

Internal Medicine Clinical Nutrition Elective
(part of CAM elective)
University of Colorado

Goal:

To provide the resident, through various outpatient clinical care experiences, with the basic nutrition knowledge and assessment skills needed to evaluate and care for adult patients with various medical conditions and nutritional needs.

Elective Description:

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

Topic areas: Nutrition is 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 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, and general nutrition consults.*

Patient care and medical knowledge objectives (may vary depending on resident 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 increase awareness of the nutritional management, treatment, and counseling strategies for a variety of chronic diseases
- To appropriately identify patients with or at risk for malnutrition and nutrient deficiencies
- To understand the role of nutrition and lifestyle factors in the management and treatment of overweight and obesity and the resulting comorbidities
- To increase awareness of medically sound nutrition resources for physicians and patients

Faculty:

Interdepartmental Faculty from the University of Colorado, Anschutz Medical Campus, Kaiser Permanente, and from the metro Denver area

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