight in order to reverse the symptoms that brought them to you and other patients that need to lose weight as a preventative measure. Most of the patients use the internet as part of their daily lives. What sites should they use as a source of information to lose weight?</p> <p>Prepare a list of at least five electronic sources for weight management nutrition information accompanied by a brief paragraph for each describing the source including why you think it would be useful to your fellow fourth year medical students as they treat patients.</p> <p>You may begin with http://www.nutrition.gov/, but make liberal use of the links found on that site.</p> <p>Post the information to Module 12 Assignment tool “Weight Management Nutrition Online Module”.</p>