Pediatric Clinical Nutrition Resident Elective

**Goal:** To provide the resident, through both inpatient and outpatient clinical care experiences, with basic nutrition knowledge and assessment skills needed to evaluate and care for pediatric patients with various medical conditions.

**Patient care and medical knowledge objectives (may vary depending on resident’s interests and learning needs):**

Outpatient: Residents can participate in our Growth and Parenting (GAP) clinic and/or our multidisciplinary LIFEstyle Medicine Clinic.

Objectives for Growth and Parenting (GAP)/ Nutrition clinic include:

- To appropriately identify and manage patients with undernutrition and growth faltering (aka FTT).
- To counsel families of children with growth faltering on the evaluation of this outcome and plan of care.
- To describe the differential diagnosis of undernutrition and growth faltering.
- To recognize the indications for and diagnostic value of tests which may identify an underlying cause of growth faltering and undernutrition.

Objectives for LIFEstyle Medicine Clinic (weight management) include:

- To understand medical conditions that contribute to, or are consequences from, excess weight gain.
- To understand lifestyle and contextual factors in children contributing to excess weight gain and know how to address these issues as part of the treatment plan.
- To gain exposure to evidence-based counseling techniques for chronic disease prevention and management: collaborative goal-setting, motivational interviewing, and patient self-management support.
- To understand the role of a pediatrician working within a multidisciplinary clinic.
- To gain skills in co-managing the comorbidities of childhood obesity.

Inpatient: Residents can spend time with registered dietitians and with physicians attending on inpatient nutrition physician consults. Objectives include:

- To understand key elements of a comprehensive medical nutrition assessment.
- To increase awareness of disease states with critical ties to nutrition.
- To gain knowledge of feeding and nutrition support (oral, enteral, parenteral).
- To understand the role of a registered dietitian and how an RD can assist with patient assessments, informing the treatment plan, and teaching patients/families

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