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 psycosocial 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