

## Growth and Parenting (GAP)/Nutrition Clinics – Learning Objectives for Trainees

Trainees rotating in the GAP/Nutrition Clinics will participate in the outpatient care primarily of infants and toddlers with growth faltering and/or feeding problems. Less frequently seen are patients (0-18 years) who are referred for evaluation and recommendations related to moderate-severe underweight; tube feeding intolerance; appropriateness & safety of dietary supplements; and disordered eating dynamics (distinct from anorexia nervosa & bulimia). Learning objectives are listed below. Methods of learning include completing the **history and physical exam; assessing growth status** and available **lab tests**; and creating a treatment plan collaboratively with the attending and family. Trainees will observe and practice counseling skills to support self-management of the nutritional problems.

### Objectives:

1. To understand the **medical and nutritional conditions that can cause or contribute to impaired linear growth and/or inadequate weight gain**
  - a. The trainee will elicit the patient history, conduct physical exam and discuss with attending for New Patient(s) (preferred) or Follow-up
    - i. Handout for Growth Faltering – Pediatric Residents’ Core Lecture
    - ii. “Failure to Thrive” Chapter from Nutrition in Pediatrics textbook (Duggan et al, eds)
    - iii. Reference for general pediatrics and specialties: AAP Nutrition Handbook (7<sup>th</sup> edition, 2014)
  - b. The trainee will develop an assessment and differential diagnosis relevant to the presenting condition and other problems identified
2. To understand the **potential consequences of growth faltering, undernutrition, micronutrient deficiencies, including consideration of severity**
  - a. Trainee evaluates growth data, complete patient history (including feeding and diet), exam & discusses with attending
3. To understand the **behavioral and parenting factors** that contribute to inadequate intake, altered growth & weight gain in infants and children.
4. To describe normal rates of growth, including catch-up growth, over pediatric age range
5. To be able to **assess adequacy** of breastfeeding, formula feeding, and complementary feeding in relation to infant’s needs
  - a. Describe (broadly) infant energy and nutrient needs and changes over age span
  - b. Describe basis for and risk of common micronutrient deficiencies
6. To collaboratively devise **diagnostic work-up and recommendations** for patient & referring provider
  - a. Trainee assists attending in presenting and selecting goals with attending and family.
7. To understand the role of other members of health care team
  - a. Observe and participate in visits with non-physician team members as possible, e.g. dietitian, RN
8. To understand the role of primary care and specialists in screening, referring, and playing a continuity role
  - a. Resident and attending will discuss career goal in primary or specialty care, if known, and the potential role within planned treatment
  - b. Resident drafts discussion aimed at educating and engaging primary care provider in care – attending refines and shares final letter with the resident

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