

# FN C180: NUTRITION AND DISEASE

Item	Value
Curriculum Committee Approval Date	04/26/2019
Top Code	130660 - Dietetic Technology
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

## Course Description

Fundamentals of nutrition needs for common and uncommon health conditions/diseases including lifecycle variations. Review of the Nutrition Care Process (NCP), scope of practice, screening for nutritional risk, assessment of dietary needs, medical nutrition therapy interventions, modified diets, meal planning, and menu writing. PREREQUISITE: FN C170. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Develop modified meal plans appropriate to various disease states or dietary restrictions.
2. Use the nutrition care process to make decisions, identify nutrition-related problems, and determine and evaluate nutrition interventions.

## Course Objectives

- 1. Identify basic medical terminology as it relates to human anatomy, physiology, and disease.
- 2. Explain the different components of the Nutrition Care Process.
- 3. Define basic concepts of Medical Nutrition Therapy as it relates to various body systems and disease conditions of the body.
- 4. Identify symptoms of nutritional deficiency and excess.
- 5. Identify the necessary nutritional components to meet daily dietary needs for individuals in various stages across the lifecycle.
- 6. Identify clients with specific nutrient needs and develop modified menus in regard to specific body conditions or diseases.
- 7. Discuss various educational methods and materials appropriate for educating clients on dietary change with consideration for client preferences, rights, and lifestyle.

## Lecture Content

Medical Nutrition Therapy Review Body Systems, Disease Processes, and Medical Nutrition Therapy (MNT) Interventions Review symptoms of nutritional deficiency and excess Identify basic medical nutrition terminology as related to body systems diseases (obesity, weight management, cardiovascular disease, diabetes, cancer, and HIV/AIDS) Define the basic concepts of MNT Relate basic concepts to nutritional

deficiency and excess Compare basic concepts to current diet manual or other accepted resource Explain utilization of medical nutritional therapy in long-term care and acute care settings Applying Nutrition Data Modify Diet Plans Develop menus Implement nutrition plan into meals/ foods to be served Respect client needs and food habits Use nutrition analysis data to modify menus for: Calories, carbohydrates, proteins, fats, and minerals Fiber content, texture, or feeding needs Medical or other personal condition (including allergies) Racial, cultural, and religious differences Implement Physicians Dietary Orders Recognize medical and nutrition terminology Provide needed diets Include client input on diet prescribed by physician Recognize appropriateness of diet order for diagnosis Explain importance of adhering to physician diet orders Apply Standard Nutrition Care Procedures Review clients nutrition needs, based on guidelines provided Assess nutrition content of foods Identify sources to consult to assist in implementing nutrition care plans Review Effectiveness of Nutrition Care Identify effectiveness of the nutrition care plan Evaluate care plans for individual needs Manage Special Nourishments and Supplemental Feedings Identify clients who need nourishments or supplemental feeding Identify appropriate supplemental products Monitor the delivery of nourishments and supplements Audit the acceptance of nourishments or supplements Provide Nutrition Education Assist Clients with Food Selection Review dietary requirements of client Determine clients knowledge and needs Suggest acceptable food substitutes based on client preferences Verify substitutes in terms of availability and facility practices Use Nutrition Education Materials Develop a plan for nutrition education Select educational materials and resources Use resource materials and equipment in teaching Adapt Teaching to Clients Educational Needs Evaluate client readiness and ability to learn

## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

## Instructional Techniques

Lecture (including use of videos, CD videos, transparencies); discussion boards; small group problem-solving of medical case studies/scenarios; dietary product and supplement evaluation.

## Reading Assignments

Students will read from the course textbook as well as from supplemental materials assigned by the instructor.

## Writing Assignments

Students will complete written work such as case studies, essays, presentations, and/or reports.

## Out-of-class Assignments

Outside of the classroom students will be assigned papers, research projects, counseling assignment, and discussion items. They will communicate with the instructor and/or fellow students.

## Demonstration of Critical Thinking

Tests on each major disease; comprehensive final exam; assignments on planning diet modification Read, research and analyze various client case studies.

## **Required Writing, Problem Solving, Skills Demonstration**

Modify regular menus to comply with specific dietary regimens for a condition/disease evaluate appropriate MNT treatment options. Develop nutrition care plans based upon individual case study scenarios.

## **Eligible Disciplines**

Dietetic technician: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. Nutritional science/dietetics: Masters degree in nutrition, dietetics, or dietetics and food administration OR bachelors degree in any of the above AND masters degree in chemistry, public health, or family and consumer studies/home economics OR the equivalent. (Note: A bachelors degree in nutrition, dietetics, or dietetics and food administration, and certification as a registered dietician, is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

## **Textbooks Resources**

1. Required Zickmund, J. Nutrition Fundamentals and Medical Nutrition Therapy, 3rd ed. Dietary Managers Association, 2020 Rationale: -

## **Other Resources**

1. Coastline Library