Term Information

Effective Term Spring 2014

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
removal of the C- requirement

What is the rationale for the proposed change(s)?
We agree that having the C- rule to move on in our major is difficult to enforce and might not be equally enforced among the different majors. We would like to not have this rule in place. However we would still like to keep the C- rule in place for students to graduate with a degree in nutrition. IN other words students can “move on” with a grade lower than a C-, but they will at some point need to retake the course to graduate

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
none

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area Human Nutrition
Fiscal Unit/Academic Org Department of Human Sciences - D1254
College/Academic Group Education & Human Ecology
Level/Career Graduate, Undergraduate
Course Number/Catalog 5611
Course Title Medical Nutrition Therapy I
Transcript Abbreviation Med Nutr Therapy 1
Course Description The role of medical nutrition therapy in the treatment of established chronic diseases with emphasis on the biochemical and physiological rationale for dietary modifications.
Semester Credit Hours/Units Fixed: 3

Offering Information

Length Of Course 14 Week
Flexibly Scheduled Course Never
Does any section of this course have a distance education component? No
Grading Basis Letter Grade
Repeatable No
Course Components Lecture
Grade Roster Component Lecture
Credit Available by Exam No
Admission Condition Course No
Off Campus Never
Campus of Offering Columbus
Prerequisites and Exclusions

Prerequisites/Corequisites

Previous Value
Prereq: 4609 (610), and Human Nutrition or Medical Dietetics major; or Grad standing.

Exclusions
Previous Value
Not open to students who received credit for 611.

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code 51.3101
Subsidy Level Doctoral Course
Intended Rank Junior, Senior, Masters, Doctoral, Professional

Requirement/Elective Designation

Required for this unit's degrees, majors, and/or minors

Course Details

Course goals or learning objectives/outcomes

• Understand the formal nutrition care process, including selection of nutrition diagnoses and interventions to solve problems or improve nutritional status and the appropriate monitoring and evaluation specific to the individual patient

• Describe clinical symptoms, diagnosis and medical nutrition therapy, including dietary modifications, for obesity, diabetes mellitus, cardiovascular diseases, hypertension, bone diseases and cancer

• Outline the relationship between drug, diet and medical nutrition therapy for the diseases examined in the course

• Relate the various physical, economic, social, and psychological considerations which must be accounted for in a patient dietary care plan

• Evaluate case studies and describe the proper diet modifications necessary for each case

• Identify the most appropriate method of dietary assessment for various disease states

• Function as an effective nutrition care team member

• Identify and utilize research findings from current literature in developing nutritional care plans

Content Topic List

• Nutritional epidemiology & intervention studies; biomarkers

• Nutrition Care Process; enteral nutrition

• Assessment of dietary intake

• Weight management; counseling for change

• Insulin resistance; type 2 diabetes; gestational diabetes

• Meal planning and diabetes management; glycemic index & load

• Atherogenesis; cardiovascular disease; hypertension

• Bone health and osteoporosis

• Nutrition and cancer

• Medical nutrition therapy for obesity, diabetes, cardiovascular disease, bone disease, and cancer
Attachments

- Syllabus6_5611_Au2012.pdf: syllabus
  (Syllabus. Owner: Odum,Sarah A.)

Comments

- request submitted per J. Bomser, adjusted exclusion statement, removing "C- or above in 611" (by Odum,Sarah A. on 10/09/2013 01:17 PM)
- Please explain the exclusion "Not open to students who received a C- or above in 611." (by Buckworth,Janet on 10/02/2013 12:03 PM)

Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
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<tbody>
<tr>
<td>Submitted</td>
<td>Odum,Sarah A.</td>
<td>10/02/2013 11:13 AM</td>
<td>Submitted for Approval</td>
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<tr>
<td>Revision Requested</td>
<td>Buckworth,Janet</td>
<td>10/02/2013 12:03 PM</td>
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<td>Submitted</td>
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<td>10/09/2013 01:18 PM</td>
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<td>Buckworth,Janet</td>
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<td>Achterberg,Cheryl L</td>
<td>10/09/2013 01:58 PM</td>
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<td>Warnick,Bryan R.</td>
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<td>Odum,Sarah A.</td>
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<td>Zircher,Andrew Paul</td>
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</table>
The Ohio State University
College of Education and Human Ecology
Department of Human Nutrition
HUMN NTR 5611: Medical Nutrition Therapy 1
Tues/Thur 12:45-2:05 PM

Instructor: Tonya Orchard, PhD, RD, LD
Office & Phone 385 Campbell Hall, 292-7241
E-mail orchard.6@osu.edu
Office Hours Tues 2:30–3:30 PM and Thur 9:00-10:00 AM

Course Number, Title and Description, Credit Hours:
HUMN NTR 5611, Medical Nutrition Therapy 1: The role of medical nutrition therapy in the treatment of established chronic diseases with emphasis on the biochemical and physiological rationale for dietary modifications is presented. 3 credits, U, 2, 1.5-hr classes, Autumn semester.

Prerequisites: HUMN NTR 4609 (610)

Course Objectives/Learning Outcomes: Following successful completion of this course, the student will be able to:

1. Understand the formal nutrition care process, including selection of nutrition diagnoses and interventions to solve problems or improve nutritional status and the appropriate monitoring and evaluation specific to the individual patient.
2. Describe the clinical symptoms, diagnosis and medical nutrition therapy, including dietary modifications, for obesity, diabetes mellitus, cardiovascular diseases, hypertension, bone diseases and cancer.
3. Outline the relationship between drug, diet and medical nutrition therapy for each of the diseases in #2.
4. Describe the appropriate use of dietary supplements, medical food supplements and enteral nutrition in the medical nutrition therapy of diseases in #2.
5. Relate the various physical, economic, social, and psychological considerations which must be accounted for in a patient nutrition care plan.
6. Evaluate case studies and describe the proper diet modifications necessary for each case.
7. Identify the most appropriate method of dietary assessment for various disease states.
8. Understand the role of the registered dietitian as an effective nutrition care team member.
9. Identify and utilize research findings from current literature in developing nutritional care plans.

Required Text:

Recommended Texts:
Reading Assignments:

Several articles will be placed on Carmen which accompany the lecture. You are expected to read the article prior to class and be prepared to discuss the findings. The articles are listed in the order in which they will be discussed in class. Additional articles may be posted as needed. The articles to read include the following:

Evaluation Techniques:

- **Attendance:** Regular attendance and participation is expected. Case studies are due in class on the due date. **No** written work (case studies, in-class activities and exams) will be accepted late or outside of class, except with a written medical or equivalent excuse.

- **Participation in Class Activities:** Three in-class activities will contribute points toward your participation grade. These will consist of short written assignments that will be turned in for a completion grade during the class period. No points will be given if you are not in class on the day of the activity, except with a written medical or equivalent excuse.

- **Case Studies:** Four clinical case studies will be completed and points will be earned for the written report. **Hard copies of the case report** will be due in class on the due date and students will be expected to participate in a discussion of the case in order to earn in-class activity points. Case studies submitted after the class period (either hard copy or electronic documents) will not be accepted.

- **Online Quizzes:** Several quizzes will be administered which cover material from the textbook. The quizzes will be posted on Carmen for you to complete. You have 1 week to complete the quiz before it is removed from the course web site. You have 2 attempts to complete the quiz. The highest score is retained for your grade.

- **Exams:** Three exams will be administered. The 3rd exam (final exam) will cover the material from the last third of the class plus questions from exams 1 & 2.

**Grading Plan:**

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<th>Points</th>
<th>(% Final Grade)</th>
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<tbody>
<tr>
<td>Exams</td>
<td>345</td>
<td>(69%)</td>
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<tr>
<td>Exams 1 &amp; 2 x 100 pts each</td>
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<tr>
<td>Exam 3 x 145 pts</td>
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<td></td>
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<tr>
<td>Case Studies*</td>
<td>100</td>
<td>(20%)</td>
</tr>
<tr>
<td>4 Reports x 25 pts each</td>
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<tr>
<td>Online quizzes</td>
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<tr>
<td>8 Quizzes x 5 pts each</td>
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<tr>
<td>In-class activities</td>
<td></td>
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<tr>
<td>3 activities x 5 pts each</td>
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**TOTAL POINTS**

500 (100%)

**Grading Scale:**

The following scale will be used in determining letter grades.

<table>
<thead>
<tr>
<th>Grade %</th>
<th>(Points)</th>
<th>Grade %</th>
<th>(Points)</th>
<th>Grade %</th>
<th>(Points)</th>
<th>Grade %</th>
<th>(Points)</th>
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</thead>
<tbody>
<tr>
<td>A 93-100%</td>
<td>465-500</td>
<td>B 83-86%</td>
<td>415-434</td>
<td>C 73-76%</td>
<td>365-384</td>
<td>D 60-66%</td>
<td>300-334</td>
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<tr>
<td>A- 90-92</td>
<td>450-464</td>
<td>B- 80-82</td>
<td>400-414</td>
<td>C- 70-72</td>
<td>350-364</td>
<td>E 59 or less</td>
<td>≤ 299</td>
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<tr>
<td>B+ 87-89</td>
<td>435-449</td>
<td>C+77-79</td>
<td>385-399</td>
<td>D+ 67-69</td>
<td>335-349</td>
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</tbody>
</table>

**Extra Credit Option*: Case Study Evidence Based Practice (3 Article Summaries x 3 pts each = 9 pts)
You can check your grades at any time by consulting the Grades screen on Carmen. Any discrepancies between posted grades and your record of your grades should be brought to the attention of the instructor immediately.

**Students with Disabilities:**
Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; [http://www.ods.ohio-state.edu/](http://www.ods.ohio-state.edu/).

**Academic Misconduct:**
The Ohio State University’s *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s *Code of Student Conduct* is never considered an “excuse” for academic misconduct. If we suspect that a student has committed academic misconduct in this course, we are obligated by University Rules to report our suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s *Code of Student Conduct* (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct [http://studentaffairs.osu.edu/resource_csc.asp](http://studentaffairs.osu.edu/resource_csc.asp).

**Grievances and Solving Problems:** According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor.” Then, if necessary, with the department chairperson, college dean, and provost, in that order.

**Statement on Diversity:** The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

**Recording Lectures or Classroom Activities**
Students who wish to record their classes must first obtain written permission of the instructor. Recorded lectures cannot be distributed, sold or exchanged without the written consent of the professor.
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Assigned Readings/Quizzes</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Thur 8/23</td>
<td>Course Overview: syllabus &amp; assignments Nutritional Research – Nutritional Epidemiology &amp; Biomarkers</td>
<td>Ch 8: pgs 202-207</td>
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<tr>
<td>2</td>
<td>Tues 8/28</td>
<td>Nutrition Care Process - Overview; Assessment of dietary intake</td>
<td>Ch 4, Ch 11</td>
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<tr>
<td>2</td>
<td>Thur 8/30</td>
<td>Nutrition Care Process – Nutrition Diagnosis, Intervention, Monitoring &amp; Evaluation</td>
<td>Ch 11; Appendix 6 and 7</td>
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<tr>
<td>3</td>
<td>Tues 9/4</td>
<td>Nutrition Care Process – Application &amp; Medical Record Documentation</td>
<td>Ch 11</td>
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<tr>
<td>3</td>
<td>Thur 9/6</td>
<td>Weight management</td>
<td>Ch 22; Hill et al., 2009 Quiz 1 due online (Ch 4 &amp; 11)</td>
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<td>4</td>
<td>Tues 9/11</td>
<td>MNT for weight management</td>
<td>Ch 22; Svetkey et al., 2008 ; Sacks et al., 2009</td>
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<td>4</td>
<td>Thur 9/13</td>
<td>MNT for weight management: What is the evidence? NCP and Weight Management case study due/case discussion</td>
<td>Goodpaster et al., 2010; Rock et al., 2010; Tsai &amp; Wadden, 2005 Quiz 2 due online (Ch 22)</td>
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<td>5</td>
<td>Tues 9/18</td>
<td>Exam 1</td>
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<td>5</td>
<td>Thur 9/20</td>
<td>Insulin resistance</td>
<td>Ch 31; Taubes 2009</td>
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<td>6</td>
<td>Tues 9/25</td>
<td>Type 2 diabetes</td>
<td>Ch 31; DPP Research Group, 2002 (Guest: Dr. Carla Miller)</td>
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<td>6</td>
<td>Thur 9/27</td>
<td>Type 2 diabetes</td>
<td>Ch 31; Look AHEAD Research Group, 2010 (Guest: Dr. Carla Miller)</td>
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<td>7</td>
<td>Tues 10/2</td>
<td>Type 1 diabetes and Gestational diabetes</td>
<td>Ch 31; DCCT Research Group, 1993</td>
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<td>7</td>
<td>Thur 10/4</td>
<td>Meal planning and diabetes management</td>
<td>Ch 31</td>
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<td>8</td>
<td>Tues 10/9</td>
<td>Diabetes Guest Panel</td>
<td>Quiz 3 due online (Ch 31)</td>
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<td>8</td>
<td>Thur 10/11</td>
<td>Metabolic Syndrome and Atherogenesis Diabetes case study due/case discussion</td>
<td>Ch 34</td>
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<td>9</td>
<td>Tues 10/16</td>
<td>CVD</td>
<td>Ch 34 Meigs, 2010</td>
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<td>9</td>
<td>Thur 10/18</td>
<td>MNT for CVD</td>
<td>Ch 34</td>
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<td>10</td>
<td>Tues 10/23</td>
<td>Hypertension; MNT for hypertension CVD case study due/case discussion</td>
<td>Ch 34; PREMIER Research Group, 2003; Appel et al., 1997 Quiz 4 due online (Ch 34)</td>
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<td>10</td>
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<td>Exam 2</td>
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<td>11</td>
<td>Tues 10/30</td>
<td>Nutrition support: Medical food supplements</td>
<td>Ch 14; pgs 321-323 (Guest: Abbott Rep)</td>
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<td>11</td>
<td>Thur 11/1</td>
<td>Nutrition support: Enteral nutrition</td>
<td>Ch 14; pgs 306-314 Quiz 5 due online (Ch 14)</td>
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<td>12</td>
<td>Tues 11/6</td>
<td>Cancer prevention and MNT for cancer</td>
<td>Ch 37</td>
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<td>12</td>
<td>Thur 11/8</td>
<td>Nutrition, Cancer and Nutritional Genomics</td>
<td>Ch 37 (Guest: Dr. Colleen Spees)</td>
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<td>13</td>
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<td>MNT for cancer</td>
<td>Ch 37 Quiz 6 due online (Ch 37)</td>
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<td>Thur 11/15</td>
<td>Bioactive substances and dietary supplements Cancer and Nutrition Support case study due/case discussion</td>
<td>Ch 13</td>
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<td>14</td>
<td>Tues 11/20</td>
<td>Nutrition and Bone Health</td>
<td>Ch 25 Quiz 7 due online (Ch 13)</td>
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<td>14</td>
<td>Thur 11/22</td>
<td>Thanksgiving Break</td>
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<td>15</td>
<td>Tues 11/27</td>
<td>MNT for bone health and osteoporosis</td>
<td>Ch 25; Jackson et al., 2006</td>
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<td>Thur 11/29</td>
<td>MNT for bone health and osteoporosis</td>
<td>Ch 25 Quiz 8 due online (Ch 25)</td>
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<td>16</td>
<td>Tues 12/4</td>
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