NURS 3115.01B Clinical Nutrition
COURSE SYLLABUS: Spring 2016 (1 credit hour)

Instructor: : **Barbara Tucker, PhD, RN, FAANP**
Office Location: Nursing Building Room 106
Office Hours: By appointment
Office Phone: 903-886-5315
Office Fax: 903-886-5729
University Email Address: barbara.tucker@tamuc.edu

Preferred communication is by email. Emails received Monday through Friday can expect a response within 24-48 hours. An email sent on Friday after 5 pm or on Saturday or Sunday can expect a response by no later than 8 pm the following Monday.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required

Dudek, S.G. (2014). *Nutrition essentials for nursing practice (*7th ed.). Philadelphia: Lippincott, Williams, & Wilkins. ISBN 978-1-4511-8612-3

Course Description

This course is designed to introduce the nursing student to clinical dietary and nutritional principles and their role for proper growth and development as well as maintenance of health. Through the processes of understanding and application students will learn how these factors influence a patients overall health status across the life span.

Student Learning Outcomes

Upon completion of this course the student will be able to:
1.   Discuss basic nutrients and their role in growth, development, health maintenance and restoration.
2.   Identify and interpret food labels and nutritional information.
3.   Identify appropriate dietary guidelines across the lifespan to include pregnancy, lactation, and older aged clients.
4.   Describe how ethnicity can influence dietary behaviors.
5.   Discuss examples of nursing research in the area of nutrition and how this applies to improving client outcomes.
6.   Discuss the roles of family and significant others in providing support to the individual with nutritional issues.
7.   Conduct a nutritional self-assessment to heighten awareness of one's own dietary habits.
8.   Articulate the rationale for calculating Body Mass Index (BMI) in nutritional assessments.
9.   Develop, apply, and teach a two (2) day diet plan for a select client, addressing the client's disease and incorporating the client's cultural preferences.

COURSE REQUIREMENTS

Instructional / Methods / Activities Assessments

This is a blended course without lecture requiring students to complete a variety of assignments, online activities, and independent study in order to be successful. Course objectives may be met through individual study using suggested resources, active involvement in classroom activities, and formal as well as informal exchanges of concept understanding with classmates regarding specific topics. Teaching methods will include but not be limited to seminar, discussion, small group work, computer-assisted instruction, audio-visual aids, and independent study of text and resource materials. The professor will serve as a guide and consultant. Students are responsible for identifying their own learning needs, being self-directed, seeking consultation when needed, and demonstrating accomplishment of the course objectives.

GRADING

Assignments	Percentage
Quizzes (7)	35
Self-Assessment Project	20
Therapeutic Diet Paper	30
Final Exam	15
Total	100

Students must achieve a minimum average of 75% or higher on all exams in order to pass the course. Other graded assignments (including quizzes) will not be added to the final grade unless exam grade average is 75% or higher

Points	Grade
90-100	A
80-89	B
75-79	C
60-74	D
Below 60	F

A minimum grade of 75 is required to pass the course.

TECHNOLOGY REQUIREMENTS

- To fully participate in online courses, you will need to use a current, Flash enabled browser. For PC users, the suggested browser is Internet Explorer 9.0 or 10. For Mac users, the most current update of Firefox is suggested.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
    - 512 MB of RAM, 1 GB or more preferred
    - Broadband connection required courses are heavily video intensive

- - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- You must have a:
  - sound card, which is usually integrated into your desktop or laptop computer
  - speakers or headphones.

- Depending on your course, you might also need a:
  - webcam
  - microphone

  For courses where interactive tools are used, like VoiceThread or Class Live Pro, headphones are suggested for use with recording and playback. We recommend a webcam with an integrated microphone, such as the Microsoft LifeCam Cinema. All devices should be installed and configured before class begins.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. Java can be downloaded at: http://www.java.com/en/download/manual.jsp

- Current anti-virus software must be installed and kept up to date.

- You will need some additional free software for enhanced web browsing. Ensure that you download the free versions of the following software:
  - Adobe Reader
  - Adobe Flash Player

- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

- For additional information about system requirements, please see: https://secure.ecollege.com/tamuc/index.learn?action=technical

ACCESS AND NAVIGATION

Pearson LearningStudio Access and Log in Information

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University Commerce. To get started with the course, go to: http://www.tamuc.edu/myleo.aspx.

You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamuc.edu.
It is strongly recommended that you perform a "Browser Test" prior to the start of your course. To launch a browser test, login to Pearson LearningStudio, click on the 'myCourses' tab, and then select the "Browser Test" link under Support Services.

Pearson LearningStudio Student Technical Support

Texas A&M University Commerce provides students technical support in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.

If at any time you experience technical problems (e.g., you can't log in to the course, you can't see certain material, etc.) please contact the Pearson LearningStudio Help Desk, available 24 hours a day, seven days a week.

The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on *'Live Support'* on the tool bar within your course to chat with an Pearson LearningStudio Representative.

- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.

- **Email:** helpdesk@online.tamuc.org to initiate a support request with Pearson LearningStudio Technical Support Representative.

Accessing Help from within Your Course: Click on the *'Tech Support'* icon on the upper left side of the screen inside the course. You will then be able to get assistance via online chat, email or by phone by calling the Help Desk number noted below.

Note: Personal computer problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, an Internet cafe, or a bookstore, such as Barnes & Noble, etc.

Policy for Reporting Problems with Pearson LearningStudio

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure **MUST** be followed:

1. Students must report the problem to the help desk. You may reach the helpdesk at
2. helpdesk@online.tamuc.org or 1-866-656-5511
3. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number
4. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number
5. At that time, I will call the helpdesk to confirm your problem and follow up with you

PLEASE NOTE: Your personal computer/access problems are not a legitimate excuse for filing a ticket with the Pearson help desk. You are strongly encouraged to check for compatibility of your browser **BEFORE** the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. **ONLY** Pearson LearningStudio based problems are legitimate.

Internet Access
An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your professor. View the requirements as outlined in Technology Requirements above for more information.

myLeo Support
Your myLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at https://leo.tamuc.edu.

Learner Support
Go to the following link One Stop Shop- created to serve you by attempting to provide as many resources as possible in one location.
Go to the following link Academic Success Center- focused on providing academic resources to help you achieve academic success.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

It is expected that you will check your eCollege course and email at least daily for communication from the instructor. Communication between faculty and students is significant and taken seriously. Preferred communication methods are individualized office hours, email, or via phone. If a phone call is not answered, please leave a message and send an e-mail using the direct e-mail link on the course home page. You will be treated with collegial respect and you are expected to communicate likewise in a professional manner.

Course Specific Procedures

1. Class Cancellation: In the event that a class is canceled, the student is expected to do the readings and complete the objectives for that day. The content will still be included on examinations. The material in this syllabus and dates identified in the Course Calendar are subject to change.

2. Class attendance is expected. The students should notify course faculty in advance of any absence.

3. Quiz and Exam dates are listed in the course syllabus, and the student is expected to complete the quizzes on time and be present for exams. In the event that the student will be absent, the course instructor must be notified in advance. Failure to do so will result in the student receiving a zero for the missed exam or quiz. Review the university catalog for excused absence criteria.

4. As an adult learner and responsible professional, the student is responsible for reading and completing assignments prior to class and for being prepared to participate in discussions over the assigned material. It should not be expected that all material will be covered in class. Students are expected to come to class prepared.

5. It is expected that you will submit assignments on time. If you need an extension, it should be requested before the due date. Unexcused late assignments will be penalized 10% for each of the first three days overdue; on the 4th day, the grade will be assigned as 0%. Communication on these matters is the student's responsibility.

University Specific Procedures

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library- Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

Student Conduct-Refer to *Student Guides*

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. Students must adhere to standards of professional and academic conduct. Academic misconduct involves any activity that tends to compromise the academic integrity of the University, or subvert the educational process, including, but not limited to, cheating, plagiarism, falsifying academic records, misrepresenting facts and any act designed to give unfair academic advantage to the student or the attempt to commit such an act. Students are responsible for their own academic honesty and for reporting violations of academic honesty by others.
A&M-Commerce Student Guide:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/facultyHandbook/studentAccessSuccess/studentGuide.aspx
BSN Student Guide:
http://www.tamuc.edu/academics/colleges/educationHumanServices/departments/nursing/Current%20Students/studentguidebook/default.aspx

A&M-Commerce will comply in the classroom and in online courses with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex,

national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

COURSE OUTLINE / CALENDAR

Class/Date	Content	Reading Assignments
Class 1/January 21	Orientation to Course Nutrients 24 Hour Dietary Recall	Chapters 1-6
January 28	**Online Quiz #1 due NLT 2359**	
Class 2/February 2	Energy Balance Consumer Issues Cultural and Religious Influences	Chapters 7, 9, 10
February 11	**Online Quiz #2 due NLT 2359**	
Class 3/February 16	Nutrition Through the Lifespan	Chapters 11-13
February 25	**Online Quiz #3 due NLT 2359**	**Self-Assessment Project Due**
Class 4/March 1	Nutrition for Patients with Diabetes Mellitus	Chapter 19
March 10	**Online Quiz #4 due NLT 2359**	
March 14-18	Spring Break	
Class 5/March 22	Nutrition for Patients with Metabolic/Respiratory Stress, Gastrointestinal Disorders	Chapters 16-18
March 31	**Online Quiz #5 due NLT 2359**	
Class 6/April 5	Nutrition for Patients with Cardiovascular Disorders, Kidney Disorders, Cancer or HIV/AIDS	Chapters 20-22
April 14	**Online Quiz #6 due NLT 2359**	**Research Article Due**
Class 7/April 19	Obesity and Eating Disorders	Chapter 14
April 28	**Online Quiz #7 due NLT 2359**	**Therapeutic Diet Paper Due**
Class 8/May 3	Culture Presentations	
May 11	**Final Exam (Comprehensive)**	9:00AM-10:00AM

Grading Rubric: Self-Assessment Project

Requirement	Possible Points	Score	Comments
BMI calculation and analysis in terms of health	15		
Calories and nutrients calculated for each day	45		
Digital imagery of one meal with analysis	15		
Cultural influence	5		
Evaluation of project value	10		
Style: Grammar and Spelling References in APA format	10		
TOTAL			

Grading Rubric: Therapeutic Diet

Requirements	Possible Points	Score	Comments
Disease Process/Condition: causes, signs and symptoms, usual treatment.	10		
Effect of disease process/condition on nutritional status. Recommended/required dietary modifications for disease process/condition.	25		
Cultural preferences of client	10		
Two day meal plan appropriate for disease process/condition, incorporating cultural preferences.	30		
Research article submitted for approval	5		
Summary of evidence-based research article.	10		
Style: Grammar and Spelling Citations and references in APA format	10		
TOTAL			