

**DIET 176 Course Outline as of Fall 2020****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 | 3.00                  | Lecture Scheduled | 3.00         | 17.5 | Lecture Scheduled  | 52.50 |
| Minimum | 3.00                  | Lab Scheduled     | 0            | 6    | Lab Scheduled      | 0     |
|         |                       | Contact DHR       | 0            |      | Contact DHR        | 0     |
|         |                       | Contact Total     | 3.00         |      | Contact Total      | 52.50 |
|         |                       | Non-contact DHR   | 0            |      | Non-contact DHR    | 0     |

Total Out of Class Hours: 105.00

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:**

Entry-level skills for Dietetic Technician, Registered, and Certified Dietary Manager working with nutrition screening, assessment, development of nutrition care plans and health-promoting client education and counseling. Application of these skills to provide meals to patients with a variety of medical conditions and gain knowledge of kitchen operations in a long term care facility. Includes clinical supervised field experience component in lab portion of the class.

**Prerequisites/Corequisites:**

Course Completion of FDNT 10 and Concurrent Enrollment in DIET 176L

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

Description: Entry-level skills for Dietetic Technician, Registered, and Certified Dietary Manager working with nutrition screening, assessment, development of nutrition care plans and health-promoting client education and counseling. Application of these skills to provide meals to patients with a variety of medical conditions and gain knowledge of kitchen operations in a long

term care facility. Includes clinical supervised field experience component in lab portion of the class. (Grade Only)

Prerequisites/Corequisites: Course Completion of FDNT 10 and Concurrent Enrollment in DIET 176L

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:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Demonstrate competency in Medical Nutrition Therapy (MNT) interventions including: nutrition assessment, screening and documentation of appropriate Nutrition Care Plans (NCP) for a client's general health promotion and disease risk reduction.
2. Identify specific disease states with nutrition implications and apply appropriate dietary recommendations.
3. Accurately follow diet orders by providing nutritious meals that are acceptable to clients with a variety of medical conditions.

### **Objectives:**

Student will be able to:

1. Use appropriate nutrition screening tools and interview culturally and ethnically diverse clients with a variety of health care needs.
2. Document information gathered from a nutrition assessment in a clear and concise manner.
3. Correctly interpret medical terminology and abbreviations and use accurately when documenting Nutrition Care Plans and related notes.
4. Identify lab values with nutrition implications and develop an appropriate Nutrition Care Plan related to lab values outside of normal range.
5. Accurately follow a physician's diet order by selecting nutritionally equivalent menu substitutions.
6. Substitute appropriate foods for a modified diet due to:
  - a. likes or dislikes

- b. religious or cultural preferences
  - c. tolerance
  - d. medical conditions
7. Maintain a dietary record and accurately complete medical and dietary forms.
  8. Demonstrate proper foodservice procedures for ordering, storing and receiving inventory.
  9. Show knowledge of food production and food delivery for patients.
  10. Assist in managing foodservice staff; inservice, schedule and supervision.
  11. Understand nutrition related diseases and devise appropriate nutrition care plans for each.
  12. Appropriately represent foodservice in healthcare team meetings and other interactions regarding a patient's nutritional needs.
  13. Describe the roles and responsibilities of the Dietetic Technician, Registered, (DTR) and the Certified Dietary Manager (CDM) as a member of the health care team, including the working relationship between these positions and the Registered Dietitian.
  14. Follow federal and state regulations regarding patient care and meal delivery.

## **Topics and Scope:**

### **I. Gathering Nutrition Data and Documentation**

- A. Interview and screening tools and techniques
- B. Cultural and lifecycle considerations
- C. Using nutrition assessment to form Nutrition Care Plans and support for nutrition diagnosis
- D. Medical terminology and abbreviations specific to medical conditions and meal delivery
- E. Federal and state regulations related to evaluating patient nutritional status and care

### **II. Interpretation of Lab Values and Other Screening Data**

- A. Blood analysis and nutrient implications
  1. Hemoglobin and hematocrit
  2. Glycosylated hemoglobin
  3. Blood Urea Nitrogen (BUN) and creatinine
  4. Blood lipids
  5. Blood glucose
  6. Blood proteins
  7. Blood electrolytes
- B. Urine lab values of nutritional significance analysis
- C. Anthropometric measurements and nutrition implications
- D. Blood pressure measurements and nutrition implications
- E. Diet and lifestyle history

### **III. Drug-Diet and Drug-Nutrient Interactions**

- A. Effect on appetite, digestion, metabolism and nutrient absorption
- B. Adjustment of the meal preparation, food choices or meal service
- C. Documentation in the medical chart and patient education

### **IV. Overview of Body Systems and Medical Nutrition Therapy Intervention**

- A. Diabetes
- B. Cardiovascular disease
- C. Intestinal disorders
- D. Cancer
- E. Renal Disease
- F. Elderly concerns; Alzheimer's, wasting and pressure ulcers
- G. Human Immunodeficiency Virus (HIV) / Acquired Immune Deficiency Syndrome (AIDS).
- H. Dysphagia and other upper gastrointestinal disorders

### **V. Nutrition Intervention and Client Care**

- A. Modify diet plans
- B. Implement Physicians' Dietary Orders

- C. Manage selective menus, nourishments and supplemental feedings
  - D. Provide nutrition education
  - E. Review effectiveness of nutrition care
  - F. Federal and state regulations related to meal delivery
- VI. Foodservice Operations
- A. Foodservice staffing and job descriptions
  - B. Ordering, receiving, storing and inventory procedures
  - C. Document compliance with food safety regulations; cleaning and temperatures
  - D. Participate in a food safety inspection
  - E. Provide an in-service to foodservice workers
  - F. Produce a food service production report and participate in completion of tasks
  - G. Process diet orders and diet changes
  - H. Participate in tray line and food delivery
  - I. Deliver and compile the results of a food acceptance survey to patients
- VII. Alternate Modes of Nutrition Delivery
- A. Enteral nutrition
  - B. Parenteral nutrition
- VIII. Roles and Responsibilities of Dietetic Technician, Registered (DTR) in Contrast to those of Registered Dietitian
- A. Health promotion counseling
  - B. Medical Nutrition Therapy
  - C. Nutrition Education material development
- IX. Roles of the Multi-Disciplinary Healthcare Team
- A. Speech Therapist
  - B. Occupational Therapist
  - C. Physical Therapist
  - D. Diabetes Educator
  - E. Others

**Assignment:**

1. Evaluate case studies for patients with different medical concerns and identify appropriate Medical Nutrition Therapy (MNT) interventions and document interventions written or electronic
2. Complete practice worksheets to measure and record anthropometric data, and analyze and interpret lab values
3. Menu substitution assignments for a variety of diet modifications
4. Prepare and deliver an in-service presentation to kitchen staff at field experience site
5. Document chart notes and nutrition care plans for three patients at the field experience site
6. Report on basic foodservice operations at the field experience site including trayline, temperature checks, ordering, receiving, storage and inventory
7. Written summary of clinical rotation experience
8. Group written report and oral/class presentation of a patient case study from the clinical rotation
9. Two Quizzes, 2 Exams and Final
10. Read 20-30 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.

Case studies, practice worksheets, foodservice operations report, field experience chart notes, summary of clinical rotation, group case study written report

Writing  
20 - 30%

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

Evaluate case studies, group case study project, menu substitution assignments

Problem solving  
20 - 30%

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

In-service presentation, group case study presentation

Skill Demonstrations  
10 - 15%

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

Quizzes, exams, final

Exams  
30 - 40%

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

Participation

Other Category  
10 - 15%

### **Representative Textbooks and Materials:**

Nutrition Therapy and Pathophysiology. 4th ed. Nelms, Marcia and Sucher, Kathryn. Cengage. 2020

Choose Your Foods: Food Lists for Diabetes. 5th ed. American Diabetes Association and Academy of Nutrition and Dietetics. 2019