

# INTM 4011: CLINICAL NUTRITION: PREVENTION AND MANAGEMENT OF CARDIOVASCULAR DISEASE, DIABETES, AND OBESITY

2007-2008

*MS 3's: Requires Course Director's approval on Course Preference form and see director 30 days prior to beginning elective. Drop/Add: yes*

<b>Faculty In Charge Of Course:</b>	Marilyn Edwards, Ph.D., R.D.
<b>Participating Faculty:</b>	Philip Orlander, M.D. and K. Lance Gould, M.D.
<b>Location:</b>	UTProfessional Building, Hermann Hospital, and UT Medical School Building
<b>Offered:</b>	Each month (Normally July through May, although a few students take electives in June)
<b>Max. # Students/Period:</b>	2

## Course Objective

### Material Covered:

This elective will provide the student an opportunity to interact with physicians, clinical nutritionists, and diabetes educators at the Texas Diabetes Center, PET Imaging Center, and Herman Wellness Center. Students will observe and participate in patient education sessions and learn the components of clinical management of patients with Type II diabetes, obesity, and/or cardiovascular disease. The students will be provided a set of readings to prepare for their clinical sessions. The nutrition in Medicine CD-ROMs: Diabetes and Weight Management or Diet and Cardiovascular Disease will cover the pathophysiology of these chronic diseases and also include a video showing nutrition assessment and diet counseling by a medical student. The material covered in this elective will include:

- Nutrition assessment of patients with chronic disease
- Diabetes management: blood glucose monitoring, insulin or pharmacologic therapy, diet, and exercise
- NHBLI Clinical Obesity Guidelines
- Weight management options: modified diet, physical activity, weight loss drugs, and obesity surgery
- DASH diet for hypertension management
- National Cholesterol Education Program: Adult Treatment Panel lipid lowering guidelines
- American College of Sports Medicine Guidelines for physical activity
- Pros and cons of popular fad diets for weight loss
- DiClemente's Stages of Change Model

### Skills Acquired:

- Assess the nutritional status of a patient with Type II diabetes, obesity, hypertension, or cardiovascular disease using anthropometric, biochemical, clinical and dietary data.
- Complete a diet history and evaluate the need for diet and other lifestyle changes.
- Take measurements and calculate or determine the patient's waist circumference, waist-hip ration, BMI, percent body fat, and resting metabolic rate (RMR).
- Use of CSI activity monitors and actigraph software (self)
- Use of nutrient analysis software to evaluate a patient's diet (optional)
- Counsel patients in nutrition, physical activity, and behavior modification

## Activities Of Elective

**Number Of New Patients/Student/Week:** 2

### Responsibilities Of Student For Assigned Patients:

Does history/physical:	Yes
Who critiques:	
Follows patients, with appropriate notes as needed:	Yes
Who supervises:	
Does student see ambulatory patients:	Yes

Procedures	Observe	Perform
Measurement of RMR	X	X
Bioelectric Impedance measurement of percent body fat	X	X
Activity monitors (self)		X

## Scheduled Duties of Student:

Frequency of rounds on patients:	Clinic sessions are scheduled on Monday afternoons and Thursday
Presents patients to preceptor or attending physician:	Yes
Weekly schedule of required teaching sessions:	Monday afternoon and Thursday morning

**Other Required Activities:**

	Reading/review of current literature:	Yes
	Writing or Presenting a paper:	Yes

**How Is Student Evaluated:**

Attendance and participation at Texas Diabetes Center and Hermann Wellness Center, completion of board exam questions on Nutrition in Medicine CD, weekly meeting with faculty member, and a 5-page written paper on an approved topic

**Who Evaluates Students:**

Dr. Orlander and Dr. Edwards

**Unique Features Of This Elective:**

- Observation and interaction with a Registered Dietitian (R.D.) and/or Certified Diabetes Educator (C.D.E.) during patient education sessions for diet and weight management
- Completion of the new *Nutrition in Medicine* CD-ROMs
- Experience with state-of-the-art instruments and software to measure percent body fat, resting metabolic rate, 24 hour physical activity, and nutrient intake.