

Pediatric Clinical Nutrition Resident Elective

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

Patient care and medical knowledge objectives (may vary depending on resident's interests and learning needs):

Outpatient: Residents can participate in our Growth and Parenting (GAP) clinic and/or our multidisciplinary LIFEstyle Medicine Clinic.

Objectives for Growth and Parenting (GAP)/ Nutrition clinic include:

- To appropriately identify and manage patients with undernutrition and growth faltering (aka FTT).
- To counsel families of children with growth faltering on the evaluation of this outcome and plan of care.
- To describe the differential diagnosis of undernutrition and growth faltering.
- To recognize the indications for and diagnostic value of tests which may identify an underlying cause of growth faltering and undernutrition.

Objectives for LIFEstyle Medicine Clinic (weight management) include:

- To understand medical conditions that contribute to, or are consequences from, excess weight gain.
- To understand lifestyle and contextual factors in children contributing to excess weight gain and know how to address these issues as part of the treatment plan.
- To gain exposure to evidence-based counseling techniques for chronic disease prevention and management: collaborative goal-setting, motivational interviewing, and patient self-management support.
- To understand the role of a pediatrician working within a multidisciplinary clinic.
- To gain skills in co-managing the comorbidities of childhood obesity.

Inpatient: Residents can spend time with registered dietitians and with physicians attending on inpatient nutrition physician consults. Objectives include:

- To understand key elements of a comprehensive medical nutrition assessment.
- To increase awareness of disease states with critical ties to nutrition.
- To gain knowledge of feeding and nutrition support (oral, enteral, parenteral).
- To understand the role of a registered dietitian and how an RD can assist with patient assessments, informing the treatment plan, and teaching patients/families

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