

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: IFS 115 Modified Diets

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 80

BASIC SKILLS REQUIREMENTS:
Appropriate language and computational skills.

ENTRANCE REQUIREMENTS

PREREQUISITE: None.

COREQUISITE: None.

RECOMMENDED PREPARATION: FCS 165 or HE 165 Fundamentals of Nutrition

SCOPE OF COURSE:
Principles of nutrition as they relate to special and abnormal physical conditions. Effect of proper nutrition upon the body, nutritional assessment/screening techniques, medical terminology, care planning/charting, state and federal regulations. Routine hospital diets will be studied and planned in depth along with dietary modifications necessary for disease conditions or surgical/medical problems. Case studies will be presented. Field experience in a health care setting will be arranged by the instructor.

SPECIFIC COURSE OBJECTIVES:
Successful students will:

1. identify principles of nutrition as related to physiological needs of the body.
2. utilize the medical record and medical terminology.
3. compare and contrast routine hospital diets and the modifications necessary for certain disease conditions.
4. explain the importance of accuracy in carrying out the physician's orders.
5. identify chart and care plan notations.

6. apply principles of nutritional assessment.
7. identify and screen patient/client for nutritional risk.
8. synthesize and evaluate diets for disease conditions.
9. anticipate and appreciate the patient's/client's difficulty in accepting a diet modification.
10. evaluate their own limitations and seek additional information/advice from appropriate notebook and consultant sources.
11. explain state/federal rules/regulations regarding nutritional care in acute and long term health care facilities.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Nutritional Assessment/Nutrition Screening
 - A. Nutrition care process
 - B. Data collection
 - C. Diet history, 24 recall, food frequency checklist, food diary
 - D. Anthropometric measures
 - E. Physical findings- lab tests
- II. The Medical Record, Nutrition Care Charting, Care Plans, State & Federal Regulations
 - A. Purpose of medical record and components
 - B. Health care team members
 - C. SOAP vs paragraph charting
 - D. Samples of care plans and SOAP notes
 - E. OBRA, TITLE 22 & JCAHO Regulations
- III. Nutrition and Illness
 - A. PEM and illness, PEM in hospital
 - B. Hospital diets
 - C. Helping a patient to eat
 - D. Food and drug interactions
- IV. Specialized Nutrition Support
 - A. Tube feedings
 1. Indications
 2. Formula selection, methods of delivery
 3. Complications
 4. Charting
 - B. IV nutrition
 - C. Ethical and cost containment issues
- V. Diets Modified in Consistency, Texture and Number of Meals
 - A. Liquid diets
 - B. Surgical progression diets
 - C. Low fiber diets
 - D. Diets for indigestion, nausea
 - E. Diets for Ileostomies and colostomies

- F. Mechanical soft diets
 - G. Bland diets
 - 1. Gastritis, peptic ulcers
 - H. High fiber diets
 - 1. Constipation, irritable bowel, diverticular disease
- VI. Diets Modified in Calories
- A. High calorie diets
 - 1. Underweight
 - 2. Severe stress and burns
 - 3. Cancer cachexia
 - 4. COPD
 - 5. AIDS
 - B. Low calorie diets
 - 1. Diets using exchange lists
 - 2. Calculation of weight control diet
- VII. Diets modified in CHO
- A. Diabetes Mellitus
 - 1. IDDM
 - 2. NIDDM
 - 3. Gestational diabetes
 - B. Hypoglycemia
 - C. Dumping syndrome
 - D. Galactosemia
 - E. Lactose intolerance
- VIII. Diets Modified in Fat
- A. Low fat diets
 - 1. Malabsorption- pancreatitis, cystic fibrosis
 - 2. Inflammatory bowel- Crohn's disease, blind loop, short bowel
 - 3. Gallbladder disease
 - B. Fat controlled diets
 - 1. Coronary Artery Disease
 - 2. Arteriosclerosis
 - 3. Lipoprotein abnormalities
 - C. Sodium Restricted Diets
 - 1. Hypertension
 - 2. Heart attacks
 - 3. Congestive heart failure
 - 4. CVA
 - 5. Nephrotic syndrome
- IX. Diets Modified in Proteins, Minerals, and Water
- A. Protein restriction for liver disease
 - B. Fluid restricted diets
 - C. Renal disease diets
 - D. Celiac disease and gluten restricted diets
 - E. PKU and phenylalanine restricted diets
 - F. Kidney stones

REQUIRED READING:

Cataldo, Corinne B., Linda K. DeBruyne and Eleanore N. Whitney. 4th Edition. Nutrition and Diet Therapy. St. Paul: West Publishers, 1995.

Rethwisch, Kay. Modified Diets Notebook. San Marcos: Palomar College, 2000.

Uniack, Ann. Documentation in a SNAP for Dietary Services. 2nd Edition. San Anselmo: American Dietary Association, 1996.

SUGGESTED READING:

None.

REQUIRED WRITING:

Each student will complete several assignments including nutritional assessments, diet calculations and case studies (1-2 typewritten pages). Assignments will include practice chart notations and care plans. Field experience requires completing a notebook detailing field experience activities and writing of menus for various modified diets. Field experience will also include case studies on individual patients reviewed.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Students will read textbook, study notes, prepare for exams, complete required writings.

Field Experience and Laboratory: Each student will spend approximately 32 hours outside of lecture observing and/or participating in acute or long term care facilities, and fulfilling classroom assignments.

INSTRUCTIONAL METHODOLOGY:**Check all that apply:**

- lecture
 laboratory
 lecture-laboratory combination
 directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes ___ No X

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
 Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
 Two-Way Video Conferencing (Two-way interactive video and audio)
 One-Way Video Conferencing (One-way interactive video and two-way interactive audio)

_____ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

3 Exams (75 pts each)	225
Terminology Quizzes (20 points each)	140
4 Case Study, Care Plan/Soap (25 points each)	100
Interview Assignment	50
BEE Assignment	25
Diabetic Diet/Computer Analysis	60
Field Experience Assignments	200
Seminar	50
TOTAL POINTS	850

764	-	850	=	A
680	-	763	=	B
560	-	679	=	C
510	-	559	=	D
Less than 510			=	F

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes ____ No X Number of times course may be taken for credit: _____

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Nancy Galli, ext: 2352

SIGNATURES ON FILE