

**DIET 57 Course Outline as of Spring 2008****CATALOG INFORMATION**

Dept and Nbr: DIET 57 Title: MODIFIED DIETS

Full Title: Modified Diets

Last Reviewed: 11/25/2013

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	3.00	Lab Scheduled	3.00	17.5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Review of normal nutrition and introduction to diet therapy. Application of these principles to provision of foods appropriate for diets modified to support various medical and surgical conditions. Includes clinical supervised field experience component.

**Prerequisites/Corequisites:**

Course Completion of FDNT 10

**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Principles of nutrition in medical and surgical conditions requiring changes in dietary intake. Includes clinical supervised field experience component. (Grade Only)

Prerequisites/Corequisites: Course Completion of FDNT 10

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>			<b>Effective:</b>	<b>Inactive:</b>
<b>IGETC:</b>	<b>Transfer Area</b>			<b>Effective:</b>	<b>Inactive:</b>
<b>CSU Transfer:</b>	Transferable	<b>Effective:</b>	Fall 1981	<b>Inactive:</b>	Fall 2020
<b>UC Transfer:</b>		<b>Effective:</b>		<b>Inactive:</b>	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course the student will be able to:

1. Accurately follow a physician's diet order.
2. Maintain a cardex file or other patient dietary file.
3. Select nutritionally equivalent menu substitutions.
4. Substitute appropriate foods for a modified diet due to:
  - a. seasonal availability of foods
  - b. patient likes or dislikes
  - c. patient religious or cultural preferences
  - d. patient tolerance
5. Accurately complete Minimum Data Set (MDS) forms and collect data for nutrition screening for a variety of residents.
6. Estimate caloric intake from diet using Diabetic Exchange System.
7. Accurately report fluid level of a diet using accepted Intake and Output (I/O) estimates and conversions between cups, ounces, and milliliters.
8. Recognize and interpret reliable sources of nutrition information.
9. Recognize tube feeding orders and determine appropriate dietary department support.

### **Topics and Scope:**

1. Principles of nutrition:
  - a. food groups
  - b. dietary guidelines
  - c. diabetic exchange system
2. Patient/Resident screening:
  - a. cultural choices and other influences on nutrition
  - b. calorie counts
  - c. fluid counts
3. Diet modification for disease processes:
  - a. diabetes

- b. cardiovascular disease and hypertension
- c. intestinal disorders
- d. cancer
- e. renal disease
- f. anorexia of aging; decubitus ulcers
- g. AIDS
- 4. Nutrition for the institutionalized patient:
  - a. introduction to tube feedings; general description and correct storage of enteral nutrition products
  - b. description of parenteral nutrition; supporting role of dietary department
  - c. modification of diet texture and consistency
- 5. Communication with members of the health care team:
  - a. medical terminology and abbreviations
  - b. significance of labs most relevant for dietary intervention and dietitian referral
  - c. patient/resident care plan meetings
- 6. Common Drug/Diet interactions:
  - a. grapefruit
  - b. tetracycline and dairy
  - c. identification of high tyramine foods
  - d. others requiring adjustment of meal preparation, food choices or tray service

### **Assignment:**

1. Three day food-nutrient analysis of hospital or other inpatient care facility menu.
2. Evaluate case studies and identify appropriate dietary department response, including complete written documentation.
3. Complete chart notes and MDS forms related to case studies.
4. Menu substitutions for diet modifications.
5. Term project - patient interview with oral report of data significant to dietary department.
6. Clinical experience to include notebook of clinical rotation activities.
7. Weekly assigned reading of 10-20 pages.
8. Two mid-term exams and one comprehensive final.

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written case study evaluation and documentation, including MDS forms. Written report of clinical rotation.

Writing  
20 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Nutrient analysis of facility menu. Menu substitutions.

Problem solving  
10 - 20%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Field work. Oral case study presentation - 10 minutes.

Skill Demonstrations  
20 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, true/false, short answer, essay exams.

Exams  
30 - 50%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**

Basic Nutrition and Diet Therapy, 12th edition, 2004, Mosby Publisher.