

BI304 -- Clinical Nutrition

Fall 2018

Syllabus

Instructor: Dr. Michael Weichhaus
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Office Hours: Tue: 12:00-3:00 pm, Wed: 1:00-3:00 pm Thu: 1:00-2:00 pm
Class Hours: Tue & Thu 3:30-4:50 pm, Hale Hoaloha Room 301

Texts:

Dudek, S. 2018, Nutrition Essentials for Nursing Practice, Wolters Kluwer, 8th version (ISBN-13: 9781496356109)

[Wolters Kluwer](#); [Amazon](#)

5th version available in the library as [ebook](#).

ATI Nutrition for Nursing, 6th edition.

[ATI website](#); [Amazon](#)

Prerequisites: BI 151/L, BI152/L, CH 201/L, CH 254/L, NUR 202, NUR 203

University Catalogue:

Study of nutrients and their respective functions, food sources, and physiological needs. Dietary guidance and nutritional requirements through the lifespan are explored. Role of nutrition in prevention of, and intervention in, chronic diseases.

Aims of the course:

The content of this course is organized around Principles of Nutrition, Clinical Nutrition and Alterations in Nutrition. Students will be able to determine the need of different nutrients for optimal health and how food safety, cultural, religious and ethnic influences and age affect nutrient requirements. Specific instructions for nurses will include the requirements for modified and enteral nutrition in the hospital setting. Lastly students will learn about diseases that require special nutritional requirements such as cardiovascular and hematological disorders, gastrointestinal disorders, renal disorders, diabetes and cancer/immunosuppressive disorders.

Course Learning Outcomes:

1. Understand the role of the six classes of nutrients on physiological homeostasis.
2. Grasp the nutritional guidelines for healthy eating and the composition of nutrient in food items.
3. Explain the cultural, ethnic and religious influences on food choices and the changing nutrient requirements across the lifespan.
4. Understand the requirements for modified diets, enteral nutrition and total parenteral nutrition.
5. Determine the barriers to adequate nutrition

6. Understand the modified nutritional requirements of common diseases including cardiovascular, gastrointestinal and renal disorders as well as diabetes, cancer and immunosuppressive disorders.

Evaluation of Student Performance

The grade will be determined in the following manner:

A	Excellent	>90%
B	Good	>80%
C	Average	>70%
D	Below Average	>60%
F	Failure	<60%

Assignment	Percent of grade
ATI Exam	10 percent
1 st Lecture Exam	15 percent
2 nd Lecture Exam	15 percent
3 rd Lecture Exam	15 percent
Final Exam	25 percent
Food Tracker Analysis	10 percent
Service Learning	<u>10 percent</u>
	100 percent

Nutrition ATI Examination policies:

Grading:

1. The Nutrition ATI Examination will be worth 10% of your final grade in this course.
2. If you obtain a level 2 or above on the proctored Nutrition ATI exam, you will receive 100% for this portion of your grade.
3. If you score a level 1 on the proctored Nutrition ATI exam, you will receive 50 % for this portion of your grade.
4. If you score below a level 1 on the proctored Nutrition ATI exam, you will receive 0% for this portion of your grade.
5. There will be no retakes for this examination. However, a remediation assignment may be required.

Required Preparation & Remediation

1. Prior to taking the proctored Nutrition ATI examination you will be required to complete the non-proctored 2016 A version of the exam by **Thursday, November 1st, 2017**.
2. Utilize the non-proctored exam to study. When you take the non-proctored exam the first time, study the areas that you missed by utilizing the focused review tool provided by ATI.

3. On the ATI focused review website select “all missed topics” to review. Read and view all the material provided by ATI to study.
4. Once you have read and viewed all the material provided by ATI, complete the active learning template for each topic reviewed and turn in to your instructor by **Thursday, November 6th, 2017**.
5. Once you have turned in the active learning templates, your instructor will turn on the rationale for the right and wrong answers for this non-proctored ATI examination.
6. Take the exam again and this time read the rationales provided by ATI for the right and wrong answers (even if you obtained the correct answer); this will help you study the material.
7. You will have a proctored practice Nutrition ATI exam on **Tuesday, November 11th, 2017**.
8. After taking the proctored practice Nutrition ATI exam version B, conduct a focused review by selecting “all missed topics” on the ATI focused review website. Read and view all the material provide by ATI to study.
9. Once you have read and viewed all the material provided by ATI, complete the active learning template for each topic reviewed and turned in by **Tuesday, November 20th, 2018**.
10. Once you have turned in the active learning templates, your instructor will turn on the rationales for the right and wrong answers for this proctor practice ATI examination.
11. Take the exam again and his time, read the rationales provided by ATI for the right and wrong answers (even if you obtained the correct answer); this will help you study the material.

Once you have completed the study requirement delineated above, you may take the proctored Nutrition ATI exam which is scheduled for **Thursday November 29th, 2018**.

Service Learning Assessment:

Service-learning will increase your understanding of the health and nutrition challenges of the different population within a community, to importance of nutrition and health education and the role of the nurse as an educator in the community. Each student will engage in 10 hours of service with one of the chosen sites specific to this course and complete a paper describing their experience by the due date.

Focus on understanding the connection between what you learn in class and the service experience. Before, during and after your service, think about the following questions:

1. What was the purpose of your service?
2. How did your service relate to the content of the class?
3. What did you learn about the importance of nutrition and health education and the role of the nurse in this area? What did you learn about culturally appropriate ways of talking about nutrition?
4. What did you learn about the role of culture in food choices?
5. Did you encounter any challenges or difficulties? If so, how did you resolve the challenge?

Late Work Policy

There are no make-ups for exams, unless a physician's note documents your absence during exams. Late service learning, food tracker and ATI active learning sheets may receive a zero, except in special circumstances determined by the instructor.

Student Expectations

1. Disability Access

Pursuant to several federal and state laws, including the Americans with Disabilities Act of 1990, as amended by the ADA Amendments Act of 2008, and Section 504 of the Rehabilitation Act of 1973, all qualified students with disabilities are protected from discrimination on basis of disability and are eligible for reasonable accommodations or modifications in the academic environment to enable them to enjoy equal access to academic programs, services, or activities. The Chaminade Counseling Center is located in the Student Support Services Building. For referrals and questions, contact Dr. June Yasuhara at (808) 735-4845 or counselingcenter@chaminade.edu.

2. Title IX Compliance

Chaminade University of Honolulu recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct, physical and/or psychological abuse will NOT be tolerated at CUH. If you have been the victim of sexual misconduct, physical and/or psychological abuse, we encourage you to report this matter promptly. As a faculty member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, physical and/or psychological abuse, I must report the matter to the Title IX Coordinator. Should you want to speak to a confidential source you may contact the following:

- Chaminade Counseling Center 808 735-4845.
- Any priest serving as a sacramental confessor or any ordained religious leader serving in the sacred confidence role.

3. Attendance Policy

In college courses you are responsible for your learning. Attendance during lecture is one way to familiarize yourself with the learning material, however you may by now have discovered more effective ways of learning. As such attendance during lecture is not enforced in this course. You are responsible to familiarize yourself on all topics/material covered during your absence. Please note that official University policy mandates your attendance in all classes and I may report continued absence to Advising and/or the dean of students. (see [University catalogue](#), p.57)

4. Academic Conduct Policy

The success of the Honor Code is made possible only with the acceptance and cooperation of every student. Each student is expected to maintain the principles of the Code. Example of Honor Code violations include, but are not limited to:

- Giving or receiving information from another student during an examination;
- Using unauthorized sources for answers during an examination;
- Illegally obtained test questions before the test;
- Any and all forms of plagiarism – submit all or part of someone else’s work or ideas as your own;
- The destruction and/or confiscation of school and/or personal property.

Violations of the Honor Code are serious. They harm other students, your professor, and the integrity of the University. Alleged violations will be referred to the Office of Judicial Affairs. If found guilty of plagiarism, a student might receive a range of penalties, including failure of an assignment, failure of an assignment and withholding of the final course grade until a paper is turned in on the topic of plagiarism, failure of the course, or suspension from the University.

Violations of Academic Integrity: Violations of the principle include, but are not limited to:

- Cheating: Intentionally using or attempting to use unauthorized materials, information, notes, study aids, or other devices in an academic exercise.
- Fabrication and Falsification: Intentional and unauthorized alteration or invention of any information or citation in an academic exercise. Falsification is a matter of inventing or counterfeiting information for use in any academic exercise.
- Multiple Submissions: The submission of substantial portions of the same academic work for credit (including oral reports) more than once without authorization.
- Plagiarism: Intentionally or knowingly presenting the work of another as one’s own (i.e., without proper acknowledgment of the source).
- Abuse of Academic Materials: Intentionally or knowingly destroying, stealing, or making inaccessible library or other academic resource materials.
- Complicity in Academic Dishonesty: Intentionally or knowingly helping or attempting to help another to commit an act of academic dishonesty.

Plagiarism includes, but is not limited to:

- Complete or partial copying directly from a published or unpublished source without proper acknowledgement to the author. Minor changes in wording or syntax are not sufficient to avoid charges of plagiarism. Proper acknowledgement of the source of a text is always mandatory.
- Paraphrasing the work of another without proper author acknowledgement.
- Submitting as one’s own original work, however freely given or purchased, the original exam, research paper, manuscript, report, computer file, or other assignment that has been prepared by another individual.

Consequences of academic honesty violations:

In the cases of alleged academic dishonesty, such as plagiarism, cheating, claiming work not done by the student, or lying, where a faculty member observes or discovers the dishonesty, the faculty members may choose to confront the student and handle the matter between the faculty member and the student, or the faculty member may choose to refer the

incident to the Dean or Graduate Program Director. If the faculty member chooses to confront the situation and it is not satisfactorily resolved between the faculty member and the student, the matter may then be referred or appealed to the Dean or Director.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of Academic Division and may include an “F” grade for the work in question, an “F” grade for the course, suspension, or dismissal from the University. ([University catalogue](#) p. 57)

Additional information on student conduct can be found in the [student handbook](#).

On-Campus Tutoring

- Retention, Advising, and Career Preparation offers free, one-on-one tutoring for all undergraduate students at Chaminade. Subjects tutored include, but are not limited to: biology, chemistry, math, nursing, English, etc. The tutoring corps consists of trained Peer and Professional Tutors.
- Tutoring is available by appointment only. Tutoring takes place in the Student Support Services building during the hours of 8:30 a.m. to 4:30 p.m., Monday to Friday.
- The Chaminade Tutoring Center is located in the Student Support Services Building. Contact the Tutor Coordinator, Amanda Lunday, at (808) 739-8305, for more information.

Online Tutoring through Smarthinking

- All CUH students are eligible to use Smarthinking, an online tutoring system. Students are able to access Smarthinking via their Canvas account.
- Through Smarthinking, students are able to connect in real-time with an expert educator in a variety of subjects using a virtual whiteboard technology. Students also have an option to schedule a 30-minute appointment with a tutor of their choice. The Online Writing Lab provides students with the ability to receive a detailed, personalized critique of any written assignment through a formal critique process.
- All sessions are archived and available for students to review at any time for studying or test preparation.

Appropriate Technology

1. Please have a mobile device (e.g. cell phone, tablet, laptop) with you in class. Alternatively you may bring your laptop. Lecture slides will be available to you prior to class through google slides. These are provided to you as an additional learning tool.
2. Pop quizzes will be given through [kahoot.it](#).

Biology 304 / Fall 2018

Week	Date	Lecture	Chapter	Comments
1	8/21	Syllabus of course, Course overview, Nutrition and Health	Chapter 1	
	8/23	Carbohydrates	Chapter 2	
2	8/28	Protein	Chapter 3	
	8/30	Lipids	Chapter 4	
3	9/04	Vitamins	Chapter 5	
	9/06	Minerals and Water	Chapter 6	
4	9/11	Ingestion, Digestion, Absorption and Metabolism		
	9/13	Exam 1		
5	9/18	Nutrition Assessment and Energy Balance	Chapter 7	
	9/20	Guidelines for Healthy Eating	Chapter 8	
6	9/25	Food Safety and Consumer Issues	Chapter 9	
	9/27	Cultural and Religious Influences on Nutrition	Chapter 10	
7	10/2	Nutrition Across the Lifespan 1	Chapters 11-13	
	10/4	Nutrition Across the Lifespan 2		
8	10/9	Exam 2		
	10/11	Hospital Nutrition	Chapter 14	
9	10/16	Enteral and Parenteral Nutrition		Guest lecturer
	10/18	Nutrition for Obesity and Eating Disorders	Chapter 15	
10	10/23	Nutrition for Patients with Upper Gastrointestinal Disorders	Chapter 17	
	10/25	Nutrition for Patients with Lower Gastrointestinal Disorders and Accessory Organs	Chapter 18	
11	10/30	Nutrition for Patients with Diabetes	Chapter 19	
	11/1	Nutrition for Patients with CVD	Chapter 20	ATI exam 1

12	11/4	Nutrition for Patients with Renal Disorders	Chapter 21	
	11/6	Nutrition for Patients with Cancer	Chapter 22	Turn in AL sheets (1)
13	11/08	Proctored ATI practice exam		
	11/13	Nutrition for Patients with Immunosuppressive Disorders	Chapter 22	
14	11/20	Exam 3		Turn in AL sheets (2)
	11/23	Thanksgiving Recess – No class		
15	11/27	TBD		
	11/29	Proctored ATI exam		
16		Final Exam: TBD		

Reading assignments may not be repeated in class. You are responsible for covering the material contained in the textbook. The material covered during lecture time MAY NOT BE sufficient to cover the material examined during quizzes.

Every effort has been made to insure that the material in this syllabus is accurate and complete. However, occasionally changes must be made to the printed schedule. Thus the instructor reserves the right to make any changes in the contents of this syllabus that he deems necessary or desirable. These changes, if any, will be announced as soon as the need for them becomes apparent.