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)
   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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