Instructor: Nina Roofe, PhD, RD, LD
Office: McAlister 212
Phone: 450-5955
E-mail: nroofe@uca.edu; Blackboard Mail tab preferred
Office Hours: MW: 1-4:30 pm; F: 1-4 pm
Semester: Spring 2012

Department: Family and Consumer Sciences
Course: NUTR 4374 (CRN 23505)
Days/Times/Location: MWF 11:00-11:50 am, MAC 210
Title: Medical Nutrition Therapy II
Catalog Description: A required course for dietetic major. Continued study of nutrition in therapeutic dietary treatment of nutritional problems in disease states. Includes in-depth case studies. Lecture/discussion. Prerequisite: FACS 4325. Spring, Fall.
Prerequisites: NUTR 4325 Medical Nutrition Therapy I
Credit Hours: 3
Clock Hours per Week: Total—3; Didactic—3; Laboratory—0
Required Texts and Materials:
- Non-programmable calculator (not on cell phone)

Required Technology:
- The course is Web-enhanced. Students must have access to a computer with Internet access and establish a Blackboard account through UCA in order to download handouts and assignments.
- Computer software utilized in course: Microsoft Word; Power Point.
- Note: If you do not have Power Point, you may download Power Point Viewer for free from UCA’s Blackboard log-in page. This will allow you to view and print Power Point slides; however, you will not be able to create Power Point presentations

Optional Texts and Materials:
- Pocket Guide for International Dietetics & Nutrition Terminology (ADA);
- Medical Dictionary (e.g., Tabers, Mosby);
- Publication Manual (APA)

Overall Goal of the Course:
The student will be able to demonstrate the knowledge and skills which form the foundation of Medical Nutrition Therapy including but not limited to medical terminology, calculations, and food: medication interactions.
Course Objectives:  After completion of this course the student will be able to:

1. Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions (KR 1.1.a)
2. Use current information technologies to locate and apply evidence-based guidelines and protocols; for example, the ADA Evidence Analysis Library, Cochrane Database of Systematic Reviews and the U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, National Guideline Clearinghouse Web sites (KR 1.1.b)
3. Demonstrate assertiveness, advocacy and negotiation skills appropriate to the situation (KR 2.1.b)
4. Demonstrate counseling techniques to facilitate behavior change (KR 2.2.a)
5. Locate and apply established guidelines to a professional practice scenario (KR 2.3.a)
6. Identify and describe the roles of others with whom the Registered Dietitian collaborates in the delivery of food and nutrition services (KR 2.3.b)
7. 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 (KR 3.1.a)
8. Demonstrate the physical and biological science foundation of Medical Nutrition Therapy through case studies, practice scenarios, and exams (SK 5.2)

Course Outline:
I. Health and Fitness
   a) Weight Management
   b) Eating Disorders
   c) Bone Health
II. Medical Nutritional Therapy
   a) Food Allergies and Intolerances
   b) Diabetes Mellitus
   c) Anemia
   d) Hypertension
   e) Renal Disease
   f) Cancer
   g) HIV
   h) Genetic Metabolic Disorders
**Course Requirements:**
1. Family Health History
2. Service Learning Project
3. Literature Search and Application of Ethics
4. Counseling Modules
5. Disease Poster & Presentation
6. Quizzes

**Methods for Evaluating Student Performance:**
1. **Family Health History**—25 points
   Each student will research their own family health history and determine areas in their own health for prevention. A grading rubric will be provided to the student.
2. **Service Learning Project**—60 points
   Students will volunteer at least one hour to the community and write a reflective paper on their experience. A scoring rubric will provided to the student.
3. **Literature Search and Application of Ethics**—35 points
   Students will locate articles on the topic of nutritional genomics; interpret, evaluate, and write how they will use this information in their future practice. A scoring rubric will be provided to the student.
4. **Counseling Modules**—45 points
   Students will complete three sets of online counseling modules (nine total X 5 points each = 45 points) to practice skills learned in the classroom.
5. **Disease Posters**—30 points
   Students will create a professional poster to display in the department outlining a disease and the medical and nutritional treatment of that disease. A scoring rubric will be provided to the student.
6. **Disease Presentations**—35 points
   Students will demonstrate oral communication skills by presenting a fictitious patient in mock Grand Rounds fashion. A scoring rubric will be provided to the student.
7. **Quizzes**—130 points
   There will be a total of 6 quizzes. The prerequisite quiz will cover material in the prerequisite course and is worth 10 points. The remaining five quizzes are worth 30 points each and will cover basic calculations, exchange list portions, and medical terminology. One of the 30 point quizzes will count as bonus points.
8. **Exams**—380 points
   There will be three course exams worth 50 points each, two case study / scenario exams worth 40 points each, and one comprehensive final exam worth 150 points.
### Course Evaluation:

<table>
<thead>
<tr>
<th>Assessment Tool</th>
<th>Points Possible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-requisite quiz</td>
<td>10</td>
</tr>
<tr>
<td>Family Health History</td>
<td>25</td>
</tr>
<tr>
<td>Service Learning Project</td>
<td>60</td>
</tr>
<tr>
<td>Literature search &amp; application of ethics</td>
<td>35</td>
</tr>
<tr>
<td>Counseling modules</td>
<td>45</td>
</tr>
<tr>
<td>Disease Poster</td>
<td>30</td>
</tr>
<tr>
<td>Disease Presentation</td>
<td>35</td>
</tr>
<tr>
<td>Diabetes Case Exam</td>
<td>40</td>
</tr>
<tr>
<td>Cancer Scenario Exam</td>
<td>40</td>
</tr>
<tr>
<td>Calculation/exchange &amp; terminology quizzes (4 X 30 points)</td>
<td>120</td>
</tr>
<tr>
<td>Exams (3 @ 50 points)</td>
<td>150</td>
</tr>
<tr>
<td>Final Exam</td>
<td>150</td>
</tr>
<tr>
<td><strong>TOTAL POINTS FOR COURSE</strong></td>
<td><strong>740</strong></td>
</tr>
</tbody>
</table>

### Grading Scale:

- 90-100% = A  
- 80-89% = B  
- 70-79% = C  
- 60-69% = D  
- <60% = F

### Student Responsibilities:

1. **Attendance and Punctuality:**
   - Students are responsible for attending class each day, being on time and staying through the entire class period. Students who are late to class are counted as absent.
   - Students who miss class must notify the instructor within 24 hours of the absence with a legitimate reason for being absent and provide written documentation for the absence upon returning to class (i.e. – doctor’s note, traffic report from car wreck, obituary from funeral).
   - Legitimate reasons for missing class include illness, accident or death in the family. Examples of unexcused absences include, but are not limited to, over-sleeping and having to work.
   - In the event of an absence, it is the student’s responsibility to obtain assignments and information missed in class.
   - Missed quizzes will not be made up, but one quiz counts as bonus points.
   - Missed exams will not be made up. The percentage score earned on the comprehensive final exam will count for one missed exam. If a student misses two exams, he/she will receive a zero for the second missed exam.
   - Any scheduled absences, including travel for athletic events or professional conferences, should be provided to the instructor at the beginning of the semester or as soon as possible. Absences for university-related activities are excused absences. Assignments due during the scheduled absence must be turned in before the student leaves for the event.
2. **Drop Policy:**
   - If a student misses 3 classes without notifying the instructor, the instructor reserves the right to drop the student from the course with a “WF”.
   - **Note:** Students may drop a class with a non-punitive “W” grade before March 30, 2012.

3. **Classroom Environment:**
   - Students are expected to respect other students and the instructor.
   - It is unacceptable to talk while others are talking, sleep in class, work on other assignments or take phone calls or text during class.
   - **Phones and pagers should be turned off during class or put on silent mode.**
   - Students who continuously exhibit these unacceptable behaviors will be asked to leave the class and will be unable to make up points missed.

4. **Readings:**
   - The student is responsible for reading the chapters in the textbook and other assignments as indicated on the schedule. This is necessary to facilitate learning.
   - The student is responsible for all material in the textbook whether or not discussed in class, presented in multi-media presentations, and guest speakers.
   - If you are absent, it is your responsibility to get the notes and/or announcements from a classmate.

5. **Grading and Quiz/Exam Policies:**
   - Students are expected to complete all required assignments by the completion date assigned by the instructor.
   - Unless the student has made arrangements with the instructor 24 hours prior to the due date or has written documentation from the hospital, doctor, or police **LATE ASSIGNMENTS WILL NOT BE ACCEPTED.**
   - Written assignments will be submitted on Blackboard. Students should submit their assignments in Word software well ahead of the due date and time in case there is a technical issue with his/her computer. “Computer issues” are not a valid excuse for not submitting an assignment before the due date and time.
   - The percentage grade earned on the final exam will substitute for one missed exam in the class. If a student misses two exams, the student will receive a zero for the second missed exam and may need to drop the course. Quizzes will not be made up but one quiz counts as bonus points.
   - Students will be allowed one minute per question on quizzes and exams. Students who arrive late for a quiz or exam will not be given extra time. If a student arrives to a quiz or exam after another student has left the room, the late student will not be allowed to take the quiz or exam.

6. **Academic Integrity:**
   - The University of Central Arkansas affirms its commitment to academic integrity and expects all members of the university community to accept shared responsibility for maintaining academic integrity.
Students in this course are subject to the provisions of the university's Academic Integrity Policy, approved by the Board of Trustees as Board Policy No. 709 on February 10, 2010, and published in the Student Handbook. Penalties for academic misconduct in this course may include a failing grade on an assignment, a failing grade in the course, or any other course-related sanction the instructor determines to be appropriate.

Continued enrollment in this course affirms a student's acceptance of this university policy.

Examples of academic dishonesty and plagiarism include, but are not limited to, duplicating an assignment from one class to another, copying written assignments from the internet, and copying another student’s work or exam answers.

Academic dishonest/plagiarism will not be tolerated. See Student Handbook for definition and punishment.


7. Americans with Disabilities Act & University Services:
   - The University of Central Arkansas adheres to the requirements of the Americans with Disabilities Act. If you need an accommodation under this Act due to a disability, please contact the UCA Office of Disability Services, 450-3613.
   - Counseling Services: If you find at some point during the semester that personal problems are keeping you from completing course work, you may find it beneficial to visit the Counseling Center. All students are entitled to free, confidential and professional counseling. The office is located in Room 313 of Bernard Hall. The phone number is 450-3138.
   - Student Health Services: A number of services are available to students through Student Health Services (Student Handbook). Since these services are paid for in your student fees, there is no additional cost to you for these services. If you are having health problems during the semester, it would benefit you to use these services. They are located on the 1st floor of the Student Health Center. Their hours are Monday-Friday, 8:00 am until 4:45 pm.

8. Academic Policies:
   - All students are strongly encouraged to familiarize themselves with the policies set forth in the Student Handbook.

9. Sexual Harassment Policy:
   - The Student Handbook defines the sexual harassment policy for UCA.
   - Students who perceive they have a complaint in this area may seek recourse as stated in the policy.
   - All students, faculty and staff are obligated to adhere to the policy as stated in the handbook.
10. **Inclement Weather:**
   - If class is canceled due to inclement weather, any assignment or exam scheduled for that class will be given at the next class meeting.
   - Students should check the UCA web page and/or listen to the local news or radio stations to see if classes are canceled due to hazardous conditions.
   - Each student should use their own judgment in determining safe travel conditions.
### NUTR 4374: MNT 2
### Spring 2012

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January 9</strong></td>
<td><strong>January 11</strong></td>
<td><strong>January 13</strong></td>
</tr>
<tr>
<td><strong>January 16</strong>  &lt;br&gt; Martin Luther King Jr. Holiday</td>
<td><strong>January 18</strong>  &lt;br&gt; <em>Health &amp; Fitness Module</em>; Chapters 2 &amp; 21—Energy &amp; Weight Management</td>
<td><strong>January 20</strong>  &lt;br&gt; Prerequisite quiz online; Chapters 2 &amp; 21—Energy &amp; Weight Management</td>
</tr>
<tr>
<td><strong>January 23</strong>  &lt;br&gt; Chapter 22—Eating Disorders Literature Search—35 points</td>
<td><strong>January 25</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
<td><strong>January 27</strong>  &lt;br&gt; Chapter 24—Bone Health Counseling Modules—45 points</td>
</tr>
<tr>
<td><strong>January 30</strong>  &lt;br&gt; Quiz 1 (MT 5, Meat)—30 points; Chapter 24—Bone Health</td>
<td><strong>February 1</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
<td><strong>February 3</strong>  &lt;br&gt; Exam 1 (2, 21, 22, 24)—50 points</td>
</tr>
<tr>
<td><strong>February 6</strong>  &lt;br&gt; Go over Exam 1</td>
<td><strong>February 8</strong>  &lt;br&gt; <em>MNT Module</em>; Chapter 29—Food Allergies</td>
<td><strong>February 10</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
</tr>
<tr>
<td><strong>February 13</strong>  &lt;br&gt; Chapter 30—Diabetes Quiz 2 (MT 19, Fats)—30 points</td>
<td><strong>February 15</strong>  &lt;br&gt; Chapter 30—Diabetes; <em>Service Learning Preparation</em>—12 points</td>
<td><strong>February 17</strong>  &lt;br&gt; Chapter 30—Diabetes</td>
</tr>
<tr>
<td><strong>February 20</strong>  &lt;br&gt; <em>Service Learning Project Delivery</em>, 20 points (one time)</td>
<td><strong>February 22</strong>  &lt;br&gt; <em>Service Learning Project Delivery</em>, 20 points (one time)</td>
<td><strong>February 24</strong>  &lt;br&gt; <em>Service Learning Project Delivery</em>, 20 points (one time)</td>
</tr>
<tr>
<td><strong>February 27</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
<td><strong>February 29</strong>  &lt;br&gt; <em>Diabetes Case</em>—40 points</td>
<td><strong>March 2</strong>  &lt;br&gt; Chapter 31—Anemia</td>
</tr>
<tr>
<td><strong>March 5</strong>  &lt;br&gt; Chapter 31—Anemia; Quiz 3 (MT 12, 15)—30 points</td>
<td><strong>March 7</strong>  &lt;br&gt; Chapter 33—Hypertension</td>
<td><strong>March 9</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
</tr>
<tr>
<td><strong>March 12</strong>  &lt;br&gt; Exam 2 (29, 30, 31, 33)—50 points</td>
<td><strong>March 14</strong>  &lt;br&gt; Go over Exam 2</td>
<td><strong>March 16</strong>  &lt;br&gt; Chapter 36—Renal; <em>Service Learning Reflection Paper</em>—28 points</td>
</tr>
<tr>
<td><strong>March 19</strong> (Spring Break)</td>
<td><strong>March 21</strong> (Spring Break)</td>
<td><strong>March 23</strong> (Spring Break)</td>
</tr>
<tr>
<td><strong>March 26</strong>  &lt;br&gt; Chapter 36—Renal</td>
<td><strong>March 28</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
<td><strong>March 30</strong>  &lt;br&gt; Chapter 37—Cancer</td>
</tr>
<tr>
<td><strong>April 2</strong>  &lt;br&gt; Chapter 37—Cancer Quiz 4 (MT 18)—30 points</td>
<td><strong>April 4</strong>  &lt;br&gt; Chapter 38—HIV/AIDS</td>
<td><strong>April 6</strong>  &lt;br&gt; <em>Cancer Scenario</em>—40 points</td>
</tr>
<tr>
<td><strong>April 9</strong>  &lt;br&gt; Chapter 38—HIV/AIDS Quiz 5 (MT 13)—30 points</td>
<td><strong>April 11</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
<td><strong>April 13</strong>  &lt;br&gt; Chapter 13—Nutritional Genomics;</td>
</tr>
<tr>
<td><strong>April 16</strong>  &lt;br&gt; Chapter 44—Genetic Metabolic Disorders</td>
<td><strong>April 18</strong>  &lt;br&gt; <em>Disease Posters &amp; Presentations</em>—65 points</td>
<td><strong>April 20</strong>  &lt;br&gt; DEP Meeting, no class</td>
</tr>
<tr>
<td><strong>April 23</strong>  &lt;br&gt; Exam 3 (36, 37, 38, 13, 44)—50 points</td>
<td><strong>April 25</strong>  &lt;br&gt; Go over Exam 3</td>
<td><strong>April 27</strong>  &lt;br&gt; Study Day, no class, ArDA meeting, Little Rock</td>
</tr>
<tr>
<td><strong>April 30 @ 2 pm</strong>  &lt;br&gt; Final Exam—150 points</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Dates of Interest:

**January 16, Monday:** Dr. Martin Luther King, Jr. Holiday

**January 18, Wednesday:** Change-of-course period ends for Jan. 12 - May 5 classes; Final date to register or add classes

**February 10, Friday:** Final date to make degree application for May graduation and be included in the commencement program

**March 17-25, Sat-Sun:** Spring Break

**March 30, Friday:** Final date to officially withdraw from a Jan 12 - May 5 classes or the university with a W grade unless already dropped for non-attendance

**April 2-23:** Advance Registration for Summer and Fall 2012

**April 20, Friday:** Final date to officially withdraw from a Jan 12 - May 4 course or the university with a WP or WF grade unless already dropped for non-attendance

**April 20, Friday:** Recommended date to make degree application for May 2013 graduation

**April 27, Friday:** Study Day

**April 30-May 4, Mon-Fri:** Final Examinations - day and night classes

**May 5, Saturday:** Spring Commencement

**May 8, Tuesday-NOON:** Final grade report date