

Welcome to FNH 370—Nutrition Assessment

Note 1: Our **first class** will be **Thursday, September 10** online through Canvas

Note 2: **Carefully read the course syllabus** to gain an understanding of course. Try to do this before the first class so you can ask any questions you have when we first meet.

Note 3: Please use Canvas email to contact me; however, if this is inconvenient, I can be reached directly at Gail.Hammond@ubc.ca. I will be available to respond to emails as my schedule permits from Monday to Friday, between 9:00AM-5:00PM (Vancouver time), with no weekend or evening responses, so...plan your email requests accordingly. Alternatively, you may contact one of the 4 TAs for the course.

Note 4: Make a note of the **December 7 to 22** exam period in your calendar. The exam schedule will be released mid-October. Travel plans are likely to be a non-issue this year because of COVID-19, but make sure you are available to write the final exam when it is scheduled in December.

Course Content

Nutrition assessment lies at the foundation of setting evidence-based public nutrition policy, supporting people in regaining their health, advocating for community-based initiatives, and much, much more. Without accurate measures of nutritional status, how would we know where to set the nutrient requirements? How could we diagnose a condition? How could you design an appropriate treatment plan? How could progress be monitored following the implementation of a nutrition care plan? How could we provide targeted nutrition education to specific individuals or populations? Take a moment to think about the context of your life and generate your own list of questions that are relevant to nutrition assessment as it applies to you or your community.

The FNH 370: Nutrition Assessment course is designed for you to gain basic knowledge that you can interpret and apply to a case study. In a small group, you will be designing a case study that fits with the interests of the people in your group. As active creators of your learning, you will take control of your learning by setting your own group goals and designing a plan to achieve them. The skills that you enhance through active engagement in this project are what employers look for in new hires. For students in the Dietetics program, you will be building on the competencies of what you learn in Nutrition Assessment when you take your Foundations of Nutrition Care I and II courses in fourth year.

In this course, nutrition assessment will be taught using a 5-methods approach comprising Anthropometrics, Biochemical, Clinical, Dietary and Environmental (A, B, C, D, E). Although not as well researched and beyond the scope of this course, some people also include F (family, friends) and G (gender) methods in their work. For example, how do we determine appropriate nutrient cutoffs for transgender people? While there are many questions about nutrition assessment, we will cover the A, B, C, D, E basics in this course.

The course materials are located in the course menu on Canvas. It is your responsibility to regularly check for postings in the following areas, and have access to the documents during class:

Home

- **Syllabus—carefully read** (includes the tentative schedule, due dates, other important information, and resources, as well as this [Welcome Message](#))

Modules

- **Overview Pages for each topic/assessment method**—include module-specific Learning Objectives, Slides, Guest speaker handouts, Videos, Resources, and links to the Assignments and Discussions area

- [Practice questions for exams](#)—sample midterm and final exam questions will be available prior to each exam

Announcements

- [Announcements](#)—important information for updates and actions required

Assignments (instructions and submission)

- [WHO Growth Chart Course \(from DC\)](#)—prepares you for Anthropometric Assessment
- [Anthropometrics Tutorial Quiz](#)—in your case study group, you'll be working with some data and responding to questions (as a group) in a quiz
- [Case Study](#)—detailed instructions will guide you through the process

Library Online Course Reserves

- [Key readings for the course](#)—readings are aligned with specific nutrition assessment methods; you are responsible for these readings

Discussions

- [Class-wide Discussions](#)—communicate with your classmates, TAs and Instructor
- [Online Discussions](#)—in your case study group, you will respond to 5 discussion topics throughout the term

People

- [Connect with your Case Study group members](#)—correspondence from the teaching team to the group as a whole will be posted to your Group Homepage

Grades

- [Watch Your Progress](#)—not all components will be in the Grades area, but you will be able to keep track of key evaluation components

My Media

- [Your Media Files](#)—a place to post an interesting video or audio recording

Course Evaluation

- [Important feedback from YOU](#)—be sure to complete at the end of the term, as I use this information to constantly evolve the course (e.g., the 2020 course emphasizes greater self-directed learning with more practice questions, more course handouts, and greater engagement with guest speakers compared to previous versions of the course)

Note: The content of this course does not lend itself well to 'right and wrong' answers used in clicker questions; rather the course covers content that is open to discussion and different perspectives. One exception will be the calculation questions that we use in the , which do have a correct answer. In this regard, you will have many opportunities to discuss ideas with your neighbours, work through practice scenarios, and engage with your group members to create your own learning opportunities.

Evaluation Components

Exams

1. **Midterm (20 points)**—open book (refer to *Tips for Writing an Open Book Exam*), in-class **October 15**; covers Prevalence & Trends of Malnutrition, Overview of Nutrition Assessment Methods, NCP, Environmental and Clinical Assessment Methods, and key knowledge gained from the E & C readings
2. **Final Exam (35 points)**—open book, during exam period (**Dec 7-22**); comprehensive, with an emphasis on B, A and D methods, key messages from A & D guest speakers, and key messages from the readings

Assignments

Submit your assignments on time, as a penalty will be applied to all assignments submitted after the due date/time. Each day late (including weekends), a **-10% penalty** will be applied at 11:59PM. Submissions more than 5 days late will not be accepted.

1. **WHO Growth Chart Course (through Dietitians of Canada; 5 points)**—there are 5 different modules to work through, and you will need to upload your Certificate of Completion (indicating success in completing all 5 modules):

- Introduction to the WHO Growth Charts
- Monitoring Growth: Measurements and Calculations
- Interpreting the WHO Growth Charts
- Childhood Obesity
- Counselling to Support Healthy Growth and Development

You will receive 5% of your final grade for uploading the Certificate of Completion before the deadline of **Tuesday, October 6 @ 11:59PM.**

2. **Online Discussions (5 points)**— Throughout the course, your case study group will be required to post into a discussion thread your response to a particular scenarios and/or aspect about the different nutrition assessment methods. Each group will make 5 brief discussion posts throughout the term. All members in each group will receive the same point (1 point per discussion post).
3. **Anthropometrics Tutorial Quiz (5 points)**—You will be presented with anthropometric data and answer calculation questions on a quiz. Each group will submit one quiz by **11:59PM on Oct 22**; all members of the group will receive the same grade.
4. **Case Study Project (30 points)**—In a small group of 6 members, you will develop a case study based on a common area of interest to your group members. You will choose the characteristics of your subject(s), such as life stage, health condition, living conditions, two methods of nutrition assessment, and appropriate indicators, and will use the **Nutrition Care Process model** to frame your case. You will write 2 nutrition assessment-related critical questions that remain unanswered after designing your NCP, or new questions that would be critical to answer if you had chosen different assessment methods and/or indicators in your case, as would be the case when nutrition professionals design a NCP in practice.

Presentation.....10 points
Report.....10 points
2 Critical Questions & Answers..... 5 points
Self- & Peer-Evaluation..... 5 points

The case study will form a base for personalizing your learning and applying your knowledge of assessment methods and indicators/indices, interpretation of normative and non-normative data, and generation of an appropriate nutrition care plan. You will present your case study to the class, critique other case studies, submit a written report, prepare 2 critical questions and corresponding answers, and complete self- and peer-evaluations. The deadline for your Case Study Report, Critical Questions & Self- & Peer-Evaluations is **11:59PM on Sunday, December 6.**

Textbook & Software

We will be using the 7th edition of the textbook titled, *Nutritional Assessment* by Robert D Lee and David C Nieman. Depending on the characteristics of your case study, you may also need to access a nutrition analysis program. For a more robust and professional program there is *Diet & Wellness Plus* (at a cost) that is available online through Amazon or other third-party vendor.

Throughout the course, if you have **questions about the course content**, please follow these steps:

1. Ask your question in class.
2. If you remain unclear about the material, refer to the textbook or locate a reliable source to answer your question.
3. If you still remain unclear, post your question in the Discussion area so your classmates can help to answer your question (the TAs and I will monitor postings).
4. And finally, if you don't understand the material, talk to me after class, come to my office during office hours, or make an appointment with a TA or me.

I do not typically respond to questions regarding material/queries that we have covered in class, because it is your responsibility as a UBC student to attend classes. **Remember, if you miss a class, it is your responsibility** to be informed of the content covered in class, such as lecture content, learning activities, and key messages from guest speakers. Successful completion of the course requires your active participation in the learning activities.

A Note about Making Appropriate Postings in the Discussion Area

As outlined in the Policies and Regulations section of the UBC Academic Calendar, all UBC students are required to observe policies and guidelines established by the University and Faculty. This includes a requirement to behave in a collegial manner and contribute to a learning environment that is professional, respectful, and free of discrimination and harassment. Ensure your postings in the Discussions area adhere to these policies and guidelines.

Please **carefully read** through the entire **Course Syllabus** posted in the Course menu, and if you have any questions, bring them to class on Thursday.

I look forward to introducing you to the basics of Nutrition Assessment and working with you throughout the term.

Welcome!

Dr. Gail Hammond, PhD, RD