

## **Clinical Nutrition IDPT 8011 (MS-IV) : Elective description, goals, and objectives.**

### Course book description

Apply your nutrition knowledge and assessment skills in the medical management of a range of clinical conditions in this elective, tailored to your needs, with adult and/or pediatric inpatients and/or outpatients with a variety of conditions and diseases. Active learning with exceptional mentoring is emphasized. Please email course coordinator two weeks prior to your preferred start date (laura.primak@cuanschutz.edu).

**Goal:** To provide the medical student, through both inpatient and outpatient clinical care experiences, with basic nutrition knowledge and quick assessment skills needed to evaluate and care for patients with various medical conditions.

### **Elective Description:**

This two week elective focuses on active learning through time with physicians who run nutrition specialty clinics, mid-level nutrition medical providers, and registered dietitians. Experiences are scheduled based on student's areas of interest and career goals, as well as clinic and preceptor availability.

**Topic areas:** Diet and lifestyle behaviors are integral to health promotion and maintenance as well as the treatment and management of a variety of conditions and diseases. Time during the elective will be spent in the nutrition care of outpatient (adults and/or infants/children/adolescents) with a variety of chronic diseases and issues which may include: *weight and lifestyle issues, diabetes, CVD and lipid disorders, metabolic bone disease, oncology nutrition, eating disorders, sports nutrition, renal nutrition, infant feeding (including) breastfeeding, poor growth, nutritional deficiencies and general nutrition consults*. Inpatient experiences may also be arranged, with an emphasis on nutrition assessment and treatment plans (including TPN and tube feedings).

### **Patient care and medical knowledge objectives (may vary depending on students' interests and learning needs):**

- To gain exposure to techniques of taking a brief nutrition history which may include diet, activity, weight, and supplement(nutrient/vitamin/other) histories
- To gain skills in physical exam, interpretation of growth & weight status, and selection and interpretation of laboratory studies relevant to nutritional assessment
- To increase awareness of the nutritional management and counseling strategies for a variety of chronic diseases, including obesity and associated co-morbidities
- To appropriately identify patients with or at risk for malnutrition and nutrient deficiencies and to understand the treatment of these issues.
- To increase awareness of medically sound nutrition resources for physicians and patients
- To understand the role of a Registered Dietitian (RD) on a medical/surgical team and how an RD can assist with patient assessments, informing the treatment plan, and teaching patients/families.
- To learn how to assess nutrition support needs & to order appropriate enteral feedings and TPN.