



Course Outline – FoodNutr 4453B

General Information

Course #: FoodNutr 4453

Course Section: 001

Term: Winter 2025

Year: 2025

Course Day and time:

Course location:

Delivery: in person

Instructor Information

Dr. Janet Madill, PhD, RD`

Professor

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Office hours: by appointment, virtual or in person as per student request

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Office hours for students: as requested

Course Description

Advanced principles and practices of medical nutrition therapy and nutritional support. Metabolic, anatomical and physiological alternations in selected diseases are the basis for the nutritional care plan.

Prerequisite(s): Biochemistry 2288A or Biochemistry 2280A, Foods and Nutrition 3351A/B. Registration in the Honors Specialization in Nutrition and Dietetics module.

*Students who enrolled in the HSp Nutr Diet prior to fall 2019 will be able to complete the module with the previous modular requirements and pre-requisites listed: Biochemistry

2280a or 2288a, and Foods and Nutrition 3351a. Registration restricted to students in the Foods and Nutrition Programs.

Required Course Materials

1. Nelms, M., K.P. Sucher, K. Lacey and S.L. Roth. 2019. Nutrition Therapy & Pathophysiology. *4th edition. Wadsworth, Belmont, California. Print: \$140.75; eBook: \$77.00*
2. Diabetes Canada Clinical Practice Guidelines Expert Committee. 2018. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Can J Diabetes* 2018;42 (suppl 1):S1-S342.
3. Link for guidelines available at: <http://guidelines.diabetes.ca/fullguidelines>.
4. Diabetes Canada. 2018. Diabetes Canada, Toronto, Ontario. <https://guidelines.diabetes.ca/health-care-provider-tools>
5. Diabetes Canada. 2018. <https://guidelines.diabetes.ca/docs/patient-resources/just-the-basics-EN.pdf>
6. Steinecke, R. and College of Dietitians of Ontario. 2008. The Jurisprudence Handbook for Dietitians in Ontario. 2nd edition, The College of Dietitians of Ontario, Toronto, Ontario. (This document is available for consultation online at <http://www.cdo.on.ca>).

Learning Outcomes

Upon successful completion of this course, students will be able to demonstrate the following:

1. Discuss the metabolic and physiological alterations in selected diseases as a basis for diet modification for therapeutic purposes.
2. Explain the relationships between nutrition, illness, and immunity.
3. Research current issues on the nutritional management of selected diseases and clinical conditions.
4. To promote in-depth understanding of nutritional assessment, and the relationships between clinical conditions and nutrition therapies including demonstration of knowledge, methods, designing and calculating nutrition support regimens.
5. Understand how to formulate a basic nutrition care plan, measurable nutrition goals, and utilizing nutrition diagnosis statements.
6. Develop critical thinking, collaborative teamwork and oral communication skills to optimize patient-centered care.
7. To begin to think like a clinician, and to follow patient and relationship-centered care practices.
8. To advocate and act as each patients' nutrition ombudsperson related to nutrition and health.
9. Practice within the context of Canadian diversity and in a manner which provides cultural safety.

ICDEP Competencies

ICDEP Competencies (Specific to the Brescia School of Food and Nutritional Sciences, Honors Specialization in Nutrition and Dietetics)

As an accredited dietetic program in Canada, we are required to meet the ICDEP Competencies. Within these competencies, there are 7 inter-related Domains (areas) of Practice Competencies: Food and Nutrition Expertise, Professionalism and Ethics, Communication and Collaboration, Management and Leadership, Nutrition Care, Population Health Promotion, and Food Provision. This course was designed to ensure that students who complete the course as outlined obtain certain competencies in the above domains, which is necessary to meet entry level practice.

Teaching Methodology and Expectations of Students

Format:

- Three hours of lecture per week, plus supplementary readings and exercises assigned.
- Students will be graded on 2 case studies, a midterm and final exam.
- An interactive approach to learning will include individual and group work, patient case-based scenarios, and class discussions.
- Emphasis will be placed on the skills required to apply clinical nutrition and Pathophysiology knowledge into the formulation of practical nutrition care plans, using a patient/client/relationship centered care.
- **Participation/Attendance:** Everyone enrolled in the course is expected to participate in class.

Penalty for late assignments: Case studies are due on the day indicated in the outline. Please ensure that both you and your team member have your name and student number on the cases. 10% of marks will be deducted from late assignments, and will not be marked after 48hours late.

Special examination: NO special examination will be given for a student who has missed a scheduled examination except in cases with proper documentation to show a confirmed personal illness or a death in the student's immediate family.

*Up to 10% of marks on each assignment and examination can be deducted for lack of proper English communication skills, including errors in spelling or grammar.

Copyright and Intellectual Property

PowerPoint lecture slides and notes, lists of readings, in-class activities, assignment guidelines, and other components of the course materials are typically the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-

recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

Use of Generative AI

The use of generative Artificial Intelligence (AI) tools, including but not limited to writing assistants (e.g., ChatGPT, QuillBot) and translation services (e.g., Google translate), in university courses is subject to Use of Generative AI in Course Assessment. Use of generative AI tools when prohibited or in a way not specifically allowed is a scholastic offence and subject to the penalties for a scholastic offence outlined in the Academic Calendar.

Students may use AI based on the following:

Students are encouraged to make use of technology including generative artificial intelligence tools, to contribute to their understanding of the course materials.

- Students may use artificial intelligence tools, including generative AI, in this course as learning aids or to help produce assignments, However, students are ultimately accountable for the work they submit.
- Students must submit as an appendix to their assignments, any content produced by an AI tool, and the prompt used to generate the content.
- Any content produced by an AI tool must be cited appropriately.
- Students may choose to use generative AI tools as they work through the assignments in this course; this use must be documented in an appendix for each assignment. The documentation should include what tool(s) were used, how they were used, and how they were incorporated into the submitted work. Students may not copy or paraphrase from any generative AI applications, including ChatGPT and other AI Writing and coding assistants, for the purpose of completing assignments in this course.

Evaluation

Evaluation breakdown:

Component	Weight	Date	ICDEP*
Mid-term exam <i>This exam will include the material covered in class and the assigned readings from lecture 1 up to and including lecture 6.</i>	33%	Feb 27th in class	1.03 a-c, 1.06, 2.02, 2.04a, 2.06a, 4.04, 5.01(except 5.01 k) to 5.05 (except 5.04 b & c)
Case Studies <i>2 Case studies-in groups of 2, worth 16% each [14% case, 2% reflection, for each case study], you will hand in</i>	32%	1st case study due: Feb 6th,	1.06, 2.02, 2.03a, 2.04, 2.06a, 2.08, 2.10, 3.01-3.06, 5.01(except 5.01 k)

<i>one reflection for each group member, due on the same day as your case</i>		2nd case study: due Mar 27 Both at beginning of class	to 5.05 (except 5.04 b & c)
Final Exam <i>This exam will include the material covered in class and the assigned readings from lectures 8-13-it is not cumulative</i>	35%	TBA	1.03 a-c, 1.06, 2.02, 2.04a, 2.06a, 4.04, 5.01(except 5.01 k) to 5.05 (except 5.04 b & c)

*ICDEP: *Integrated Competencies for Dietetic Education and Practice*

Course Content

Topics will be covered in the order listed and any dates listed are meant as a guideline.

The course has 13 class sessions, amounting to 39 hours of classroom time. Academic consideration requests will be denied for the first missed class. Students who miss more than 2 classes without academic consideration will fail this course. Students who require academic consideration for more than 3 missed classes (i.e., students who miss more than 5 classes over the course of the term) will fail this course (or, at the discretion of their academic advisor, be withdrawn from the course without academic penalty). No further warning will be given in this regard.

Class/Topic	Date	Description	Assignments and/or Readings Due
		e.g., topic, content, associated readings, activities.	e.g., quiz, paper, group project, exam.
1	Jan 9 th	Course Outline, Living Learning Contract; Transplantation, review of Problem/Need, Interpretation, Plan, [PIP] and Transplant Case Study Introduction to charting	
2	Jan 16 th	Malnutrition	

3	Jan 23 rd	Nutrition Support: Enteral Nutrition [EN]	Case Study 1 to be handed out to students.
4	Jan 30 th	EN part 2: case studies	
5	Feb 6 th	Nutrition and Disease of Liver, MASLD and Pancreas	Case Study 1 due
6	Feb 13 th	Diabetes Mellitus, Type 1	
7	Feb 20 th	Reading Week	
8	Feb 27 th	Mid-term exam	Includes lectures 1-6 and all assigned readings
9	Mar 6 th	Nutrition and Surgery of the Upper Gastrointestinal Tract Nutrition and Cancer-last half of lecture	
10	Mar 13 th	Nutrition Support: Parenteral Nutrition Part 1	Case Study 2 to be handed out to students
11	Mar 20 th	Nutrition Support: Parenteral Nutrition Part 2	
12	Mar 27 th	COPD and Small for Gestational Age Infants	Case Study 2 due
13	Apr 3 rd	Inflammatory bowel disease [IBD] and Short Bowel Syndrome	
		Final exam TBD	Includes lecture 8-13 and all assigned readings, the final exam is NOT cumulative.

Course Content

Topics will be covered in the order listed and any dates listed are meant as a guideline

Statement on Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites

Statement on Gender-Based and Sexual Violence

“Western is committed to reducing incidents of gender-based and sexual violence (GBSV) and providing compassionate support to anyone who is going through or has gone through these traumatic events. If you are experiencing or have experienced GBSV (either recently or in the past), you will find information about support services for survivors, including emergency contacts at the following website: https://www.uwo.ca/health/student_support/survivor_support/get-help.html To connect with a case manager or set up an appointment, please contact support@uwo.ca.”

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar’s Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

In accordance with [policy](#), the centrally administered e-mail account provided to students will be considered the individual’s official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

Health and Wellness

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western’s Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <https://www.uwo.ca/health/>.

If you are in emotional or mental distress, please visit Western Psychological Services (<https://www.uwo.ca/health/psych>) for a list of options for obtaining help.

Use of Electronic Devices

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures - nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Personal Response Systems (“clickers”) may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else’s clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the [Academic Calendar](http://westerncalendar.uwo.ca) (westerncalendar.uwo.ca).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic advisors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students

with ongoing accommodation needs within this course are also encouraged to contact [Accessible Education](#), which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found [here](#).

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances that are medical or compassionate in nature. These extenuating circumstances may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. In all cases, students are advised to consult with the academic advisors in their home units, at their earliest opportunity. Academic advisors may refer students to [Accessible Education](#) for ongoing academic accommodations.

Most forms of academic consideration require documentation, and this documentation is to be submitted to academic advisors within five (5) business days of their return to academic responsibilities. Any such documents will be retained in the student's file, and will be held in confidence in accordance with the University's [Official Student Record Information Privacy Policy](#). Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic advising, in consultation with the student's instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note – it will not be sufficient to provide documentation indicating simply that the student “was seen for a medical reason” or “was ill.”).

Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. Under no circumstances are students expected to submit rationales for (or documentation of) any absences, to course instructors. Students are, however, required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

Examination Conflicts

A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic advising unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a “Conflict Room,” wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of an event that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western’s Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Appealing a Grade Within this Course

You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student’s control, bias, inaccuracy, or unfairness.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. This appeal need not be in writing. If the matter is not resolved satisfactorily

with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses).

Your appeal letter does not need to be lengthy, but it should clearly indicate the detailed reason(s) for your request, any circumstances that impacted your ability to perform successfully, and the relief you are requesting. You are encouraged to provide supporting documentation if you identify extenuating circumstances that contributed to your situation. The Office of the Ombudsperson has extensive information available on their website (<https://uwo.ca/ombuds/get-help.html>) related to academic appeals.