

Nutrition Curriculum

Goals and Objectives of Training

a. Competence in Nutritional Assessment, including:

- 1) Establish baseline nutrition status (History, physical exam, anthropometric and biochemical measurements)
- 2) Identify nutritional deficits
- 3) Determine risk factors for malnutrition
- 4) Identify medical (i.e. disease states, drugs) and psychosocial factors that may influence approach to nutritional support.

b. Competence in Development of a Nutritional Plan, including:

- 1) Document objectives of plan (short and long term goals, duration, discharge planning and anticipated training)
- 2) Calculate nutritional needs
- 3) Assure metabolic needs are met and not exceeded
- 4) Choose optimal route
- 5) Consult with and involve family in plan
- 6) Write the nutritional orders

c. Competence in Implementation of Nutritional Plan, including:

- 1) Assure indications and route of administration are appropriate
- 2) Minimize risk to patient (placement of and care for devices)
- 3) Expertise in methods for establishing nutritional access and management of access related complications
- 4) Ability to ensure that feeding formulations are administered accurately, according to plan and with patients tolerance

d. Competence in Nutritional Monitoring of Patients Receiving Nutritional Support, including:

- 1) Ability to monitor clinical status as it may affect nutrition therapy
- 2) Define clinical and laboratory parameters to be monitored and follow-up protocol
- 3) Monitor progress toward nutritional goals
- 4) Ability to reassess and adjust nutritional plan when necessary

e. Competence in Termination of Nutritional Support, including:

- 1) Knowing when to terminate because of intolerance or complications
- 2) Knowing when to terminate because patient will of benefit from further nutritional support (futile or no longer needed)
- 3) Have a working knowledge of the ethical issues associated with the initiation and discontinuation of nutritional support

f. *Recognition of Interdisciplinary Team Needs, including:*

- 1) Understanding that successful nutritional support involves a team of professionals i.e.; nutritionist, pharmacist, social worker, speech pathologist, respiratory therapist
- 2) Ability to work and interact effectively with all members of nutritional support team.

Training Process / Method of Teaching

a.) *Didactic Lectures*

- 1) Nutrient digestion absorption, metabolism and malabsorption
- 2) Nutritional assessment (clinical and experimental)
- 3) Therapeutic approaches and complications of enteral and parenteral nutrition

b) *Readings*

- 1) Bibliography, syllabus provided by Nutrition Support Team

c) *Nutrition support team*

- 1) Evaluate 1-2 new patients per day, including a mix of medical and surgical patients, patients requiring enteral and parenteral nutrition, and both inpatients and outpatients
- 2) Clinical responsibility for evaluation, writing and implementing nutrition plan, monitoring, and terminating support.
- 3) Attend daily rounds with nutritional support team member

Assessing Competence/ Method of Evaluation

- a) Evaluation by Nutritional Support team staff