DIET 57 Course Outline as of Fall 2020

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: 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. (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:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	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. Accurately follow a physician's diet orders in providing nutritious meals that are acceptable to clients with a variety of medical conditions.
2. Interview and accurately chart relevant food information for residents in a long-term care facility, including completion of appropriate Minimum Data Set (MDS) forms.
3. Appropriately represent foodservice in healthcare team meetings and other interactions related to a client's food and nutrition needs.

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 exchange systems.
7. Accurately report fluid level of a diet using accepted Intake (I/O) estimates and conversions between cups, ounces, and milliliters.
8. Recognize and interpret reliable sources of nutrition information from the internet or other outside source.
9. Recognize a doctor's order for a tube feeding and determine appropriate dietary department support.

Topics and Scope:

1. Principles of nutrition:
   a. food groups
   b. dietary guidelines
   c. exchange system
   d. carbohydrate counting
   e. seasonal food availabiity
2. Patient/Resident screening:
   a. patient chart, including dietary file or cardex
   b. cultural choices and other influences on nutrition
   c. food intake - use facility procedure to estimate percent of food intake
   d. fluid counts - use facility procedures to record patient/resident fluid intake
3. Diet modification and appropriate food substitutions for disease processes (including but not limited to):
   a. diabetes - consistent carbohydrate diet
   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. physician's diet order
   c. significance of labs most relevant for dietary intervention and dietitian referral
   d. completion of MDS and related forms
   e. patient/resident care plan meetings
6. Common Drug/Diet interactions:
   a. grapefruit and rate of drug absorption
   b. tetracycline and dairy
   c. identification of high tyramine foods
   d. others requiring adjustment of meal preparation, food choices or tray service
7. Reliable sources of nutrition information

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 substitution worksheet for diet modifications.
5. Term project - patient interview with oral report of data significant to dietary department.
6. Field work clinical experience to include notebook of clinical rotation activities and preceptor evaluation.
7. Weekly assigned reading of 10-20 pages.
8. Two 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.

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. Term project.	Skill Demonstrations 20 - 30%

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

2 exams, final exam.	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:
Williams' Basic Nutrition and Diet Therapy, 14th edition, 2012, Stacy Nix; Elsevier Publisher.