

**DIET 176 Course Outline as of Fall 2014****CATALOG INFORMATION**

Dept and Nbr: DIET 176 Title: APPLD NUTRITION THERAPY

Full Title: Applied Nutrition Therapy

Last Reviewed: 2/10/2020

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

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:**

Entry-level skills for Dietetic Technician, Registered, working with nutrition screening, assessment, development of nutrition care plans and health-promoting client education and counseling. Includes health history screening, consideration of drug-nutrient interactions, lab values, anthropometric data, conventional and alternative medicine options.

**Prerequisites/Corequisites:**

Course Completion of FDNT 10

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

Description: Entry-level skills for Dietetic Technician, Registered, working with nutrition screening, assessment, development of nutrition care plans and health-promoting client education and counseling. Includes health history screening, consideration of drug-nutrient interactions, lab values, anthropometric data, conventional and alternative medicine options. (Grade Only)

Prerequisites/Corequisites: Course Completion of FDNT 10

Recommended:

Limits on Enrollment:

Transfer Credit:

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

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

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate competency with entry level skills for interviewing, screening, and assessing clients with nutrition related needs.
2. Correctly interpret relevant elements of medical records and use dietary and lifestyle data from a client to write appropriate Nutrition Care Plans (NCP) for a client's general health promotion and disease risk reduction.
3. Work within the scope of practice for Dietetic Technician, Registered (DTR).
4. Appropriately refer clients needing the specialized help of a Registered Dietitian (RD), Speech Therapist, or other health professional.

**Objectives:**

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

1. Interview culturally and ethnically diverse clients with a variety of health care needs.
2. Use appropriate nutrition screening tools to assess a variety of clients.
3. Correctly interpret terminology and abbreviations used in medical records and related materials.
4. Identify lab values with nutrition implications and develop an appropriate Nutrition Care Plan related to lab values outside of normal range.
5. Develop and provide a variety of culturally appropriate nutrition education materials.
6. Use correct medical terminology in writing Nutrition Care Plans, related notes and other materials.
7. Write a Nutrition Care Plan incorporating recommendations related to

- medications and herbal or other supplements that affect nutrition.
8. Evaluate a variety of alternative approaches to health promotion and disease prevention.
  9. Describe the roles and responsibilities of the Dietetic Technician, Registered, in various health care settings.
  10. Describe the working relationship between the Dietetic Technician, Registered, and other health care professionals, including Registered Dietitians.

### **Topics and Scope:**

- I. Interview and screening tools and techniques
  - A. Cultural diversity and cultural competency.
  - B. Lifecycle considerations
- II. Written Dietetic Technician Nutrition Care Plans
  - A. Cultural considerations
  - B. Medical conditions
  - C. Interpreting and documenting support for nutrition diagnosis.
- III. Medical terminology and abbreviations
  - A. General
  - B. Terms specific to cardiovascular diseases and related diagnostic tests
  - C. Terms specific to diabetes and related diagnostic tests
  - D. Terms specific to meal delivery
- IV. Interpretation of lab values and other screening data
  - A. Blood analysis and nutrient implications
    1. Hemoglobin and hematocrit
    2. Glycolated hemoglobin
    3. Blood Urea Nitrogen (BUN) and creatinine
    4. Blood lipids
    5. Blood glucose
    6. Blood proteins
    7. Blood electrolytes
  - B. Urine analysis of nutritional significance
  - C. Anthropometric measurements and nutrition implications
  - D. Blood pressure measurements and nutrition implications
- V. Drug-diet and drug-nutrient interactions
  - A. Effect on appetite
  - B. Effect on digestion and nutrient absorption
  - C. Effect on metabolism
- VI. Introduction to commonly used herbs and related supplements
  - A. Effect on appetite
  - B. Effect on digestion and nutrient absorption
  - C. Effect on metabolism
- VII. Alternative medicine and nutrition implications
  - A. Fasting programs
  - B. Physical activities
  - C. Very low Calorie diets (VLCD)
  - D. Low fat diets
  - E. Low carbohydrate diets
  - F. Other fad diets
- VIII. Alternate modes of nutrition delivery

- A. Enteral nutrition
- B. Parenteral nutrition
- IX. Roles and responsibilities of Dietetic Technician, Registered, compared and contrasted to those of Registered Dietitian
  - A. Health promotion counseling
  - B. Medical Nutrition Therapy
  - C. Nutrition Education material development
- X. Roles of other members of the health care team
  - A. Speech Therapist
  - B. Occupational Therapist
  - C. Physical Therapist
  - D. Diabetes Educator
  - E. Others

**Assignment:**

1. Evaluate nutritional status and write Nutrition Care Plan for clients with different medical concerns and different dietary concerns as described in case studies.
2. Write Dietary Technician appropriate Nutrition Care Plans for at least two culturally different clients.
3. Using case studies, measure and record anthropometric data for a variety of body types.
4. Produce nutrition education material (pamphlet, poster, or other).
5. Research and present oral and written report on assigned diet.
6. 1-2 Exams and Final
7. Read 1-10 pages per week from text.

**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.

Educational materials development.	Writing 20 - 30%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Write Nutrition Care Plans	Problem solving 20 - 30%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Class performances - anthropometric measurements. Research presentation.	Skill Demonstrations 10 - 15%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
1-2 exams and Final	Exams 30 - 40%

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

Participation, assigned diet research and presentation

Other Category  
10 - 15%

**Representative Textbooks and Materials:**

Mosby's Nutritional Assessment and Care; Moore, Mary Courtney; Mosby Elsevier Publishing 6th Edition, 2009.

Instructor prepared materials