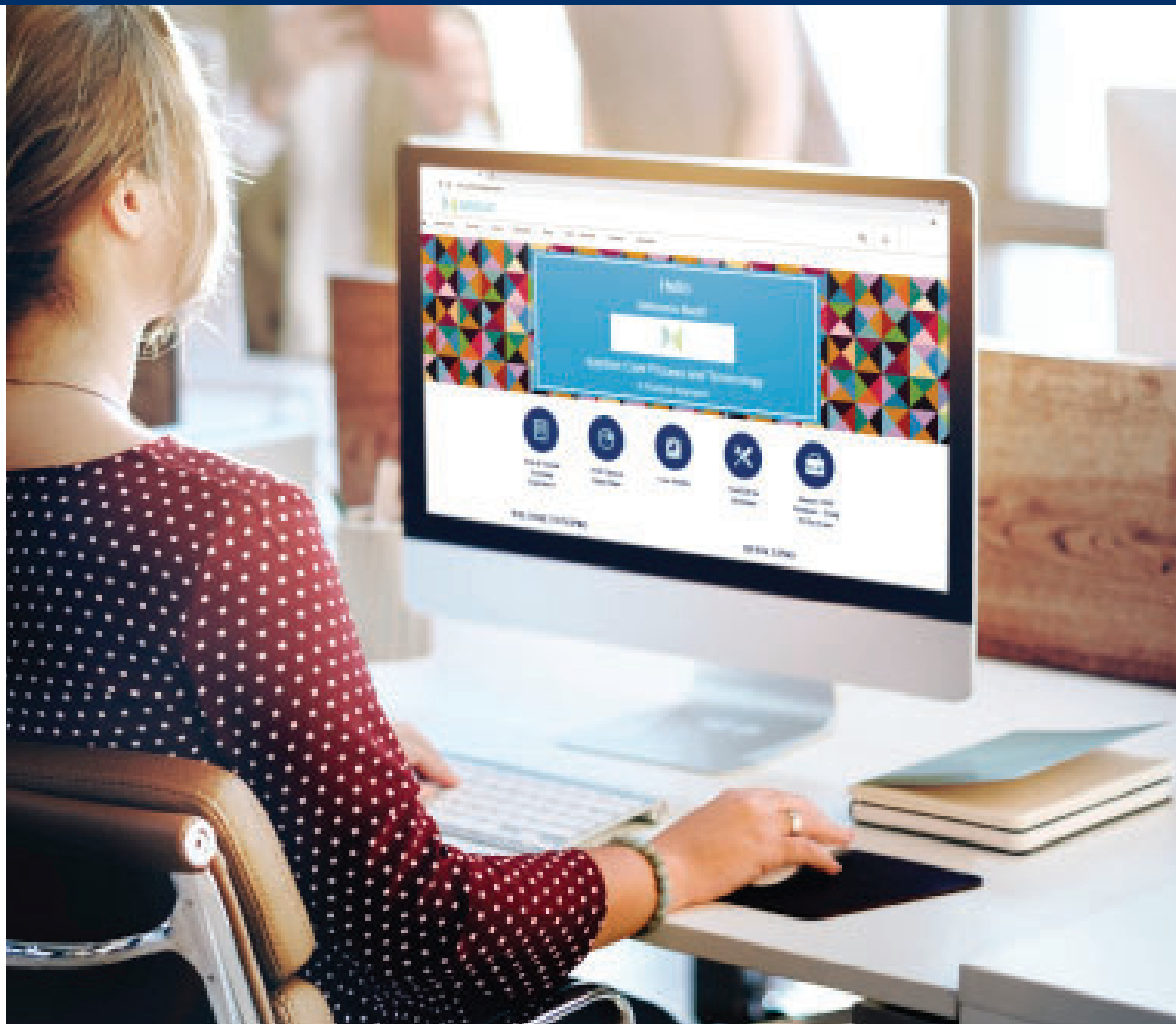


# PREPARE YOUR STUDENTS FOR PATIENT CONTACT

COMPLETE COURSE SOLUTIONS FOR EDUCATORS



# NEW ONLINE CASES

## Pilot Test with NCPPro in 2024

***NCPPro is delighted to extend to you an invitation to participate in pilot testing of our forthcoming case studies in 2024.***

***Our cases have been designed to offer an advanced learning experience, fostering problem-solving skills.***

***For further information about pilot-testing***

***Case 17: Pediatric Food Allergy and Case 18: HIV***

***Please contact Dr Esther Myers - [info@nutritioncarepro.com](mailto:info@nutritioncarepro.com)***

### CASE 17: PEDIATRIC FOOD ALLERGY

- » Student will gain the perspective of Henri's mother as he experiences the unfolding of food allergy exposures between the ages of 12 months to 2½ years. These experiences lead to the consultation that the student works through in a series of activities.
- » Student is guided through the consultation with prompts such as "take notes now" to ensure they document key information.
- » Unsourced knowledge checks help students to interpret and analyze what they are hearing from the client.
- » Additional activities help clarify thinking, e.g. developing a progress note.
- » The progress note that is prepared is analyzed using a chart audit tool and student modifies their progress note if needed.

### VIDEOS

The case features a series of videos with Henri's Mom and the dietitian.



### CASE 18: HIV

- » Student watches a series of lectures on HIV.
- » Student watches an assessment interview at the patient's hospital bedside and gathers relevant data.
- » Student is guided through the consultation with a series of prompts such as "take notes now" to ensure they collect and document key information.
- » Student completes autograding multiple choice questionnaires.
- » Additional activities help clarify thinking, e.g. developing a progress note.
- » The progress note that is prepared is analyzed using a chart audit tool and student modifies their progress note if needed.

### VIDEOS

The case features a series of videos with the patient and dietitian at the hospital bedside.



# NCPPro CASE STUDIES

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## Virtual Learning Environment



### SEE MORE

Exclusive audio  
and video content



### DO MORE

Interactive forms and  
virtual learning tools



### LEARN MORE

Additional resources,  
blogs and more



### CONNECT MORE

Online classroom experience

Speak to the NCPro Team & See How You Can Enhance Your Teaching



# FEATURES & IMPACT

## NCPPro Virtual Learning Environment

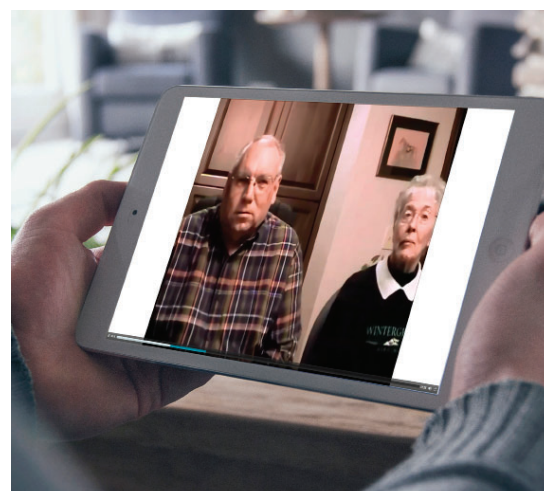
- » NCPPro virtual learning is optimized for remote learning. Accessible on laptop, tablets or smartphone via multiple browsers, meaning work can be accessed anywhere and at any time.
- » Can be used as a virtual substitute for clinical placement – up to 100 hours.
- » Innovative and interactive approach to dietetic education using life-like video simulations.
- » Hundreds of realistic activities give students the opportunity to develop clinical reasoning and high level decision making skills.
- » Online virtual learning environment is regularly updated to ensure the latest evidence-based dietetics. Time-saving auto-calculating Nutrition Analysis spreadsheets
- » Electronic Health Record simulations
- » Used globally in 14+ countries
- » **NEW** *Managing Your Consultation Modules* for immersive learning

### Opportunities for Integrating Practice with Research and Critical Appraisal of the Literature

The Resource Lists are useful in classroom discussions on: research design; strengths & limitations of research strategies; the ways studies can be improved; results interpretation & differences between statistically & clinically significant results

### Flexibility for Educators

The case studies are designed to stand alone, be completed in any order, or be undertaken consecutively.



# NCPro Cases Unique Features Overview



CASE STUDY		UNIQUE FEATURES						
		EHR	FOLLOW-UP CARE	MODULES	INTER-DISCIPLINARY	PRE-CASE SELF ASSESS.	ADVANCED/EXTRA ACTIVITIES	VIDEO ASSIGNMENTS
1	Adult Weight Management							Summarize consultation
2	Hypertension		✓	✓				Summarize progress since last consultation
3	Type 2 Diabetes		✓					Summarize consultation
4	Malnutrition and Cancer		✓		✓			Answer physician question
5	Pediatric Weight Management							Asking open-ended questions
6	Chronic Kidney Disease				✓		Cultural Foods	
7	Diverticular Disease				✓		Cultural Foods	Discuss alcohol intake with physician
8	Cystic Fibrosis					✓	Genetics	Summarize consultation
9	Home Enteral Nutrition & Malnutrition		✓	✓			Insurance & Quality of Life (QOL)	Discuss constipation Explain dumping syndrome Identify potential benefits in QOL for enteral feeding
10	Celiac Disease	✓			✓	✓	Genetics, Restaurant Assessment & QOL	Answer genetic questions ( <i>within dietetics scope of practice</i> )
11	Cirrhosis (Inpatient) E.H.R	✓	✓					
12	Liver Disease (Outpatient)	✓	✓		✓			Discuss change to nutrition prescription with physician
13	Community Nutrition Weight Management		All activities based on community nutrition.					Respond to public health department board question
14	Coronary Heart Disease	✓			✓		Telehealth & Cultural Foods	Respond to MD's question about recently published research
15	Residential Care Skilled Nursing	✓	✓		✓	✓		Presentation at Care Planning meeting
16	Palliative Care	Home Health Record	✓		✓			Discussing pros and cons of EN with palliative patient
17	Pediatric Food Allergy							Discussing importance of allergen avoidance with mother
18	HIV	Hospital Health Record	✓		✓	✓	Hospital Bedside Assessment Cultural Foods	Discussing importance of good nutrition with patient
19	Managing the Consultation			✓		✓	Reimbursement, Nutrition Clinic Operations Diet History Interview	Greeting the Client



# YOUR GUIDE TO SELECTING ACTIVITIES

The following symbols serve as a guide in the selection of level-appropriate activities.



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Practice Application



Activities with a pink star introduce students to the dietetic knowledge base. They require the student to document their critical thinking process as they address the topic of the activity. Often the student is invited to provide the background information they consider important as they engage in NCP decisions.

E.g. **Case 1: Adult Weight Management** includes an activity on estimating energy requirements. This activity requires the student to apply different methodology in the estimation of the patient's requirements and then to select the appropriate result. The pink star indicates this activity is suitable for students,

- **New** to learning about energy formulas.
- **At a higher level** who have missed key points and need to demonstrate this competency.
- Who are **more advanced** and you require them to demonstrate competency by completing all activities in one case, but not have them repeat these competencies in subsequent cases.



Activities with a blue star are suitable to evaluate whether the student is competent to see patients. The activities are suitable for students,

- In **CP** programs
- At the **end of Undergraduate MNT courses**
- On orientation in **Dietetic Internships**
- At the **beginning of graduate programs**

The focus is on patient-specific dietetic care for example in *Case 3: Type 2 Diabetes* the diet analysis activities include carbohydrate distribution, type and distribution. Blue star activities are for students who have already demonstrated they have mastered the basics of nutrition care.



Activities with an orange star are designed for students who have demonstrated competency in patient care and you now require a demonstration of patient-centred care. These activities are suitable for students,

- At the **END of their supervised practice** who need alternative supervised practice hours
- For those seeking **continuing education** (CPD/CPE hours)



# CASE 1: ADULT WEIGHT MANAGEMENT



## Meet Mr Robertson

**Case 1** addresses adult weight management in the context of Mr Robertson, a 65-year-old man whose family doctor is concerned about his recent weight gain. Mr Robertson's diet is high in occasional foods and exceeds his recommended daily energy intake. Since retiring six months ago he has adopted a sedentary lifestyle.

## EDUCATOR MATERIALS

Discussion Guide PowerPoint

Activity Grading Form

MyFoodRecord Nutrition Analysis

Technical Support For Your Classroom

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Obesity
- » Major Risk Factors for Obesity
- » Diagnosing Overweight & Obesity
- » Measuring Body Fat / Body Mass Index
- » BMI Classification of Overweight & Obesity
- » Waist Circumference
- » Intervention Summary

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

### Resources

#### Story

- » Dietitian with Mr Robertson – Videos

#### Diet History

### Answers (For Students & Educators)

## UNIQUE CASE FEATURES

- » Follow-up Care
- » Answer Guide Made Available to Students

## VIDEOS

The case features a series of videos with Mr Robertson.

Talk with Mr Robertson

*Tell me a little bit about your weight.*





































*Tell me a little more about your recreational activities... what do you do for fun?*

» *Do these activities usually involve food?*





# ADULT WEIGHT MANAGEMENT ACTIVITIES

<b>WS</b> Adult Weight Management Case Worksheet			
<b>1.1</b> Apportioning Recipes			
<b>1.2</b> Completing Nutrition Analysis (Exchange List Approach)			
<b>1.3</b> Evaluating Food Servings			
<b>1.4</b> Comparing to Dietary Guidelines			
<b>1.5</b> Plotting BMI Trends			
<b>1.6</b> Estimating Energy & Protein Needs			
<b>1.7</b> Evaluating the Impact of Physical Activity			
<b>1.8</b> Assessing Knowledge, Beliefs & Attitudes			
<b>1.9</b> Summarizing Nutrition Assessment			
<b>1.10</b> Creating an Initial List of Nutrition Diagnoses			
<b>1.11</b> Developing PES Statements			
<b>1.12</b> Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>1.13</b> Creating an Initial List of Nutrition Interventions			
<b>1.14</b> Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention			
<b>1.15</b> Formulating Specific Behavioral-Change Targets/Goals ( <i>a &amp; b</i> )			
<b>1.16</b> Creating a Plan for Nutrition Monitoring & Evaluation			
<b>1.17</b> Nutrition Progress Note			
<b>1.18</b> Closing Video			
<b>1.19</b> Evaluating Your Nutrition Progress Note			



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# CASE 2: HYPERTENSION



## Meet Mr Robertson

**Case 2** addresses Hypertension in the context of Mr Robertson, a 65-year-old diagnosed with overweight/obesity. Mr Robertson's family doctor has referred him to a dietitian for advice on dietary treatment of hypertension. Since his last consultation 6 months ago, Mr Robertson has cut down on occasional foods. However, his diet continues to exceed recommendations and physical activity remains sedentary.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading From](#)

[Technical Support For Your Classroom](#)

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Hypertension
- » Major Risk Factors for Hypertension
- » Signs & Symptoms of Hypertension
- » Diagnosing / Classifications of Hypertension
- » Medical Management / Managing Diet & Lifestyle
- » Dietary Patterns that Improve Cardiometabolic Health

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

#### Resources

#### Story

- » Dietitian with Mr Robertson – Videos

#### Diet History

## VIDEOS

The case features a series of videos with Mr Robertson.

Listen to Mr Robertson's responses:

- » "Hello Mr Robertson, It's good to see you again. Tell me about some of the things that have happened since we saw each other last."
- Hear Mr Robertson summarize what changes he has made since the last dietitian visit.
- Hear dietitian set the stage for what she wants to discuss and start to provide nutrition education about sodium...



- » Tell me about who does the shopping and food in your house?



## UNIQUE CASE FEATURES

- » Follow-up Care
- » Interviewing Techniques Module (*Activity 2.16*)



## HYPERTENSION ACTIVITIES

<b>WS</b> Hypertension Case Worksheet			
<b>2.0</b> Opening Video with Mr Robertson			
<b>2.1</b> Completing Nutrition Analysis (Exchange List Approach)			
<b>2.2</b> Evaluating Food Servings			
<b>2.3</b> Comparing to Dietary Guidelines			
<b>2.4</b> Plotting BMI Trends			
<b>2.5</b> Assessing Knowledge, Beliefs & Attitudes			
<b>2.6</b> Summarizing Nutrition Assessment			
<b>2.7</b> Evaluating Progress			
<b>2.8</b> Creating an Initial List of Nutrition Diagnoses			
<b>2.9</b> Developing PES Statements			
<b>2.10</b> Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>2.11</b> Creating an Initial List of Nutrition Interventions			
<b>2.12</b> Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention			
<b>2.13</b> Formulating Specific Behavioral-Change Targets/Goals ( <i>a &amp; b</i> )			
<b>2.14</b> Creating a Plan for Nutrition Monitoring & Evaluation			
<b>2.15</b> Nutrition Progress Note			
<b>2.16</b> Interviewing Techniques Module (Physical Activity Assessment)			
<b>2.17</b> Evaluating Your Nutrition Progress Note			



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# CASE 3: TYPE 2 DIABETES



## Meet Mr Robertson

**Case 3** addresses type 2 diabetes in the context of Mr Robertson, a 66-year-old overweight man with a new diagnosis of type 2 diabetes. In the last 18 months he has seen a dietitian twice and has made many positive lifestyle changes. This is his fourth visit to a dietitian.

### EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading From](#)

[Technical Support For Your Classroom](#)

### CASE MATERIALS

#### Learning Outcomes

##### Perspective

- » Introduction to Type 2 Diabetes
- » Major Risk Factors for Type 2 Diabetes
- » Symptoms of Uncontrolled Diabetes
- » Diagnosing & Classifying Type 2 Diabetes
- » Impact of Nutrition Intervention for Type 2 Diabetes
- » Co-morbidities of Diabetes Mellitus
- » Diabetes & Coronary Heart Disease

##### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

##### Resources

##### Story

- » Dietitian with Mr Robertson – Videos

##### Diet History

### VIDEOS

The case features a series of videos with Mr Robertson.

#### TYPE 2 DIABETES - ACTIVITIES

How is Blood Glucose Self Monitoring Going?  
Coordinating care with Diabetes Self Management

















































### UNIQUE CASE FEATURES

- » Follow-up Care



## TYPE 2 DIABETES ACTIVITIES

<b>WS</b> Type 2 Diabetes Worksheet			
<b>3.1</b> Apportioning Recipes			
<b>3.2</b> Completing Nutrition Analysis (Exchange List Approach)			
<b>3.3</b> Evaluating Food Servings			
<b>3.4</b> Comparing to Dietary Guidelines			
<b>3.5</b> Plotting BMI Trends			
<b>3.6</b> Estimating Carbohydrate Distribution & Type			
<b>3.7</b> Evaluating the Impact of Physical Activity			
<b>3.8</b> Estimating Energy Needs			
<b>3.9</b> Assessing Knowledge, Beliefs & Attitudes			
<b>3.10</b> Summarizing Nutrition Assessment			
<b>3.11</b> Evaluating Progress			
<b>3.12</b> Creating an Initial List of Nutrition Diagnoses			
<b>3.13</b> Developing PES Statements			
<b>3.14</b> Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>3.15</b> Creating an Initial List of Nutrition Interventions			
<b>3.16</b> Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention			
<b>3.17</b> Formulating Specific Behavioral-Change Targets			
<b>3.18</b> Creating a Plan for Nutrition Monitoring & Evaluation			
<b>3.19</b> Creating a Meal Plan			
<b>3.20</b> Nutrition Progress Note			
<b>3.21</b> Closing Video			
<b>3.22</b> Evaluating Your Nutrition Progress Note			

 Preparing for Clinical Practice / Remedial

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 Practice Application



# CASE 4: MALNUTRITION & CANCER



## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading From](#)

[Technical Support For  
Your Classroom](#)

## VIDEOS

The case features a series of videos with Mr Robertson and his wife.

### TALK WITH MR ROBERTSON

**Weight History**  
Hear Mr Robertson discuss his concerns about his weight.



**Impact on Lifestyle**  
Hear Mr Robertson describe the impact on his lifestyle



## Meet Mr Robertson

**Case 4** addresses malnutrition in the context of Mr Robertson, a 75-year-old retiree, who has metastatic prostate cancer and numerous chronic conditions. Mr Robertson has not seen a dietitian for nine years. He has made many positive changes to manage his weight and help with blood pressure and glycemic control. Recently, Mr Robertson has been suffering from a diminished appetite as well as unintentional weight change and feelings of fatigue.

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Malnutrition
- » Causes & Risk Factors of Malnutrition
- » Malnutrition Screening
- » Screening for Malnutrition in Oncology Patients
- » Assessment/Monitoring & Evaluation for Malnutrition
- » Nutrition Diagnosis/Intervention of Malnutrition

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

#### Resources

- » Conversations with Healthcare Providers – Videos

#### Story

- » Dietitian with Mr Robertson – Videos

#### Diet History











































## UNIQUE CASE FEATURES

- » Follow-up Care
- » Malnutrition Screening and Assessment
- » Interdisciplinary Interaction





## MALNUTRITION AND CANCER ACTIVITIES

<b>WS</b> Malnutrition and Cancer Worksheet			
<b>4.0</b> Nutrition Screening			
<b>4.1</b> Completing Nutrition Analysis (Exchange List Approach)			
<b>4.2</b> Evaluating Food Servings			
<b>4.3</b> Plotting BMI Trends			
<b>4.4</b> Assessing Biochemical Data, Medical Tests & Procedures			
<b>4.5</b> Malnutrition Assessment			
<b>4.6</b> Energy & Protein Needs (Comparative Standards)			
<b>4.7</b> Assessing Knowledge, Beliefs & Attitudes			
<b>4.8</b> Summarizing Nutrition Assessment			
<b>4.9</b> Evaluating Progress			
<b>4.10</b> Creating an Initial List of Nutrition Diagnoses			
<b>4.11</b> Developing PES Statements			
<b>4.12</b> Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>4.13</b> Creating an Initial List of Nutrition Interventions			
<b>4.14</b> Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention			
<b>4.15</b> Formulating Specific Behavioral-Change Targets			
<b>4.16</b> Creating a Plan for Nutrition Monitoring & Evaluation ( <i>a &amp; b</i> )			
<b>4.17</b> Nutrition Progress Note			
<b>4.18</b> Video – Hallway Conversation with Mr Robertson’s Physician			
<b>4.19</b> Malnutrition Diet Disease Link			
<b>4.20</b> Evaluating Your Nutrition Progress Note			



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Practice / Remedial



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Contact / Remedial



Practice Application



# CASE 5: PEDIATRIC WEIGHT MANAGEMENT



## Meet Ricky

**Case 5** addresses pediatric weight management in the context of Ricky, a 14-year-old who lives with his father, Bud.

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Pediatric Obesity
- » Major Risk Factors for Pediatric Obesity
- » Predictive Measures for Overweight & Obesity in Infants (Birth to Two Years)

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

### Resources

#### Story

- » Dietitian with Ricky – Audio Clips

### Diet History

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading From](#)


































[Technical Support For Your Classroom](#)

## UNIQUE CASE FEATURES

- » Pediatric Care



# PEDIATRIC WEIGHT MANAGEMENT ACTIVITIES

<b>WS</b>	Pediatric Weight Management Case Worksheet			
<b>5.1</b>	Completing Nutrition Analysis — Full and Abbreviated			
<b>5.1a</b>	Completing Nutrition Analysis — Abbreviated Only			
<b>5.2</b>	<i>(Intentionally left blank)</i>			
<b>5.3</b>	Comparing to Dietary Guidelines			
<b>5.4</b>	Growth, Developmental Considerations & Energy Needs			
<b>5.5</b>	<i>(Intentionally left blank)</i>			
<b>5.6</b>	<i>(Intentionally left blank)</i>			
<b>5.7</b>	<i>(Intentionally left blank)</i>			
<b>5.8</b>	Assessing Knowledge, Beliefs & Attitudes			
<b>5.9</b>	Summarizing Nutrition Assessment			
<b>5.10</b>	Creating an Initial List of Nutrition Diagnoses			
<b>5.11</b>	Developing PES Statements			
<b>5.12</b>	Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>5.13</b>	Creating an Initial List of Nutrition Interventions			
<b>5.14</b>	Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention			
<b>5.15</b>	Formulating Specific Behavioral-Change Targets			
<b>5.16</b>	Creating a Plan for Nutrition Monitoring & Evaluation			
<b>5.17</b>	Nutrition Progress Note			
<b>5.18</b>	Video - Asking Open-Ended Question			
<b>5.19</b>	Evaluating Your Nutrition Progress Note			



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application



# CASE 6: CHRONIC KIDNEY DISEASE



## Meet Mei Ling

**Case 6** addresses chronic kidney disease in the context of Mei Ling, a 56-year old female with chronic kidney disease (Stage 4). She was diagnosed with chronic kidney disease seven years ago & was transferred from the endocrinologist to the nephrologist for ongoing care at that time. At Mei's last appointment her nephrologist told her she needed to see a dietitian to get "back on track" with her diet, slow her CKD progression & set the stage for possible initiation of dialysis.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading From](#)

[Technical Support For Your Classroom](#)

## VIDEOS

The case features a series of videos with Mei Ling and her nephrologist.

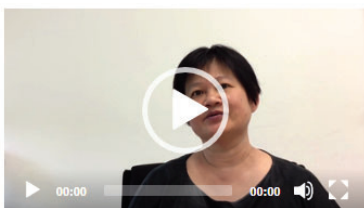
### CONVERSATION BETWEEN MEI AND HER NEPHR...

What the physician said....



### CONVERSATIONS WITH MEI

Mei what kinds of things , social actaivities, do you like to do?



## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Chronic Kidney Disease, Stage 4
- » Major Risk Factors for Chronic Kidney Disease
- » Screening & Diagnosing Chronic Kidney Disease
- » Classifications of Chronic Kidney Disease
- » Management of Chronic Kidney Disease
- » Nutrition Intervention for Chronic Kidney Disease

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

#### Resources

- » Talking with a Nephrologist – Videos

#### Story

- » Dietitian with Mei Ling – Videos







































#### Diet History


## UNIQUE CASE FEATURES


- » Cultural Competencies/Foods
- » Interdisciplinary Interaction




## CHRONIC KIDNEY DISEASE ACTIVITIES

<b>WS</b> Chronic Kidney Disease Worksheet			
<b>6.1</b> Completing Nutrition Analysis (Renal Exchange List Approach)			
<b>6.2</b> Evaluating Food Servings			
<b>6.3</b> Comparing to Dietary Guidelines			
<b>6.4</b> Assessing Biochemical Data, Medical Tests & Procedures			
<b>6.5</b> Nutrition Focused Physical Assessment			
<b>6.6</b> Plotting Weight & BMI Trends			
<b>6.7</b> Estimating Energy & Protein Needs			
<b>6.8</b> Evaluating the Impact of Physical Activity			
<b>6.9</b> Assessing Knowledge, Beliefs & Attitudes			
<b>6.10</b> Summarizing Nutrition Assessment			
<b>6.11</b> Creating an Initial List of Nutrition Diagnosis			
<b>6.12</b> Developing PES Statements			
<b>6.13</b> Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>6.14</b> Creating an Initial List of Nutrition Interventions			
<b>6.15</b> Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention			
<b>6.16</b> Formulating Specific Behavioral-Change Targets ( <i>a &amp; b</i> )			
<b>6.17</b> Creating a Plan for Nutrition Monitoring & Evaluation			
<b>6.18</b> Nutrition Progress Note			
<b>6.19</b> Evaluating Your Nutrition Progress Note			
<b>6.20</b> Hallway conversation with Mai's physician			

 Preparing for Clinical Practice / Remedial

 Prepared for Patient Contact / Remedial

 Practice Application



# CASE 7: DIVERTICULAR DISEASE



## Meet Mrs Ava Williamson

**Case 7** addresses diverticular disease in the context of Ava, a 62-year-old female with a recent diagnosis of diverticulitis. Mrs Ava Williamson has her initial consultation with you bedside in a hospital-setting in Southern Georgia. This is her third day in hospital.

### EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading From](#)

[Technical Support For Your Classroom](#)

### VIDEOS

The case features a series of videos with Ava Williamson.

DAY 7 - DISCHARGE DIET CONSULTATION

What Ava remembers from previous diet consultation



### CASE MATERIALS

#### Learning Outcomes

##### Perspective

- » Introduction to Diverticular Disease
- » Causes of Diverticulosis
- » Etiology
- » Pathophysiology
- » Advancement of Diverticulosis to Diverticular Disease
- » Prevalence Data
- » Diagnosing Diverticular Disease & Diverticulitis
- » Nutrition Intervention for Diverticulosis & Diverticulitis

##### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

##### Resources

##### Story

- » Dietitian with Ava – Videos

##### Diet History

















































### UNIQUE CASE FEATURES

- » Follow-up Care
- » Cultural Foods
- » Advanced Activities - Alcohol Intake





## DIVERTICULAR DISEASE ACTIVITIES

<b>WS</b>	Diverticular Disease Case Worksheet			
<b>7.1</b>	Completing Nutrition Analysis (Exchange List Approach)			
<b>7.2</b>	Evaluating Food Servings			
<b>7.3</b>	Examining the Impact of Alcohol (Optional Activity)			
<b>7.4</b>	Comparing to Dietary Guidelines			
<b>7.5</b>	Plotting BMI Trends			
<b>7.6</b>	Estimating Energy Needs			
<b>7.7</b>	Assessing Biochemical Data, Medical Tests & Procedures (Optional)			
<b>7.8</b>	Evaluating the Impact of Physical Activity			
<b>7.9</b>	Assessing Knowledge, Beliefs & Attitudes			
<b>7.10</b>	Summarizing Nutrition Assessment			
<b>7.11</b>	Predicting Existing Nutrition Diagnoses			
<b>7.12</b>	Evaluating Existing Nutrition Diagnoses			
<b>7.13</b>	Creating an Initial List of Nutrition Diagnoses			
<b>7.14</b>	Developing PES Statements			
<b>7.15</b>	Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>7.16</b>	Creating an Initial List of Nutrition Interventions			
<b>7.17</b>	Developing a Meal Plan for Discharge (High-fiber Diet)			
<b>7.18</b>	Developing a Patient-Centered Counseling Plan			
<b>7.19</b>	Re-evaluating the Initial Nutrition Diagnosis & Nutrition Interventions			
<b>7.20</b>	Formulating Specific Behavioral-Change Targets			
<b>7.21</b>	Creating a Plan for Nutrition Monitoring & Evaluation			
<b>7.22</b>	Nutrition Progress Note			
<b>7.23</b>	Video with Physician About Alcohol Intake			
<b>7.24</b>	Evaluating Your Nutrition Progress Note			



Preparing for Clinical  
Practice / Remedial



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Contact / Remedial



Practice Application



# CASE 8: CYSTIC FIBROSIS



## Meet Gemma

**Case 8** addresses cystic fibrosis in the context of Gemma, a 22-year old female who was diagnosed shortly after birth with the deltaF508 mutation. Gemma suffers from the problems that accompany that mutation, including pulmonary and digestive difficulties.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading Form](#)

[Technical Support For Your Classroom](#)

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Definition
- » Risk Factors for Cystic Fibrosis
- » Symptoms for Cystic Fibrosis
- » Co-morbidities of Cystic Fibrosis
- » Pathophysiology
- » Diagnosis
- » Management

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

### Resources

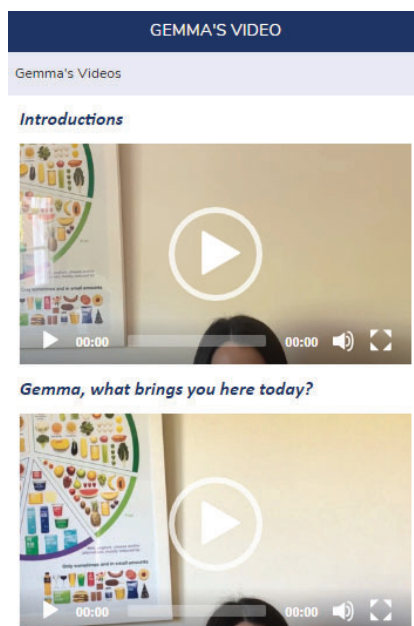
#### Story

- » CF Overview
- » Gene editing & CF
- » CFRD What's new?
- » The importance of enzymes

#### Diet History

## VIDEOS

The case features a series of videos with Gemma.



## UNIQUE CASE FEATURES

- » Advanced Activities - Genetics
- » Self-Assessment Multiple Choice Quiz



## CYSTIC FIBROSIS ACTIVITIES

<b>WS</b>	Cystic Fibrosis Worksheet			
<b>8.1</b>	Self-Assessment (Multiple Choice Quiz)			
<b>8.2</b>	Completing Nutrition Analysis (Exchange List Approach)			
<b>8.3</b>	Comparing Intake to CF Dietary Guidelines			
<b>8.4</b>	Plotting BMI and Evaluating Weight			
<b>8.5</b>	Estimating Energy, Protein, Fluid and Sodium Requirements			
<b>8.6</b>	Assessing Knowledge, Beliefs & Attitudes			
<b>8.7</b>	Summarizing Nutrition Assessment			
<b>8.8</b>	Evaluating Prior Nutrition Diagnoses and Creating a List of Nutrition Diagnoses			
<b>8.9</b>	Developing PES Statements			
<b>8.10</b>	Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>8.11</b>	Creating a List of Nutrition Interventions			
<b>8.12</b>	Formulating Specific Behavioral-Change Targets			
<b>8.13</b>	Developing a Meal Plan			
<b>8.14</b>	Creating a Plan for Nutrition Monitoring & Evaluation			
<b>8.15</b>	Nutrition Progress Note			
<b>8.16</b>	Closing Video			
<b>8.17</b>	Evaluating Your Nutrition Progress Note			



Preparing for Clinical Practice / Remedial



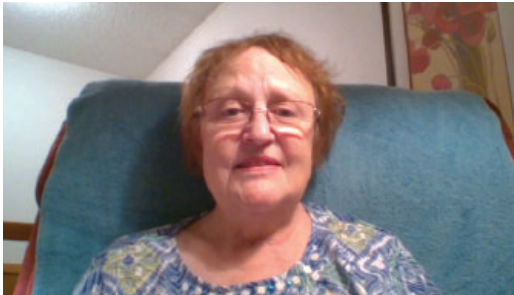
Prepared for Patient Contact / Remedial



Practice Application



# CASE 9: HOME ENTERAL NUTRITION & MALNUTRITION



## Meet Lillie

**Case 9** addresses malnutrition in the context of Lillie, a 70-year-old retired nurse, who has breast cancer which metastasized to her bones, liver and lungs.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

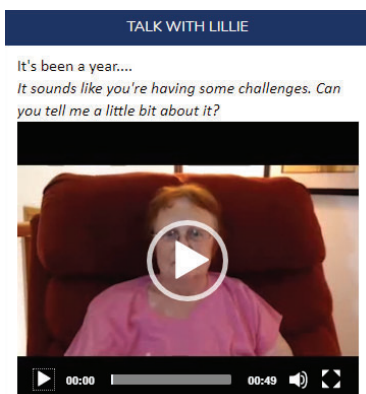
[Discussion Guide PowerPoint](#)

[Activity Grading Form](#)

[Technical Support For Your Classroom](#)

## VIDEOS

The case features a series of videos with Lillie and her caregiver Evelyn.



## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Routes of Enteral Feeding
- » Formulae
- » Nutrition Pres. for Enteral Feeding
- » Ethical Challenges of Nutrition Support in Palliative Care
- » Quality of Life as an Aim of Medical Nutrition Therapy (Enteral Feeding)
- » Nutrition and Esophageal Disorders and Enteral Feeding

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring and Evaluation

### Resources

#### Story — Visit 1

Dietitian with Lillie and Caregiver

#### Story — Visit 2

Dietitian with Lillie and Caregiver

#### Story — Visit 3

Dietitian with Lillie and Caregiver

## UNIQUE CASE FEATURES

- » Follow-up Care (*three visits in the one case*)
- » Interviewing Module
- » Advanced Activities — Quality of Life



# HOME ENTERAL NUTRITION AND MALNUTRITION ACTIVITIES

FIRST VISIT			
9.1	Nutrition Assessment Basics	☆	
9.2	Malnutrition Assessment and PG-SGA	☆	☆
9.3	Assessment of Quality of Life & Activities of Daily Living	☆	☆
9.4	Assessing Knowledge, Beliefs and Attitudes	☆	☆
9.5	Summarizing Nutrition Assessment	☆	
9.6	Initial List of Nutrition Diagnosis and PES Statements	☆	☆
9.7	Planning: Formulating a Nutrition Prescription, Aims & Goals	☆	☆
9.8	Nutrition Intervention	☆	☆
9.9	Nutrition Monitoring and Evaluation	☆	☆
9.10	Nutrition Progress Note — Initial Consultation	☆	☆
SECOND VISIT			
9.11	Video Describing Dumping Syndrome	☆	☆
9.12	Re-Assessment and Revising Medical Nutrition Therapy (Visit 2)	☆	☆
9.13	Nutrition Progress Note — Second Consultation	☆	☆
9.14	Video Discussing Constipation	☆	☆
THIRD VISIT			
9.15	Re-Assessment and Re-focusing Medical Nutrition Therapy (Visit 3)	☆	☆
9.16	Nutrition Progress Note — Third Consultation	☆	☆
9.17	Video Explaining How to Adjust Feeding During Transition to Oral Intake	☆	☆
9.18	Video Explaining Potential Improvements in Quality of Life (QoL)	☆	☆
9.19	Enteral Feeding Diet-Disease Relationship	☆	
9.20	Home Enteral Feeding Interviewing Module	☆	☆
9.21 to 9.23	Evaluating Your Nutrition Progress Note	☆	☆



Preparing for Clinical Practice / Remedial



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Practice Application



# CASE 10: CELIAC DISEASE



## Meet Eloise

**Case 10** addresses celiac disease in the context of Eloise, a 27-year-old woman, whose physician has confirmed her diagnosis.

### EDUCATOR MATERIALS

[Confidential Answer Guides](#)

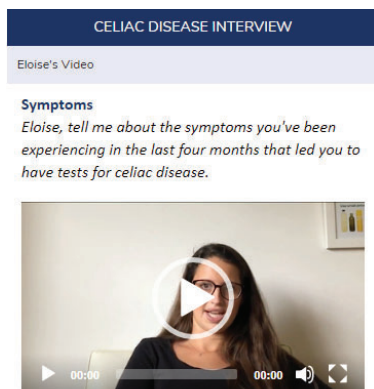
[Discussion Guide PowerPoint](#)

[Activity Grading Form](#)

[Technical Support for Your Classroom](#)

### VIDEOS

The case features a series of videos with Eloise.



### CASE MATERIALS

#### Learning Outcomes

#### Perspective

- » Celiac Disease Assessment
- » Gluten Loading
- » Conditions Associated with Celiac Disease
- » Celiac Disease Counseling

#### Mind Maps

#### Resources

#### Electronic Health Record

- + [Patient Information](#)
- + [Patient History](#)
- + [Orders/Referrals](#)
- + [Results](#)
- + [Progress Notes — Medical Record](#)

#### Story

- » Dietitian with Eloise – Videos

#### Diet History











































### UNIQUE CASE FEATURES

- » Electronic Health Record
- » Self-Assessment Multiple Choice Quiz
- » Advanced Activities — Genetics, Evaluation of Restaurant Menu, Quality of Life
- » Interdisciplinary Interaction





## CELIAC DISEASE ACTIVITIES

<b>WS</b>	Celiac Disease Case Worksheet			
<b>10.1</b>	Self-Assessment (Multiple Choice Quiz)			
<b>10.2</b>	Analyzing Quality of Life and Celiac Disease Adherence Test			
<b>10.3</b>	Completing Nutrition Analysis (Abbreviated)			
<b>10.4</b>	Comparing to Dietary Guidelines			
<b>10.5</b>	Estimating Energy, Protein and Iron Needs			
<b>10.6</b>	Assessing Knowledge, Beliefs and Attitudes			
<b>10.7</b>	Summarizing Nutrition Assessment			
<b>10.8</b>	<i>(Intentionally left blank)</i>			
<b>10.9</b>	Initial List of Nutrition Diagnosis and PES Statements			
<b>10.10</b>	Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>10.11</b>	Creating a List of Nutrition Interventions			
<b>10.12</b>	Formulating Specific Behavioral-Change Targets			
<b>10.13</b>	Creating a Meal Plan			
<b>10.14</b>	Creating a Plan for Nutrition Monitoring and Evaluation			
<b>10.15</b>	Nutrition Progress Note			
<b>10.16</b>	Video - Diet-Disease Relationship (Optional Activity)			
<b>10.17</b>	Population-Based Nutrition Action Menu Evaluation and In-service (Optional Activity)			
<b>10.18</b>	Celiac Disease Genetic Questions Video (Optional Activity)			
<b>10.19</b>	Evaluating Your Nutrition Progress Note			



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Practice Application



# CASE 11: CIRRHOSIS (INPATIENT)



## Meet Ava

**Case 11** addresses liver disease in the context of Ava Williamson, a 70-year-old female with a recent diagnosis of cirrhosis of the liver with resulting hepatic encephalopathy and ascites. Students access Ava's medical information using a comprehensive electronic medical record.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Activity Grading Form](#)

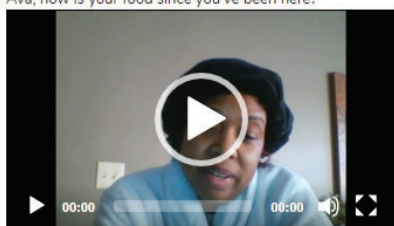
[Technical Support for Your Classroom](#)

## VIDEOS

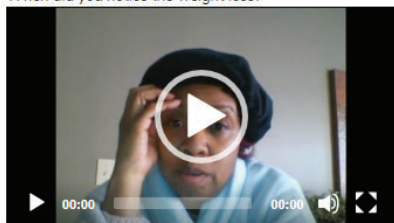
The case features a series of videos with Ava.

### CIRRHOSIS INTERVIEW

Ava, how is your food since you've been here?



When did you notice the weight loss?



## CASE MATERIALS

### Learning Outcomes

#### Electronic Health Record

- + [Patient History](#)
- + [Problem List](#)
- + [Encounters](#)
- + [Notes](#)
- + [Imaging](#)
- + [Summary Laboratory Results](#)
- + [Vitals and Weight](#)
- + [Cardiology](#)
- + [Surgeries/Procedures](#)
- + [Orders](#)

#### Interview

- » Videos with Ava

#### Pre-admission Diet History

#### Discharge Diet Counseling Interview

- » Videos with Ava

## UNIQUE CASE FEATURES

- » Inpatient
- » Follow-up Care
- » Electronic Health Record
- » Cultural Foods



# CIRRHOSIS (INPATIENT) ACTIVITIES

11.1 Self-Assessment (Multiple Choice Quiz)



11.2 Nutrition Progress Note — Day 2



11.3 Nutrition Consultation for Discharge Diet — Day 3



11.4 Evaluating Your Nutrition Progress Note



11.5 Evaluating Your Nutrition Progress Note



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application

Acute

Cirrhosis Learning Objectives | Electronic Health Record | Interview | Diet History | Discharge Diet Counseling Interview | Activities

## ELECTRONIC HEALTH RECORD

**Ava Williams** | Gender: Female | 70 yrs | DOB: 03/22/YEAR | Pref Lang: English

**Allergies: NKA**

Bed: 0100-01 | MRN: 324564 | CSN: 805430993  
 Attend Provider: P.M. Myers | Patient Class: Inpatient | Readmission: N

P.M. Myers, MD  
 Physician  
 Hospitalist

HLP | Date of Service: MONTH/DAY/YEAR | HR:MM  
 Signed | Creation Time: MONTH/DAY/YEAR | HR:MM

- PATIENT HISTORY
- PROBLEM LIST
- ENCOUNTERS

Date and Time	Type of Encounter	Author
Day 1 - 11:00 p.m.	Admission to hospital	Myers, MD
Day 1 - 8:00 p.m.	Emergency department visit Emergency department summary	George, MD
	telephone call	
	Telephone call to renew prescription	
8 years ago	office visit outpatient consultation - post-hospitalization follow-up	Smith, MD
8 years ago	Admission to hospital hospital discharge summary - alcoholic disease	Myers, MD

- NOTES
- IMAGING
- SUMMARY OF LABORATORY RESULTS
- VITALS AND WEIGHT
- CARDIOLOGY



# CASE 12: LIVER DISEASE (OUTPATIENT)



## Meet Ava

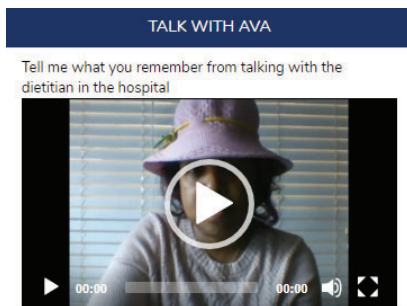
**Case 12** addresses liver disease in the context of Ava Williamson, a 70-year-old female with a recent diagnosis of cirrhosis of the liver with resulting hepatic encephalopathy and ascites.

### EDUCATOR MATERIALS

[Confidential Answer Guides](#)  
[Discussion Guide PowerPoint](#)  
[Activity Grading Form](#)  
[Technical Support for Your Classroom](#)

### VIDEOS

The case features a series of videos with Ava.



## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction & Classifications of Liver Disease
- » Major Risk Factors for Liver Disease
- » Signs and Symptoms
- » Screening and Diagnosing Liver Disease
- » Nutrition Intervention for Liver Disease
- » Alcohol

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

### Resources

#### Electronic Health Record

#### Interview

- » Dietitian with Ava – Videos

#### Pre-Admission Diet History

- » Diet History – Videos

## UNIQUE CASE FEATURES

- » Follow-up Care
- » Electronic Health Record
- » Cultural Foods
- » Advanced Activities - Alcohol Intake
- » Interdisciplinary Interaction



## LIVER DISEASE (OUTPATIENT) ACTIVITIES

<b>12.1</b>	Completing Nutrition Analysis (Exchange List Approach)	☆		
<b>12.2</b>	Comparing to Dietary Guidelines	☆		
<b>12.3</b>	Assessing BMI Trends & Weight Status	☆		
<b>12.4</b>	Patient-Generated Subjective Global Assessment	☆	☆	☆
<b>12.5</b>	Alcohol Use Disorder Identification Test (Optional Activity)			☆
<b>12.6</b>	Assessing Energy, Protein and Fluid Requirements	☆	☆	
<b>12.7</b>	Assessing Biochemical Data, Medical Tests & Procedures	☆		
<b>12.8</b>	Assessing Knowledge, Beliefs & Attitudes	☆		
<b>12.9</b>	Summarizing Nutrition Assessment	☆		
<b>12.10</b>	Re-Assessing and Creating a List of Initial Nutrition Diagnoses and PES Statements	☆	☆	
<b>12.11</b>	Planning: Formulating a Nutrition Prescription, Aims & Goals	☆	☆	
<b>12.12</b>	Formulating Nutrition Interventions	☆	☆	
<b>12.13</b>	Support Networks (Optional Activity)		☆	☆
<b>12.14</b>	Creating A Meal Plan	☆	☆	☆
<b>12.15</b>	Video — Discussing Alcohol Misuse		☆	☆
<b>12.16</b>	Developing a Patient-Centered Counseling Plan	☆	☆	☆
<b>12.17</b>	Creating a Plan for Nutrition Monitoring & Evaluation	☆	☆	
<b>12.18</b>	Nutrition Progress Note	☆	☆	☆
<b>12.19</b>	Video — Diet Disease Relationship	☆	☆	☆
<b>12.20</b>	Optional Activities That Explore Alcohol Intake	☆	☆	☆
<b>12.21</b>	Video — Conversation with Physician About Recommendations for Nutrition Care for Liver Disease	☆	☆	☆
<b>12.22</b>	Evaluating Your Nutrition Progress Note		☆	☆



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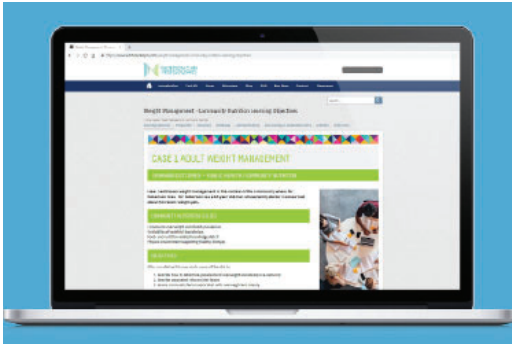
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Practice Application



# CASE 13 COMMUNITY NUTRITION: WEIGHT MANAGEMENT



## EDUCATOR MATERIALS

Confidential Answer Guides  
Discussion Guide PowerPoint  
Activity Grading Form  
Technical Support for  
Your Classroom

## Introducing NCPRO's COMMUNITY NUTRITION Case Study

This public health/community nutrition case study is ideal for interdisciplinary practice. Our latest addition to the NCPRO Suite has been designed for teaching alongside the Clinical Dietetics Adult Weight Management Case.

NCPRO's Public Health case study follows the Nutrition Care Process on a population-based scale. The same great case structure delivered for a new discipline.

## Lynn County IA

**CN Case 13** addresses weight management in the context of the Lynn County community where Mr Robertson lives.

Mr Robertson is a 65-year-old man whose family doctor is concerned about his recent weight gain. He is referred to a dietitian to provide individual medical nutrition therapy for weight management (See Case 1: AWM).

Meanwhile, at a community level, the community nutrition professionals have been tasked to address the overweight/obesity prevalence in Lynn County.

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Obesity
- » Major Risk Factors for Obesity
- » Diagnosing Overweight & Obesity
- » Measuring Body Fat
- » Body Mass Index
- » BMI Classification of Overweight & Obesity
- » Waist Circumference
- » Intervention Summary

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

### Resources

#### Linn County, IA Story





## COMMUNITY NUTRITION WEIGHT MANAGEMENT ACTIVITIES

---

**13.1** Identifying Relevant Community Assessment Data for Overweight/Obesity Initiatives

---

**13.2** Evaluating the Status of Previous Nutrition Problem (Nutrition Diagnosis)

---

**13.3** Nutrition Diagnosis/Problem(s) Planning — Next Three Years

---

**13.4** Goal Planning — Next Three Years

---

**13.5** Selecting Population Strategies

---

**13.6** Selecting Indicators For Monitoring and Evaluation

---

**13.7** Executive Summary

---

**13.8** Video — Answer Board of Health Questions

---

### UNIQUE CASE FEATURES

- » Community Health
- » Unique Activities
- » Interdisciplinary Interaction (Board of Health)



# CASE 14: CORONARY HEART DISEASE



## Meet Jorge

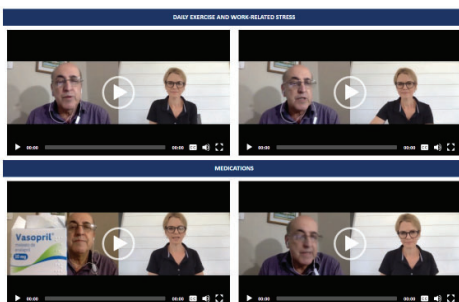
**Case 14** addresses coronary heart disease (CHD) in the context of Jorge Acosta, a 64-year-old Brazilian man who has recently undergone a successful coronary artery bypass surgery. The case features an Electronic Health Record (E.H.R) as well as a **telehealth consultation through an interpreter**.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)  
[FoodWorks Nutrition Analysis](#)  
[Optional Multiple Choice Quiz for your students](#)  
[Discussion Guide PowerPoint](#)  
[Activity Grading Form](#)  
[Technical Support for Your Classroom](#)

## VIDEOS

The case features a series of videos with Jorge.



## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to CHD
- » Types of Cardiovascular Disease
- » Prevalence & Risk Factors / Signs and Symptoms
- » Medical Diagnosis / Interventions
- » Medical Monitoring & Evaluation

#### Resources

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

#### Electronic Health Record

#### Story

#### Diet History

#### Telehealth Consultation
































- » Telehealth Information
- » Dietitian with Jorge Acosta and Interpreter – Videos

## UNIQUE CASE FEATURES

- » Electronic Health Record
- » Cultural Foods
- » Telehealth Consultation
- » Interpreter (Portuguese Speaking Patient)
- » Interdisciplinary Interaction



## CORONARY HEART DISEASE (OUTPATIENT) ACTIVITIES

<b>WS</b>	Coronary Heart Disease (CHD) Management Worksheet			
<b>14.1</b>	Preparing for Your Consultation			
<b>14.2</b>	Completing Nutrition Analysis			
<b>14.3</b>	Comparing to Dietary Guidelines			
<b>14.4</b>	Plotting BMI Trends			
<b>14.5</b>	Assessing Biochemical Data, Medical Tests & Procedures			
<b>14.6</b>	Estimating Energy & Protein Needs			
<b>14.7</b>	Assessing Knowledge, Beliefs & Attitudes			
<b>14.8</b>	Summarizing Nutrition Assessment			
<b>14.9</b>	Creating an Initial List of Nutrition Diagnoses			
<b>14.10</b>	Developing PES Statements			
<b>14.11</b>	Planning: Formulating a Nutrition Prescription, Aims & Goals			
<b>14.12</b>	Creating an Initial List of Nutrition Interventions			
<b>14.13</b>	Formulating Specific Behavioral-Change Targets			
<b>14.14</b>	Creating a Plan for Nutrition Monitoring & Evaluating			
<b>14.15</b>	Nutrition Progress Note			
<b>14.16</b>	Video Interview with Doctor			
<b>14.17</b>	Evaluating Your Nutrition Progress Note			

### Electronic Health Record

+ Patient Administration  
+ Patient History  
+ Problem List  
+ Encounters

+ Progress Notes  
+ Imaging & Procedures  
+ Laboratory Results  
+ Vitals and Weight

+ Orders  
+ Medications  
+ Diet



# CASE 15: RESIDENTIAL CARE — SKILLED NURSING



## Meet Bertha

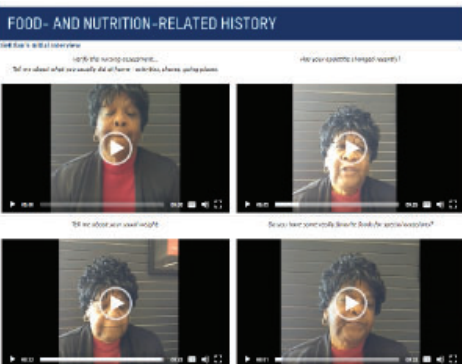
**Case 15** features Bertha Jones, a resident in a skilled nursing home in Florida. The case opens with an initial nutrition assessment of Bertha upon her admission and follows her care for the first year as her mental capacity declines and her nutritional status changes. The case includes an electronic health record (EHR) and uses the appropriate Centers for Medicare and Medicaid Services (CMS) forms and forms adapted from a large dietitian-led consulting company that provides dietetic services to long-term care facilities. The case features the integration of a Certified Dietary Manager in the required task activities, integrated health professions team meetings, and the integration of family members in Bertha's care.

## EDUCATOR MATERIALS

Confidential Answer Guides  
FoodWorks Nutrition Analysis  
Optional Multiple Choice Quiz for your students  
Discussion Guide PowerPoint  
Activity Grading Form  
Technical Support for Your Classroom

## VIDEOS

The case features a series of videos with Bertha.



## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Residential Long-term Care
- » Goal of Optimising Health Through Nutrition
- » Relationship with Person Receiving Nutrition Care
- » Types of Outcomes Achieved
- » Types of Regulations
- » Interprofessional Relationships and Roles

#### Mind Maps

- » Nutrition Assessment, Diagnosis, Intervention and Monitoring & Evaluation

### Resources

#### Admission Electronic Health Record (E.H.R.)

#### Initial Interview

#### Admission Activities

#### Follow-up E.H.R. *(Over a 12-month period)*

#### Follow-up Interviews *(Over a 12-month period)*

#### Follow-up Activities

























## UNIQUE CASE FEATURES

- » Self-Assessment Multiple Choice Quiz
- » Interdisciplinary Interaction



























## LONG-TERM CARE ACTIVITIES

### ADMISSION ACTIVITIES

15.1	Self-Assessment Quiz			
15.2	Complete the Food Preference and Daily Intake Form			
15.3	Complete the Dietitian Initial Assessment & Nutrition Progress Note			
15.4	Complete the Baseline Care Plan			
15.5	Complete Section K of Minimum Data Set (MDS)			
15.6	Monthly Monitoring and Evaluation — Risk Tracking Form			
15.7	Coordination Note			
15.8	Video Introducing Yourself to Resident			

### FOLLOW-UP ACTIVITIES

15.9	Complete CAA #12, Nutrition Status			
15.10	Video of Care Planning Meeting			
15.11	Determine Which Activities are Needed <i>(Complete for each time period)</i>			
15.12	Complete the Selected Activities <i>(Complete for each time period)</i>			
15.13	Activities Performed at <b>DAY 30</b>			
15.14	Activities Performed at <b>DAY 60</b>			
15.15	Activities Performed at <b>DAY 90</b>			
15.16	Activities Performed at <b>4 MONTHS</b>			
15.17	Activities Performed at <b>5 MONTHS</b>			
15.18	Activities Performed at <b>6 MONTHS</b>			
15.19	Activities Performed at <b>7 MONTHS</b>			
15.20	Activities Performed at <b>8 MONTHS</b>			
15.21	Activities Performed at <b>9 MONTHS</b>			
15.22	Activities Performed at <b>10 MONTHS</b>			
15.23	Activities Performed at <b>11 MONTHS</b>			
15.23	Activities Performed at <b>12 MONTHS</b>			



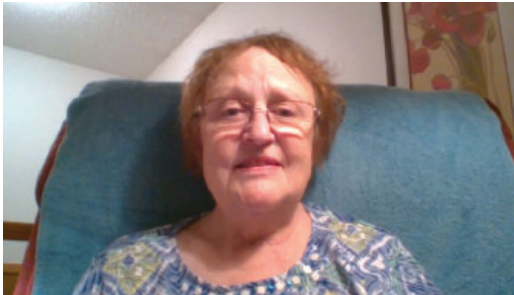
Practice Application



\* Replacement for  
Supervised Practice  
— Limited Time



# CASE 16: PALLIATIVE CARE



## Meet Lillie

**Case 16** addresses decisions made during Palliative and Hospice end-of-life care in the context of Lillie, a 73-year-old retired nurse. Lillie has end-stage breast cancer which metastasized to her bones, liver and lungs.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

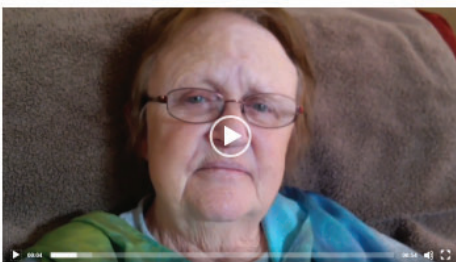
[Discussion Guides](#)

[Activity Grading Form](#)

[Technical Support For Your Classroom](#)

## VIDEOS

The case features a series of videos with Lillie.



## UNIQUE CASE FEATURES

- » Follow-up Care  
(two visits in the one case)
- » Interactive Interviewing Modules
- » Auto-grading Multiple Choice Quizzes
- » Electronic Health Record

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » The Dietitian, Grief and Dying
- » Approaches to Support Terminally Ill Patients
- » Palliative Care Patient's Priorities
- » The Dietitian's Role in the Palliative Care Team
- » Social, Psychological and Existential Perspectives on End-of-life Care
- » Medical Conditions that Benefit from Palliative Care Involvement
- » Palliative Care Phases
- » Palliative Care Clinical Assessment Tools
- » Quality of Life in Palliative Care Defined
- » Issues Encountered by the Dietitian
- » Communication with the Patient and Their Family

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring and Evaluation

#### Resources

#### Electronic Health Record

#### Story



# PALLIATIVE CARE ACTIVITIES

## TEST YOUR KNOWLEDGE

### 16.1 Test Your Knowledge — Multiple Choice Quiz



## FIRST VISIT (6-months prior to end-of-life)

### 16.2 Preparation for Palliative Care

- Video Recordings
- Short-form Questions
- Long-form Questions
- Multiple Choice Questions



## SECOND VISIT

### 16.3 End-of-Life Care

- Video Recordings
- Short-form Questions
- Long-form Questions
- Multiple Choice Questions



## DOCUMENTATION

### 16.4 Nutrition Progress Note



### 16.5 Evaluating Your Nutrition Progress Note



**ELECTRONIC HEALTH RECORD**

Lillie Dick | Gender: Female | 72 yrs | DOB: 03/10/YEAR | Pref Lang: English

File Daily Expt Lists P Chart Reminders Templates Encounters Rx Image WIP Modules Help

**Patient Information:**

- Patient # 000002
- Last Name DICK
- First Name LILLIE
- Bed
- MRN 71285
- CSN 67926353
- Preferred Language ENGLISH
- Patient Class OUTPATIENT

**High Risk of Falls:** Allergies: NO KNOWN ALLERGIES (NKA) Blood Type: A+

**Attend Provider:** D Luickas, MD

**Address:** 123 N GEORGE, HAPPYVILLE, ABC, 12345

**Home Ph:** 123-456-7899

**Work Ph:** N/A

**Employer:** RETIRED

**Status:** ACTIVE

**DOB:** 03/10/YEAR

**Age:** 72 yrs

**Sex:** FEMALE

**Marital Status:** WIDOWED

**Last Note:** 14/10/YEAR

**Signature:** D Luickas, MD, Oncology Specialist

**H&P:** Date of Service: MONTH/DAY/YEAR HR:MIN

**Signed:** Creation Time: MONTH/DAY/YEAR HR:MIN

**+ PATIENT ADMINISTRATION**

**+ PALLIATIVE CARE HOME HEALTH RECORD**

**+ HOSPICE CARE RECORD**

**+ PATIENT HISTORY**

**+ PROBLEM LIST**

**+ ENCOUNTERS**

**+ PROGRESS NOTES**

**+ IMAGING AND PROCEDURES**



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application





# CASE 17: Pediatric Food Allergy



## Meet Henri

The case begins with Henri at 12-months-old. He has a family history of food allergy & intolerances although his mother and father don't have a direct history of atopic disease. There are several cases of celiac disease, as well as multiple IgE-mediated food allergies, on his mother's side of the family. His father's side of the family has environmental allergens, histamine intolerance, and his father has lactose intolerance.

### EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guides](#)

[Activity Grading Form](#)

[Technical Support For Your Classroom](#)

### CASE MATERIALS

#### Learning Outcomes

##### Perspective

- » Prevalence of Food Allergies
- » Definitions
- » Types of Food Allergies
- » Overview of Adverse Food Reactions
- » Pathophysiology of Food Allergy
- » Food Allergy Medical Diagnosis
- » Management Strategies
- » Overview of Food Allergy Key Considerations
- » Impact on Growth and Nutrition
- » Impact on Quality of Life
- » Interdisciplinary Roles

##### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring and Evaluation

##### Resources

##### Story

##### Diet History

##### Activities

### VIDEOS

The case features a series of videos with Henri and his Mom.



### UNIQUE CASE FEATURES

- » Follow-up Care  
(two visits in the one case)
- » Auto-grading Multiple Choice Quizzes



# FOOD ALLERGY ACTIVITIES

## TEST YOUR KNOWLEDGE

**17.1** Test Your Knowledge — Multiple Choice Quiz



## FIRST VISIT

**17.2** Preparation for Food Allergy

- Video Recordings
- Short-form Questions
- Long-form Questions
- Multiple Choice Questions



## SECOND VISIT

**17.3** End-of-Life Care

- Video Recordings
- Short-form Questions
- Long-form Questions
- Multiple Choice Questions

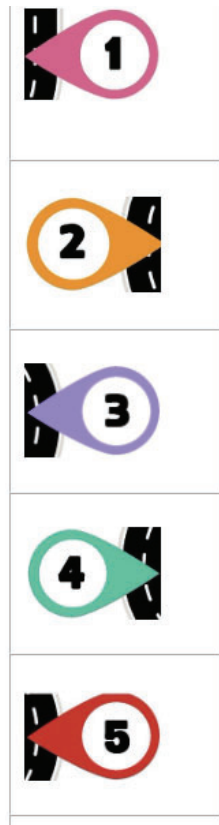
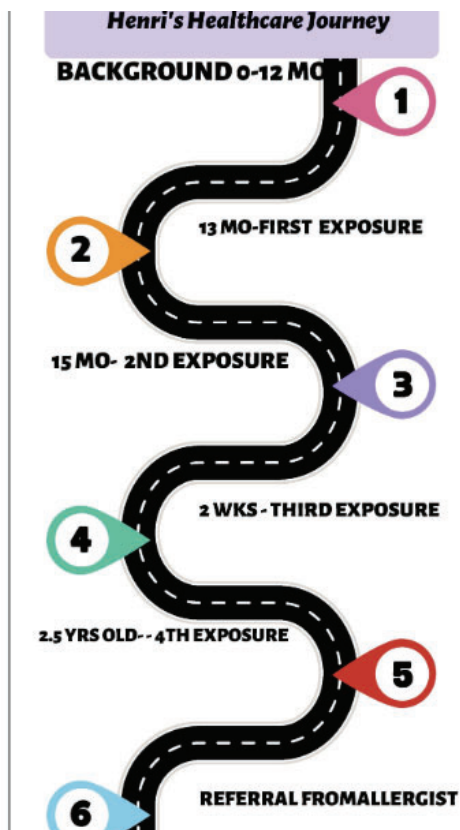


## DOCUMENTATION

**17.4** Nutrition Progress Note



**17.5** Evaluating Your Nutrition Progress Note



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application



# CASE 18: Human Immunodeficiency Virus (HIV)



## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

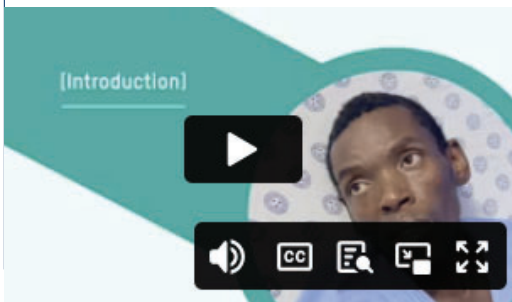
[Discussion Guides](#)

[Activity Grading Form](#)

[Technical Support For  
Your Classroom](#)

## VIDEOS

The case features a series of videos with August and the dietitian at the hospital bedside.



## UNIQUE CASE FEATURES

- » Hospital Care  
(One visit in the one case)
- » Recorded Lectures on HIV
- » Bedside Video Recordings
- » Auto-grading Multiple  
Choice Quizzes

## Meet August

August is a 48-year-old Zulu-speaking man who lives with his wife and two sons in an informal settlement near the Hospital where you work as a clinical dietitian. August was diagnosed with HIV at the age of 28 (horizontal transmission) and is currently on FDC (TLD regimen). He reports to be compliant with treatment. He is admitted SMHSU hospital with a clinical picture of parapneumonic effusion with a possible etiology of streptococcus pneumonia.

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to HIV/AIDs
- » Prevalence
- » Signs and Symptoms
- » Major Risk Factors
- » Screening and Diagnosis
- » Treatment
- » Healthcare Systems
- » South African Healthcare System
- » Intervention Summary

### HIV Lectures

#### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring and Evaluation

### Resources

#### Hospital Medical Chart

#### Story

#### Diet History

#### Activities



# HIV ACTIVITIES

## TEST YOUR KNOWLEDGE

### 18.1 Test Your Knowledge — Multiple Choice Quiz



## FIRST VISIT - BEDSIDE

### 18.2 Preparation for HIV

- HIV Lectures
- Patient Video Recordings
- Complete Nutrition Care Form
- Complete Nutrition Progress Note



### 18.3 Evaluating Your Nutrition Progress Note



## SECOND VISIT - OUTPATIENT REVIEW

### 18.4 Review resources

- Complete Nutrition Care Form
- Complete Chart Entry



### 18.5 Evaluating Your Nutrition Progress Note



Preparing for Clinical Practice / Remedial



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Practice Application



NUTRITION CARE  
PROFESSIONALS

## Nutrition Care Record

Student Name:  
University:  
Class:

### PATIENT DETAILS

Name:	SES Classification:
Date of Birth:	Area/Province of Residence:
Gender:	Country of Origin:
Contact Details:	Other:
Ward/Bed:	

### REFERRAL

Reason for referral to dietitian:

Source of referral:

Contact no:

Referral date & time:

First contact date & time (Dietitian):

### CLIENT HISTORY

DATE	MEDICAL DIAGNOSIS/MEDICAL HISTORY	TREATING DOCTORS
	1. Diagnosis:	
	2. Co-morbidities:	
	3. Precautions: <input type="checkbox"/> TB <input type="checkbox"/> Pregnancy <input type="checkbox"/> Isolation	
	4. Medical Treatment Plan:	
	5. Diet Restrictions/Special Diet:	
	6. Food Allergies:	



# MODULES IN DEVELOPMENT

## Managing Your Consultation Modules



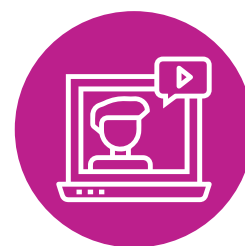
Managing Your Consultation Modules III through VIII are currently in development. Pilot testing opportunities will be advised.

### Coming soon...

Module III	Physical Activity
Module IV	Knowledge, Beliefs and Attitudes
Module V	Nutrition Diagnosis and Intervention
Module VI	Monitoring and Evaluation
Module VII	Summary
Module VIII	Documentation

## Pre-recorded lectures/podcasts add-on:

Additional offerings for instructors with podcast/pre-recorded lecture on introductory Nutrition Care Process and Terminology to support instructors who would like to use the flipped classroom content and use classroom time to complete the activities instead of lectures with the assignments as homework assignments.



## MODULES

**Module I** **Beginning the Consultation:**  
Consultation preparation, time allocation activity, and introductions.  
**a. Clinical Policies**  
**b. Preliminary Nutrition Assessment**  
**c. Introductory Comments, Summary**

### COMING

**Module III** **PHYSICAL ACTIVITY:**  
Determining physical activity, estimating energy needs, estimating changes needed for weight change.

**Module IV** **KNOWLEDGE, BELIEFS AND ATTITUDES:**  
Exploring knowledge level, perceptions of benefits, barriers, and health risk.

**Module V** **NUTRITION DIAGNOSIS AND INTERVENTION:**  
Selection of nutrition diagnosis(es) to address, nutrition prescription, and nutrition intervention strategies and goals.

**Module II** **Dietary Intake:**  
Close vs open ended questions, interpreting and analyzing information, and making preliminary nutrition diagnosis from intake domain.  
**a. Interviewing Questions and Clarification Background**  
**b. Interview**  
**c. Analysis and Interpretation**

**Module VI** **MONITORING AND EVALUATION:**  
Selecting indicators to monitor progress towards goals.

**Module VII** **SUMMARY:**  
Summarizing the consultation (dietitian and patient).

**Module VIII** **DOCUMENTATION:**  
Selecting information for nutrition progress notes, writing and evaluating nutrition progress note.



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



# MODULES IN DEVELOPMENT

## Case 16: Palliative Care



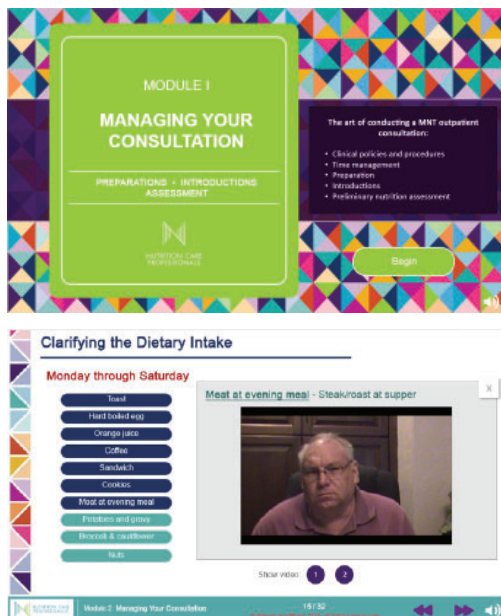
### Student Activities

- Four encounters (one in each phase)
- Scored Self Assessment Quiz
- Self Reflection
- Video Assignment (simulated interaction with client)
- Nutrition Progress note (one in each phase)



## Case 19: Managing the Consultation

Adult Weight Management Case is presented in a series of interactive student directed modules.



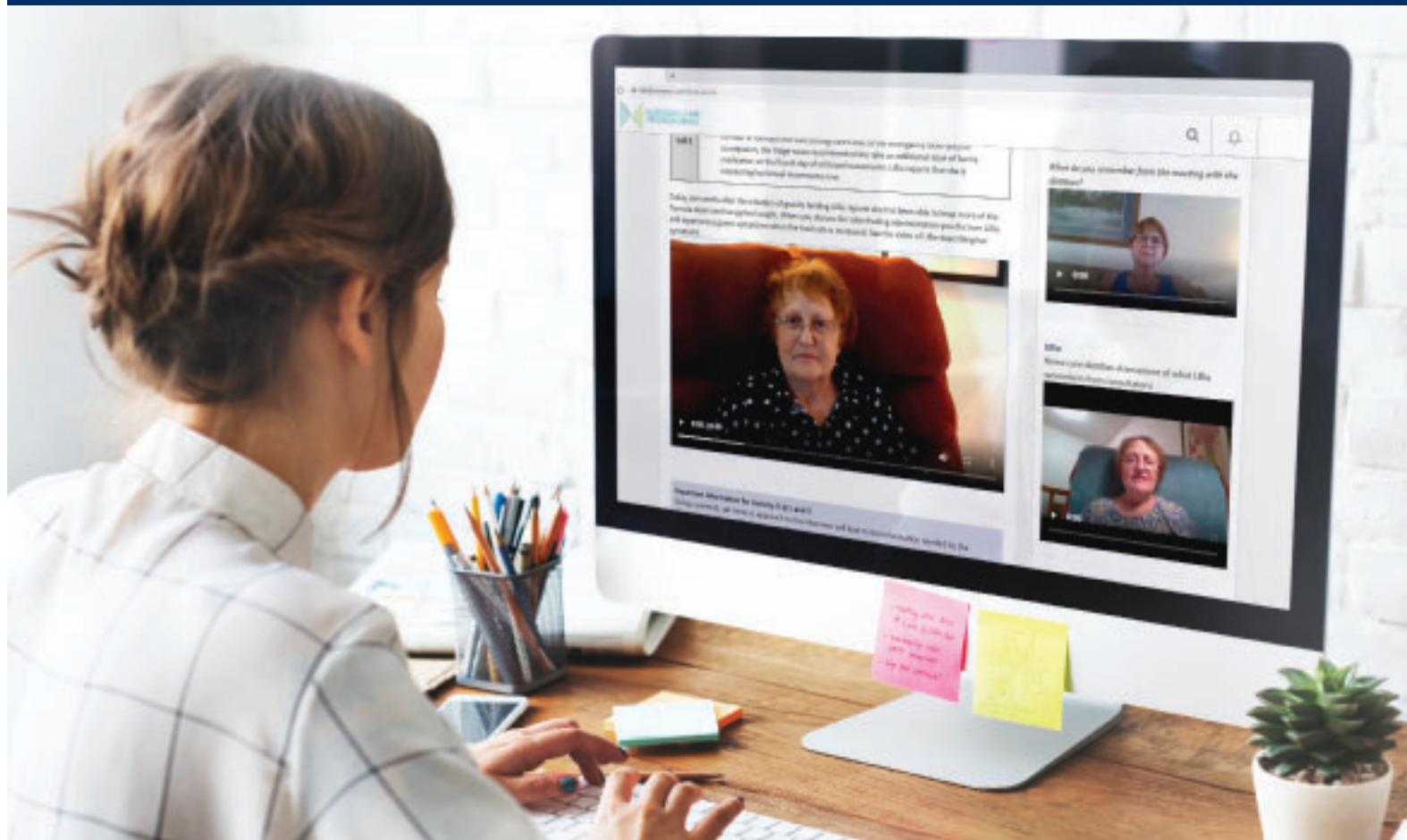
### NEW MODULES

- » Students progress through the interview by selecting topics they want to discuss with client and hear client response.
- » Student is guided through the interaction with prompts such as note taking during interview to ensure that key information is documented.
- » Unsourced knowledge checks help them interpret and analyze what they are hearing from the client.
- » Other activities help clarify thinking, e.g. time allocation activity.
- » Scored quizzes focus on whether data has been interpreted.
- » The progress note that is prepared is analyzed using a chart audit tool and student modifies their progress note if needed.





**“It brings together practical & theoretical elements, guiding the reader in developing critical thinking & problem solving skills”**  
— Sandra Capra



**“This is invaluable to students who seldom have the experience of follow-up in real-life experiences.”**  
— Karen Lacey



# Contact Us — We are here to help!



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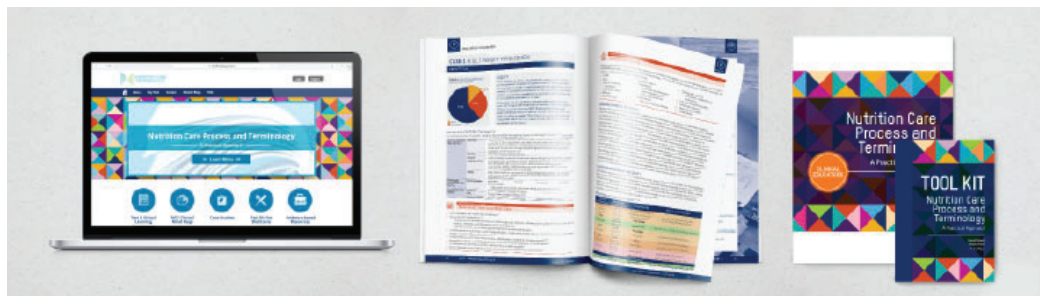


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NUTRITION CARE  
PROFESSIONALS

# CUSTOMIZE YOUR NPro Package



## Select Your Cases

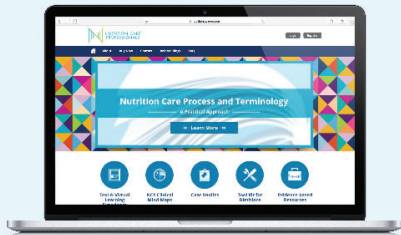


Customize student learning with the NPro online learning technology. Select from our range of printed & online case studies. Cases can be purchased by the Dietetics Program or by students.

*Note — the Adult Weight Management case has the answers provided so students can see examples of completed assignments.*

NCPRO OFFERS THE CASE STUDIES	ONLINE VLE
Adult Weight Management	✓
Hypertension	✓
Type 2 Diabetes	✓
Malnutrition and Cancer	✓
Pediatric Weight Management	✓
Chronic Kidney Disease	✓
Diverticular Disease	✓
Cystic Fibrosis	✓
Home Enteral Nutrition and Malnutrition	✓
Celiac Disease	✓
Cirrhosis (Inpatient) E.H.R	✓
Liver Disease (Outpatient)	✓
Community Nutrition — Adult Weight Management	✓
Coronary Heart Disease	✓
Residential Care — Skilled Nursing (Long-term Care)	✓
Palliative Care	✓
Paediatric Food Allergy	✓
Human Immunodeficiency Virus (HIV)	✓
Managing The Consultation	✓

## ONLINE VLE CASE STUDIES (18 MONTH SUBSCRIPTION)



### ONLINE SUBSCRIPTIONS

Contact  
[info@nutritioncarepro.com](mailto:info@nutritioncarepro.com)  
to customize a series that  
meets your curriculum  
requirements.

NO. OF ONLINE CASE STUDIES	PRICE PER STUDENT (USD)
2	\$40
3	\$60
4	\$80
5	\$100
14 Cases	\$140
18 Cases	\$160

*Prices from September 2023*

## TOOL KIT (PRINTED)



### THE TOOL KIT

Print version of the  
Tool Kit for use with online  
cases.

### TOOL KIT

**\$20**

*Please note,  
shipping & handling for printed  
Tool Kit varies.  
Contact Esther for a quote.*

### FOR INQUIRIES CONTACT

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