

SCHEDULE OF CLASSES (709:498)
SPRING 2009 (10:55PM - 12:15 PM)
SA Shapses, PhD, RD

MONDAY	THURSDAY
	<i>January 22</i> Introduction/Nutritional Assessment
<i>January 26</i> Complete Nutritional Assessment Self Analysis (bring calculator)	<i>January 29</i> Methods of Nutritional Support (Enteral Nutrition)
<i>February 2</i> Methods of Nutritional Support (Parenteral Nutrition)	<i>February 5</i> Gastrointestinal Diseases
<i>February 9</i> Inborn Errors - M Watford, D.Phil	<i>February 12</i> GI Diseases
<i>February 16</i> GI Diseases	<i>February 19</i> Obesity (½ p. Herb/Nutrient diagram is due)
<i>February 23</i> Exam I	<i>February 26</i> Drug/Herb/Nutrient Interactions (project)
<i>March 2</i> National Nutrition Month Drug/Herb/Nutrient Interactions (project)	<i>March 5</i> Diabetes
<i>March 9</i> Diabetes	<i>March 12</i> - bring calculator Write a diabetic diet
<i>March 16</i> Spring break	<i>March 19</i> Spring break
<i>March 23</i> Liver Disease	<i>March 26</i> Osteoporosis
<i>March 30</i> Legal / Ethical Issues AT Cross, RD, PhD, JD	<i>April 2</i> Renal Disease
<i>April 6</i> Renal Disease	<i>April 9</i> Exam II
<i>April 13</i> Cancer	<i>April 16</i> - Paper assignment due Cardiac Physiology/ Hypertension
<i>April 20</i> Cardiovascular Diseases	<i>April 23</i> Respiratory Disease
<i>April 27</i> Immune Sys./HIV	<i>April 30</i> Sepsis, Injury, Burns
<i>May 4</i> <i>Optional Review</i>	FINAL Fri, May 8 @ 9am

NUTRITION AND DISEASE (709:498)

S. Shapses, Ph.D., R.D. (732-932-9403)

Shapses@aesop.rutgers.edu

In case of any class cancellations (i.e., weather) before an exam, we will still have the scheduled exam (but will not cover the class material of the canceled class).

Office: Thompson Hall, Room 111
Cook Campus

Office Hours: Anytime by appointment

Assistant/Grader: Robert Zurfluh, RD

Goals/description of this course: To understand how to take up-to-date scientific knowledge of diseases and apply it to solve nutritional problems, and to learn how to be an effective clinical nutrition educator. This course includes exams, a critical review of a paper, and active learning projects, such as nutritional assessments, calculating a parenteral nutrition formula and a diabetic diet. There are post-tests included in some sections to help you learn the class material. This class is geared to help you make an easier transition from the classroom to the clinical setting.

Grading

Exam I	20%
Exam II	20%
Final	30%
Paper	12%
Projects	18%

Required texts:

Shapses SA, Nutrition and Disease Workbook/Notes, updated annually

Krause's Food, Nutrition, and Diet Therapy, 12th Edition, . Eds., Mahan LK, Escott-Stump S. WB Saunders Co., 2008

ADA Exchange booklet for diabetes project

Original articles, reviews and other textbook sources of information are used to develop

class lectures including: Rolfes SR, Pinna K, Whitney E. *Understanding Normal and Clinical Nutrition*. 7th Edition, Brooks/Cole Pub Co, 2005. Zeman, F. *Clinical Nutrition and Dietetics*, Mosby Co., 1991; *Harrison's Principles of Internal Medicine* by D.L. Kasper, E Braunwald, SL. Hauser, DL. Longo, J.L. Jameson M.D., A.S. Fauci. McGraw Hill, 2004; *Stedman's Medical Dictionary*, <http://www.stedmans.com/section.cfm/45>
Food - Medication Interactions, 14th Edition, www.foodmedinteractions.com

Guidelines for writing your critique and patient summary

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1. Choose a peer reviewed journal article in the past 3 years (i.e., J Nutrition, Am J Clin Nutr, NEJM, Critical Care Med, Surgery, Ann Intern Med, JAMA, etc..) that has been published in the past 3 years. The topic of your article must be related to clinical nutrition, i.e. Topic of nutrition or exercise in healthy persons is not acceptable, but the metabolic effects of nutrition in the diabetic patient are acceptable.
2. Paper should include:
 - a) Introduction of the topic (1 page) & Summary of study (methods and results) ½ page.
 - b) Your critique (½-1 page) that need to include references that are based on your own research done on the topic (could look up a newer article and contrast it with your chosen paper). What are the next studies that need to be done on your topic?For parts a) and b), the text should be a maximum of 2 pages (*double line spacing*)
 - c) The Patient Summary of the paper (*single spaced*) should be modeled after the example on the next page (if you choose a paper where a patient summary already exists for that article within the same journal, you will fail this project). Read the abstract of your paper to make sure major points were addressed in Patient summary.
 - d) Last ½-1 page should include references for sections a) and b). Total pages with references on a separate page (total of 3½-4 pages). Texts that do not comply with page guidelines, will have points taken off.
3. References (part d). Use at least 3 other references in your review (at least 2 original references from peer-reviewed journals other than chosen article; other references can be from a chapter or the web). Remember to cite your own article in the review and cite references throughout your paper. Additional references can be included, from other peer-reviewed articles, or from chapters in books or review articles. Web site can be referenced only if it is a permanent site (i.e., an Association). Even these web sites can/will change their information, but at least the web site is not likely to disappear.
4. All papers must include a copy of your original article (PDF version or copy from journal; include all tables and figures).

How to critically review an Original Article (Primary Literature)

Note: you may not be able to answer all these questions but this is the ideal approach (i.e., I don't expect that you will be able to assess their statistical analysis).

Introduction

Adequate background? What is the major aim(s) or question(s) being asked?

Important question? Original study design or repeat of previous?

Methods

Are methods described well? Are the methods appropriate to answer the questions posed?

Statistical Analysis appropriate?

Results

Clear? If not, why (i.e., subdivisions could help?) Appropriate graphs and/or tables?

Discussion

Concise? True discussion or simply a restatement of the results?

Integration of previous literature? Conclusions fairly argued and free from excessive speculation?