

COLLEGE OF HEALTH SCIENCES
FACS 4371: NUTRITION ASSESSMENT
SPRING SEMESTER 2018

CLASS TIME: Tuesday and Thursday, 12:30-2:20 PM

CLASS LOCATION: MLHB Room: 201

CLASS CREDIT: 3 Hours

INSTRUCTOR: Crystal Clark Douglas, PhD, RD

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OFFICE HOURS: M 9-11 am; T 9:30-10:30 am; 2:30-3:30 pm; Th 9:30-10:30 am

COURSE DESCRIPTION: Nutrition Assessment uses a problem-based learning approach to case studies, integrated with a simulation lab to foster development of an independent subjective global nutrition assessment when working with individual clients and patients in a clinical setting. Digital and software scenarios will be utilized. Prerequisite: FACS 2362, and prior credit for or concurrent enrollment in FACS 3370; FSN majors with instructor approval.

COURSE OBJECTIVES: Learning objectives for this course are based upon achievement of Foundation Knowledge Requirements and Learning Outcomes for Didactic Programs in Dietetics. These requirements are established and enforced by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) as part of the Eligibility Requirements and Accreditation Standards (ERAS) for Didactic Programs. Based on these requirements, students are expected to be able to do the following upon completion of the course:

- Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions.
- Use current information technologies to locate and apply evidence-based guidelines and protocol.
- Use the nutrition care process to make decisions, identify nutritional related problems and determine, evaluate nutrition interventions, including medical nutrition therapy, disease prevention, and health promotion guidelines.
- Practice in compliance with current federal regulations and state rules and statutes, as applicable and in accordance with accreditation standards, the scope of practice framework, standards of professional performance and the Code of Ethics for the profession of dietetics.
- Assess the nutritional status of individuals, groups and populations in a variety of settings in a manner that also demonstrates professional writing skills in preparing professional communications with the healthcare team.
 - Diagnose nutrition problems and create problem, etiology, signs and symptoms (PES) statements for simulated medical record entries.
 - Plan nutrition interventions to include prioritization of the nutrition diagnosis, formulation of a nutrition prescription, establishment of goals and selection of medical nutrition therapy interventions as well as monitoring the problems, etiologies, signs, symptoms and the impact

of interventions on the nutrition diagnosis.

This course is in compliance with the Academy of Nutrition and Dietetics. The Knowledge Requirements (KRD) listed below support the content in this class:

KRDN 1.2 Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3 Apply critical thinking skills.

KRDN 2.8 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

KRDN 3.1 Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions.

KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

Required Texts:

- Lee, R. D., & Nieman, D. C. (2013). *Nutritional Assessment* (6th ed.). New York, NY: McGraw Hill.
- Additional reading materials pertinent to the text will be distributed by the instructor throughout the course.

Student Syllabus Guidelines: You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policy or procedure:

<http://www.shsu.edu/syllabus/>.

Classroom Rules of Conduct: Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect:

- Sidebar conversations will not be tolerated, and students engaging in such activity will be asked to leave.
- Students are to turn off cell phones while in the classroom. Under no circumstances are cell phones or any electronic devices (including calculators) to be used or seen during times of examination.
- Texting will not be tolerated. If texting is observed, it will result in an automatic 5% reduction in the student's overall grade (per event).
- All tobacco products, including chewing tobacco, are prohibited in all academic buildings and classrooms. Students found using these products will be asked to leave.
- During lab activities and exams/quizzes, students will be required to store their belongings in open bins and/or shelving. These dates are clearly spelled out on the class schedule. Please plan accordingly in order to properly store your valuables.
- During out-of-classroom lab activities, students will behave professionally and uphold the strong reputation of the FACS department.

Student Absences on Religious Holy Days: Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose

absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. "Religious Holy Day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20 Tax Code.

STUDENTS WITH DISABILITIES POLICY:

It is the policy of Sam Houston State University that no otherwise qualified disabled individual shall, solely by reason of his/her disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Disabled students may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Director of the Office of Services for Students with Disabilities, Lee Drain North Annex, or by calling 936.294.3512, TDD 936.294.3786. **NOTE: No accommodation can be made until the student registers with the Office of Services for Students with Disabilities (SSD).** See the link at <https://www.shsu.edu/syllabus/>

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If a student has a disability that may affect adversely his/her work in this class, then the student is encouraged to register with the Office of Services for Students with Disabilities (SSD) and talk with the instructor about how best to deal with the situation. All disclosures of disabilities will be kept strictly confidential. **No accommodation can be made until a student registers with the Office of Services for Students with Disabilities (SSD).**

Visitors in the Classroom: Only registered students may attend class. Unannounced visitors to class must present a current, **official SHSU** identification card to be permitted into the classroom. They must not present a disruption to the class by their attendance. If the visitor is not a registered student, it is at the instructor's discretion whether or not the visitor will be allowed to remain in the classroom. Students wishing to audit a class must apply to do so through the Registrar's Office.

Procedures in Cases of Academic Dishonesty (AP 810213)

Students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials.

<http://www.shsu.edu/dotAsset/728eec25-f780-4dcf-932c-03d68cade002.pdf>

Plagiarism includes, but is not limited to, copying the work of another student, copying published work without appropriate citations, and allowing someone else to complete an assignment or work for the student.

****Note:** If a student submits a paper that exhibits plagiarism the paper will be given a grade of "0". No makeup of the grade will be accepted. The second occurrence of plagiarism will result in a failing grade for the course.

Rules of Conduct: Students are expected to comply with the university's Code of Conduct, found on the Dean of Students website at http://www.shsu.edu/~slo_www/. All students are expected to assist in maintaining an environment that is conducive to learning. Students are to treat faculty and other students

with respect.

Allegations of **student misconduct**, as defined in paragraph 5.2, Chapter VI of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines*, published by the Dean of Students' Office, will be referred to the Dean of Students' Office for necessary action. Dean of Students: <http://www.shsu.edu/dept/dean-of-students/>.

Academic Grievance Procedures for Students (AP 900823)

Academic grievances include disputes over course grades, unauthorized class absences/tardiness, suspension for academic deficiency, instructor's alleged unprofessional conduct related to academic matters, graduate comprehensive and oral exams, theses and dissertations, and withdrawal or suspension of privileges related to degree-required clinical rotation, internships, or other clinical service delivery in professional degree programs.

If the dispute is determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved.

Cell Phone/Electronic Devices: The use by students of electronic devices that perform the function of a telephone or text messenger during class-time may be prohibited if deemed disruptive by the instructor to the conduct of the class. Arrangements for handling potential emergency situations may be granted at the discretion of the instructor. Failure to comply with the instructor's policy could result in expulsion from the classroom or with multiple offenses, failure of the course. Cell phones may not be used for taping or photography without the consent of the professor and for class related projects that may arise.

Any use of a telephone or text messenger or any device that performs these functions during a test period is prohibited. Even the visible presence of such a device during the test period will result in a zero for that test. Use of these devices during a test is considered de facto evidence of cheating and could result in a charge of academic dishonesty (see student code of conduct

<http://www.shsu.edu/students/guide/StudentGuidelines2010-2012.pdf#page=29>).

Expectations for Succeeding

To perform successfully in the course, here are a few "tips for success":

- Dedicate time each week to include reading and completing assignments.
- Participate fully in the course. Your ideas and comments, shared with the professor and classmates, are important and valued. Comments should be relevant to the topic and not derogatory.
- Manage your time wisely in order to complete your assignments on or before deadlines.
- Seek assistance immediately if you are experiencing any difficulties.

Attendance Policy:

Regular and punctual class attendance is expected of all SHSU students. Those who miss a substantial number of classes will penalize themselves by missing material that will be discussed in class, that may not appear in the texts, and over which the class will be tested. **There will be NO MAKE-UP SESSIONS OR PRACTICUMS;** only University-recognized excuses will be accepted.

Examinations: Attendance for scheduled exams is required. **There will be one make-up exam during the semester (at a time to be announced later in the semester). Students must produce proper**

documentation (ex. A doctor's signed note for illness) before a make-up exam may be given. Tentative dates are provided on the course schedule with examination dates. The examinations will encompass any lecture material, reading assignments, and material from the assessments. Questions may include the following: multiple choice, true/false, matching and short answer.

- If you have a university-recognized excuse for missing an examination and notify the instructor prior to the examination, missed examinations may be made up at the convenience of the instructor and on a case-by-case basis.

Videotaping of counseling sessions may occur for educational purposes. The videotapes will be available as an educational tool to be reviewed for the students enrolled in the course, during class time.

Evaluation: Student overall performance will be measured on the basis of tests, case studies, and assignments listed below and the percentage of the final grade for each assignment will differ based on the status of the student.

Grades will be assigned using the following scale:

A = 90-100

B = 80-89%

C = 70-79%

D = 60-69%

F= below 60

Grades of xx.5 and above will be rounded up; grades of less than xx.5 will be rounded down.

GRADING POLICY AND ASSIGNMENTS:

Citi Training	25 points
Completion of out-of-classroom activities and journal entries	
Visit 1	15 points
Visit 2	15 points
Visit 3	15 points
Self-evaluation	30 points
Grocery Store Tour	20 points
Two Classroom Examinations:	200 points
Two Laboratory Practicums	100 points
Nutritional Assessments	80 points
Total Points Available:	500 points

The Collaborative Institutional Training Initiative (CITI Program) is a provider of research education content for learners at academic institutions, government agencies, and commercial organizations in the U.S. In order to access the instructions to register

for the program, **please see the link below:**

<http://www.shsu.edu/dept/office-of-research-and-sponsored-programs/compliance/citi-training.html>

Then, click on Instructional documentation on CITI Training for [Student Researchers](#).

This pdf file will provide all of the information you need to register for the program.

Then, you may begin the course modules.

Students will not be able to participate in working with clients in the out-of classroom lab activities until training is complete and the instructor has received a copy of the certificate of completion (email with attachment: subject Last Name, First name initial CITI; ex. DouglasCCITI). This certificate is awarded after all course modules have been successfully completed. Although the modules don't have to be completed at one time, please set aside several hours for the entire learning process. Failure to complete the training and submit certificates to the instructor on time will result in a "0" for the assignment and limit the student's ability to participate in the out-of classroom lab activities.

Out-Of-Classroom Lab Activities: Students will have the opportunity to utilize their nutritional knowledge and assessment skills on SHSU campus. These activities will involve working with SHSU students enrolled in a general health class (clients) who are interested in improving their overall health. More details about the out-of-classroom lab activities will be discussed in class.

Following each visit, you will be responsible for keeping a journal entry. In this entry you are to reflect on the experience as the "counselor". Some things to consider or journal: level of comfort, level of knowledge of topic, things you might do differently next time, new learning points. I want to hear from each of you about your overall experience at each visit. These journal entries should be typed, 12" font, 1" margins, single-spaced, and a minimum of one page in length (maximum is a page and a half in length). Entries should be written in first person and in the past tense. If you had a client that failed to show up or discontinued the sessions, try to determine the potential reasons or what might have retained them in the program. You may speculate based on previous meetings.

At the end of the semester, students will submit an evaluation of themselves as a nutrition counselor. Please address your strengths and weaknesses and whether you think the experience has prepared you for the future. This journal entry should be typed, 12" font, 1" margins, single-spaced, and no longer than two pages in length. Please remember I will be checking for syntax and grammar! Entries should be written in first person.

Grocery Store Tour: This opportunity is intended to inform you, as the consumer, about products in the grocery store. The tour of HEB will be led by trained SHSU nutrition students. Sign-up sheets and schedules will be provided during the latter part of the semester. You will be responsible for the sign up, transportation, and completion of the evaluation form. Credit for the assignment will be awarded after attendance and the tour evaluation are recorded.

Examinations/Practicums: The exam material will consist of material from the textbook, additional readings, as well as material covered during class including the assessments. Exams may consist of multiple choice, fill

in the blank, matching, and short essays. The final exam is comprehensive. Practicums will focus on concepts, techniques and theories covered during the assessment activities in class.

Nutritional Assessments: 8 Assessment activities will be held in class following the discussion of material to help students learn the principles and methods of nutrition assessment. The activities may consist of students performing assessments on their peers to complete the assignments. Following the activities, students will be required to complete questions and reflect on the assignment with short-answers. Attendance on the day of the assessment activity is required in order to receive credit for the assignment (10 pts each; even if the assignment is turned in at a later time). Students must show work and accuracy and complete the assessment activities to receive any credit for these assignments. If assessments are incomplete (short essays were not completed or don't demonstrate thoughtful responses, student's work is not documented, or answers were not revised to reflect correct answers) they will receive "0" for assessments. These assignments are intended to help students practice principles and theories covered in lectures! So, it is beneficial for the student to perform accurate assessments and document the process.

Tentative Lecture Schedule, Chapter Assignments and Laboratories

Please Note: Syllabus subject to change at instructor's discretion

<u>Week (dates)</u>	<u>Topic</u>	<u>Chapter (Read)</u>	<u>Assignment</u>
Week 1 (Jan 18)	Introduction to course; Overview of Syllabus; Counseling Theory and Technique	11	Begin Citi Training (due Feb 1)
Week 2 (Jan 23, 25)	Counseling Theory and Technique; Motivational Interviewing	11	Read chapter 11; Watch MI video, Assessment 1
Week 3 (Jan 30, Feb 1)	Measuring Diet; Goal Setting	3; additional materials	Read chapter 3; Assessment 2 & 3 (24-hr recall; Dietary analysis assessment, ASA24, make goals)
Week 4 (Feb 6, 8)	Client education; Anthropometry (Review of equipment in lab)	Additional materials, video; 6	Read chapter 6; Visit 1 – Completed by February 23/Journal
Week 5 (Feb 13, 15)	Anthropometry (Review of equipment in lab); Meal Planning –Diabetic Exchange	2; additional materials	Read chapter 2 & additional materials; Assessment 4
Week 6 (Feb 20, 22)	Meal Planning-	Additional materials	Read additional materials;
Week 7 (Feb 27, March 1)	EXAM & LAB PRACTICUM 1		Visit 2 – Complete before March 16/Journal

Week 8 (March 6, 8)	Nutrition Care Process	1; 3	Read chapter 1; Assessment 5 (PES statements)
SPRING BREAK			
Week 9 (March 20, 22)	TWC Health Fair; Assessment of the Hospitalized Patient	7	TWC Health Fair Opportunity; Read chapter 7
Week 10 (March 27, 29)	Assessment of the Hospitalized Patient	Webinar	Assessment 6
Week 11 (April 3, 5)	Nutrition Assessment in Disease Prevention	8	Read chapter 8; Assessment 7
Week 12 (April 10, 12)	Biochemical Assessment of Nutritional Status; TDA	9	Read chapter 9- Blood Chemistry Tests (chem profile) and complete blood count (CBC)
Week 13 (April 17, 19)	Biochemical Assessment in Disease Prevention; Clinical Assessment of Nutritional Status	10	Read chapter 10
Week 14 (April 24, 26)	Nutrition Focused Physical Exam	Assigned readings	Assessment 8; Visit 3 – Completed by May 1/Journal
Week 15 (May 1, 3)	Webinar EXAM & LAB PRACTICUM 2		Self-evaluation due May 4