

NCP Pro Case Studies 2021



nutritioncarepro.com

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

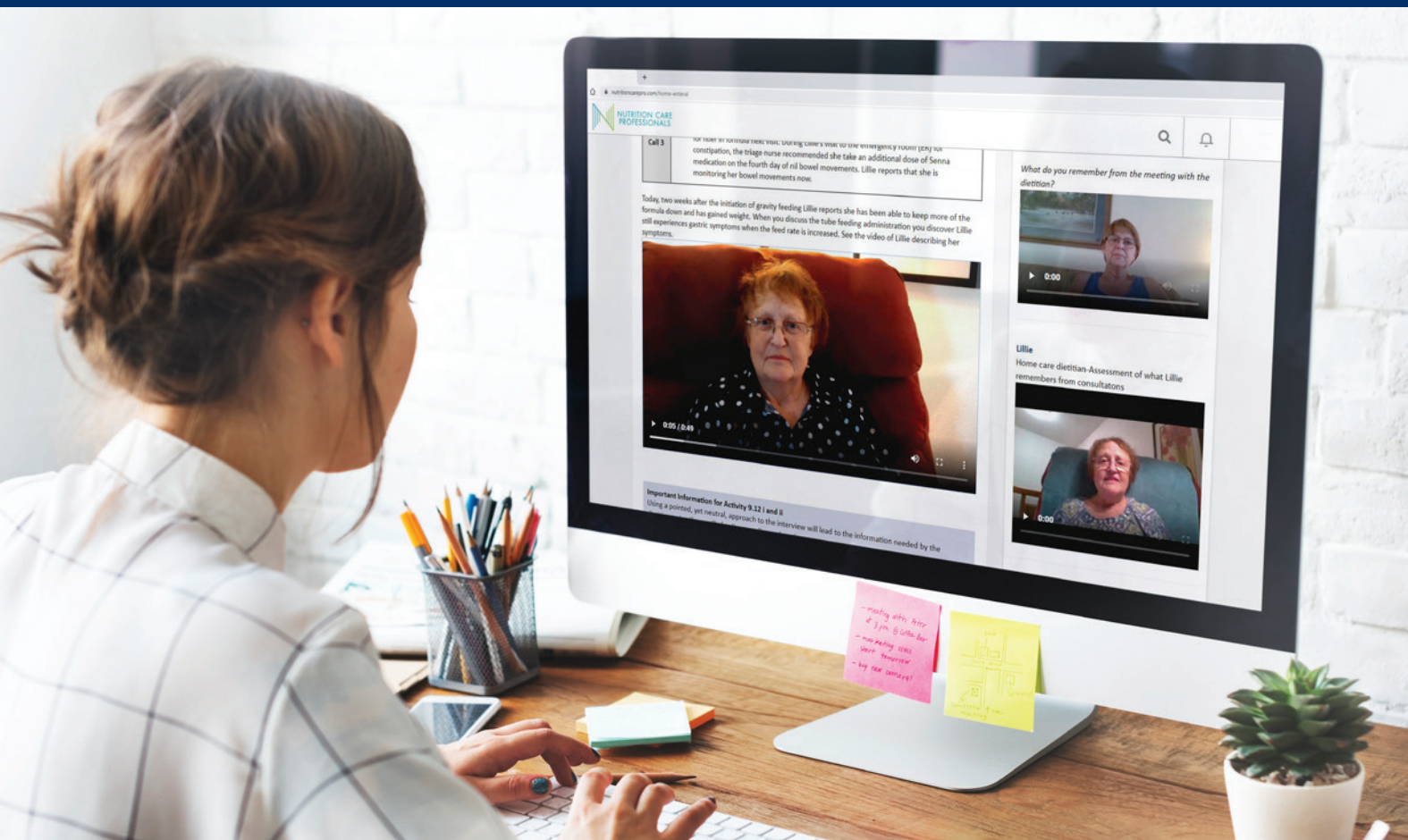
Speak to the NCPPro Team & See How You Can Enhance Your Teaching

NCPPro CASE STUDIES

Table of Contents

NCPPro Program Features & Impact	5
Case 1 Adult Weight Management	8
Case 2 Hypertension	10
Case 3 Type 2 Diabetes	12
Case 4 Malnutrition & Cancer	14
Case 5 Pediatric Weight Management	16
Case 6 Chronic Kidney Disease	18
Case 7 Diverticular Disease	20
Case 8 Cystic Fibrosis	22
Case 9 Home Enteral Nutrition & Malnutrition	24
Case 10 Celiac Disease — EHR	26
Case 11 Cirrhosis (Inpatient) — EHR	28
Case 12 Liver Disease (Outpatient) — EHR	30
Case 13 <u>Community Nutrition</u> —Adult Weight Management	32
Case 14 Coronary Heart Disease	34
Case 15 Residential Care — Skilled Nursing	36
Customize Your NCPPro Package	40
Pricing	41

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

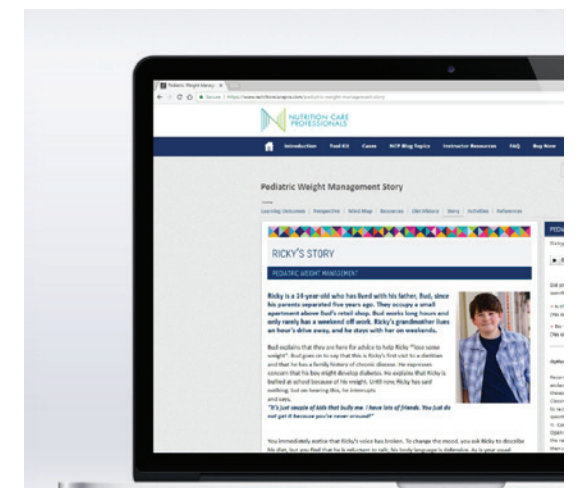


**“This is invaluable to students who seldom have the experience of follow-up in real-life experiences.”
— Karen Lacey**

FEATURES & IMPACT

NCPPro Virtual Learning Environment

- » Complete solution for digital teaching and learning the NCPT
- » Tailored to meet the individual learning needs of your students
- » Life-like video simulations of patient-dietitian interactions
- » Interactive modules on selected topics, e.g. interviewing techniques and interdisciplinary team functions
- » Recordings of medical specialists discussing the patients who appear in the case studies
- » Time-saving auto-calculating Nutrition Analysis spreadsheets
- » Clinical educator resources including PowerPoint presentations & answer guides
- » Virtual classroom with capacity for lecturers to teach anywhere, anytime



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.



FEATURES & IMPACT

NCPPro Textbook

The **Nutrition Care Process and Terminology: A Practical Approach** textbook and NCPPro Virtual Learning Environment provide a unique platform for teaching Medical Nutrition Therapy & related subjects.

Each case includes:

- » **Introduction** to the NCPT
- » **Perspectives** — case specific literature reviews
- » **Mind Maps** featuring the NCP terms & codes
- » Student **Resources** lists
- » **Learning Outcomes**
- » **Case worksheets** - roadmap to data required from each activity
- » Patient **Stories & Diet Histories**
- » Nutrition Assessment, Diagnosis, Intervention, Monitoring & Evaluation **Activities**
- » **Answer Guides** for educators
- » Companion **Tool Kit** textbook

The Virtual Learning Environment takes an activity-based, case-study approach to the Nutrition Care Process & Terminology. Cases 1 to 5 and the Tool Kit are available in textbook format.

The textbook provides a series of interrelated case studies. These high-interest clinical scenarios are designed to be used independently or in succession. They incorporate the latest evidence-based, dietetics science with critical thinking material and problem-based-learning activities and are updated annually to save the educator time.



YOUR GUIDE TO SELECTING ACTIVITIES

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



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



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

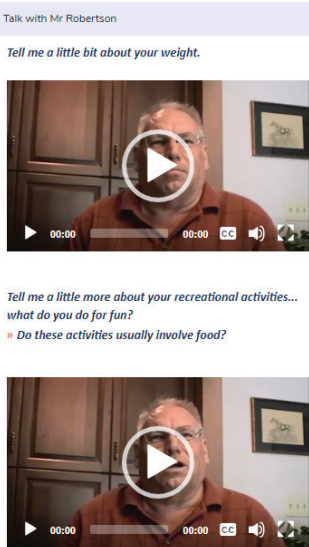
Case 1 addresses adult weight management in the context of Mr Robertson, a 65-year-old man whose family doctor is concerned about his recent weight gain. Mr Robertson’s diet is high in occasional foods and exceeds his recommended daily energy intake. Since retiring six months ago he has adopted a sedentary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

EDUCATOR MATERIALS

- Discussion Guide PowerPoint
- Activity Grading From
- MyFoodRecord Nutrition Analysis
- Technical Support For Your Classroom

VIDEOS

The case features a series of videos with Mr Robertson.



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)

ADULT WEIGHT MANAGEMENT ACTIVITIES

WS Adult Weight Management Worksheet	☆	☆	☆
1.1 Apportioning Recipes	☆		
1.2 Completing Nutrition Analysis	☆	☆	
1.3 Evaluating Food Servings	☆		
1.4 Comparing to Dietary Guidelines	☆		
1.5 Plotting BMI Trends	☆		
1.6 Estimating Energy & Protein Needs	☆		
1.7 Evaluating the Impact of Physical Activity	☆		
1.8 Assessing Knowledge, Beliefs & Attitudes	☆	☆	
1.9 Summarizing Nutrition Assessment	☆		
1.10 Creating an Initial List of Nutrition Diagnoses	☆		
1.11 Developing PES Statements	☆	☆	
1.12 Formulating a Nutrition Prescription & Aims	☆	☆	
1.13 Creating an Initial List of Nutrition Interventions	☆	☆	
1.14 Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention	☆		
1.15 Formulating Specific Behavioral-Change Targets	☆	☆	
1.16 Creating a Plan for Nutrition Monitoring & Evaluation	☆	☆	
1.17 Nutrition Progress Note	☆	☆	☆
1.18 Closing Video	☆	☆	☆
ADDED FALL 2020			
1.19 Self-Evaluation of Progress Note		☆	☆

Preparing for Clinical Practice / Remedial

Prepared for Patient Contact / Remedial

Practice Application



CASE 2: HYPERTENSION



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.

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?



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. His diet continues to exceed his recommended intake and he still enjoys beer. Mr Robertson's physical activity continues to be sedentary.

CASE MATERIALS

Learning Outcomes

Perspective

- » Introduction to Hypertension
- » Major Risk Factors for Hypertension
- » Signs & Symptoms of Hypertension
- » Diagnosing Hypertension
- » 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

HYPERTENSION ACTIVITIES

WS Hypertension Worksheet



2.0 Opening Video with Mr Robertson



2.1 Completing Nutrition Analysis



2.2 Evaluating Food Servings



2.3 Comparing to Dietary Guidelines



2.4 Plotting BMI Trends



2.5 Assessing Knowledge, Beliefs & Attitudes



2.6 Summarizing Nutrition Assessment



2.7 Evaluating Existing Nutrition Diagnoses



2.8 Creating an Initial List of Nutrition Diagnoses



2.9 Developing PES Statements



2.10 Formulating a Nutrition Prescription & Aims



2.11 Creating an Initial List of Nutrition Interventions



2.12 Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention



2.13 Formulating Specific Behavioral-Change Targets



2.14 Creating a Plan for Nutrition Monitoring & Evaluation



2.15 Nutrition Progress Note



2.16 Interviewing Techniques Module (Physical Activity Assessment)



ADDED FALL 2020

2.17 Self-Evaluation of Progress Note



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application



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

VIDEOS

The case features a series of videos with Mr Robertson.



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

TYPE 2 DIABETES ACTIVITIES

WS Type 2 Diabetes Worksheet	☆	☆	☆
3.1 Apportioning Recipes	☆		
3.2 Completing Nutrition Analysis	☆	☆	
3.3 Evaluating Food Servings	☆		
3.4 Comparing to Dietary Guidelines	☆		
3.5 Plotting BMI Trends	☆		
3.6 Estimating Carbohydrate Distribution & Type	☆	☆	☆
3.7 Evaluating the Impact of Physical Activity	☆	☆	☆
3.8 Estimating Energy Needs	☆		
3.9 Assessing Knowledge, Beliefs & Attitudes	☆	☆	
3.10 Summarizing Nutrition Assessment	☆		
3.11 Evaluating Existing Nutrition Diagnoses	☆		
3.12 Creating an Initial List of Nutrition Diagnoses	☆		
3.13 Developing PES Statements	☆	☆	
3.14 Formulating a Nutrition Prescription & Aims	☆	☆	
3.15 Creating an Initial List of Nutrition Interventions	☆	☆	☆
3.16 Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention	☆	☆	
3.17 Formulating Specific Behavioral-Change Targets	☆	☆	
3.18 Creating a Plan for Nutrition Monitoring & Evaluation	☆	☆	
3.19 Creating a Meal Plan	☆	☆	☆
3.20 Nutrition Progress Note	☆	☆	☆
3.21 Closing Video	☆	☆	☆
ADDED FALL 2020			
3.22 Self-Evaluation of Progress Note		☆	☆

Preparing for Clinical Practice / Remedial

Prepared for Patient Contact / Remedial

Practice Application



CASE 4: MALNUTRITION & CANCER



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. Mr Robertson is suffering from a diminished appetite and his clothes are getting looser. His diet has changed significantly from the last consultation. He reports a feeling of fatigue and as a result has not been participating in his regular exercise.

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

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 of Malnutrition
- » Nutrition Intervention for Malnutrition
- » Cachexia

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

MALNUTRITION AND CANCER ACTIVITIES

WS Malnutrition and Cancer Worksheet

4.0 Nutrition Screening

4.1 Completing Nutrition Analysis

4.2 Evaluating Food Servings

4.3 Plotting BMI Trends

4.4 Assessing Biochemical Data, Medical Tests & Procedures

4.5 Malnutrition Assessment

4.6 Energy & Protein Needs (Comparative Standards)

4.7 Assessing Knowledge, Beliefs & Attitudes

4.8 Summarizing Nutrition Assessment

4.9 Evaluating Existing Nutrition Diagnoses

4.10 Creating an Initial List of Nutrition Diagnoses

4.11 Developing PES Statements

4.12 Formulating a Nutrition Prescription & Aims

4.13 Creating an Initial List of Nutrition Interventions

4.14 Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention

4.15 Formulating Specific Behavioral-Change Targets

4.16 Creating a Plan for Nutrition Monitoring & Evaluation

4.17 Nutrition Progress Note

4.18 Hallway Conversation with Mr Robertson's Physician

4.19 Malnutrition Diet Disease Link

ADDED FALL 2020

4.20 Self-Evaluation of Progress Note



Preparing for Clinical Practice / Remedial



Prepared for Patient 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](#)

PEDIATRIC WEIGHT MANAGEMENT ACTIVITIES

WS Pediatric Weight Management Worksheet



5.1 Completing Nutrition Analysis — Full and Abbreviated



5.1a Completing Nutrition Analysis — Abbreviated Only



5.2 *(Intentionally left blank)*

5.3 Comparing to Dietary Guidelines



5.4 Growth, Developmental Considerations & Energy Needs



5.5 *(Intentionally left blank)*

5.6 *(Intentionally left blank)*

5.7 *(Intentionally left blank)*

5.8 Assessing Knowledge, Beliefs & Attitudes



5.9 Summarizing Nutrition Assessment



5.10 Creating an Initial List of Nutrition Diagnoses



5.11 Developing PES Statements



5.12 Formulating a Nutrition Prescription & Aims



5.13 Creating an Initial List of Nutrition Interventions



5.14 Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention



5.15 Formulating Specific Behavioral-Change Targets



5.16 Creating a Plan for Nutrition Monitoring & Evaluation



5.17 Nutrition Progress Note



5.18 Asking Open-Ended Question



ADDED FALL 2020

5.19 Self-Evaluation of 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 the dietitian to get "back on track" with her diet, slow her CKD progression and 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.

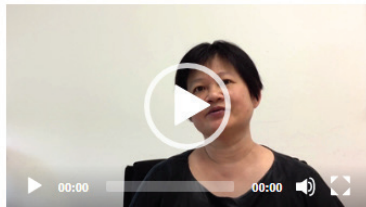
CONVERSATION BETWEEN MEI AND HER NEPHR...

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

CHRONIC KIDNEY DISEASE ACTIVITIES

WS Chronic Kidney Disease Worksheet



6.1 Completing Nutrition Analysis



6.2 Evaluating Food Servings



6.3 Comparing to Dietary Guidelines



6.4 Assessing Biochemical Data, Medical Tests & Procedures



6.5 Nutrition Focused Physical Assessment



6.6 Plotting Weight & BMI Trends



6.7 Estimating Energy & Protein Needs



6.8 Evaluating the Impact of Physical Activity



6.9 Assessing Knowledge, Beliefs & Attitudes



6.10 Summarizing Nutrition Assessment



6.11 Creating an Initial List of Nutrition Diagnosis



6.12 Developing PES Statements



6.13 Formulating a Nutrition Prescription & Aims



6.14 Creating an Initial List of Nutrition Interventions



6.15 Re-evaluating the Initial Nutrition Diagnosis & Nutrition Intervention



6.16 Formulating Specific Behavioral-Change Targets



6.17 Creating a Plan for Nutrition Monitoring & Evaluation



6.18 Nutrition Progress Note



ADDED FALL 2020

6.19 Self-Evaluation of Progress Note



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.



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

☆ Preparing for Clinical Practice / Remedial

☆ Prepared for Patient Contact / Remedial

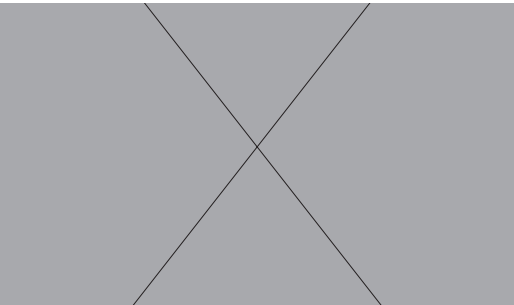
☆ Practice Application

DIVERTICULAR DISEASE ACTIVITIES

WS	Diverticular Disease Worksheet	☆	☆	☆
7.1	Completing Nutrition Analysis	☆	☆	
7.2	Evaluating Food Servings	☆		
7.3	Examining the Impact of Alcohol (Optional Activity)		☆	☆
7.4	Comparing to Dietary Guidelines	☆		
7.5	Plotting BMI Trends	☆		
7.6	Estimating Energy Needs	☆		
7.7	Assessing Biochemical Data, Medical Tests & Procedures	☆	☆	
7.8	Evaluating the Impact of Physical Activity	☆		
7.9	Assessing Knowledge, Beliefs & Attitudes	☆		
7.10	Summarizing Nutrition Assessment	☆		
7.11	Predicting Existing Nutrition Diagnoses	☆	☆	☆
7.12	Evaluating Existing Nutrition Diagnoses	☆	☆	
7.13	Creating an Initial List of Nutrition Diagnoses	☆	☆	
7.14	Developing PES Statements	☆	☆	
7.15	Formulating a Nutrition Prescription & Aims	☆	☆	
7.16	Creating an Initial List of Nutrition Interventions	☆	☆	
7.17	Developing a Meal Plan for Discharge – High-fiber Diet	☆	☆	☆
7.18	Developing a Patient-Centered Counseling Plan	☆	☆	☆
7.19	Re-evaluating the Initial Nutrition Diagnosis & Nutrition Interventions	☆		
7.20	Formulating Specific Behavioral-Change Targets	☆	☆	
7.21	Creating a Plan for Nutrition Monitoring & Evaluation	☆	☆	
7.22	Nutrition Progress Note	☆	☆	☆
ADDED FALL 2020				
7.23	Self-Evaluation of Progress Note		☆	☆



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

VIDEOS

The case features a series of videos with Gemma.

GEMMA'S VIDEO

Gemma's Videos

Introductions

Gemma, what brings you here today?

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 Whats new?
- » The importance of enzymes

Diet History

CYSTIC FIBROSIS ACTIVITIES

WS	Cystic Fibrosis Worksheet	☆	☆	☆
8.1	Self Assessment	☆	☆	☆
8.2	Completing Nutrition Analysis	☆		
8.3	Comparing Intake to CF Dietary Guidelines	☆	☆	☆
8.4	Plotting BMI and Evaluating Weight	☆		
8.5	Estimating Energy, Protein, Fluid and Sodium Needs	☆	☆	☆
8.6	Assessing Knowledge, Beliefs & Attitudes	☆	☆	
8.7	Summarizing Nutrition Assessment	☆		
8.8	Evaluating Prior Nutrition Diagnoses and Creating a List of Nutrition Diagnoses	☆	☆	
8.9	Developing PES Statements	☆	☆	
8.10	Formulating a Nutrition Prescription & Aims	☆	☆	
8.11	Creating a List of Nutrition Interventions	☆	☆	
8.12	Formulating Specific Behavioral-Change Targets	☆	☆	
8.13	Developing a Meal Plan	☆	☆	☆
8.14	Creating a Plan for Nutrition Monitoring & Evaluation	☆	☆	
8.15	Nutrition Progress Note	☆	☆	☆
8.16	Closing Video	☆	☆	☆
ADDED FALL 2020				
8.17	Self-Evaluation of Progress Note		☆	☆
COMING SOON				
8.18	Cultural Competency Module		☆	☆

☆ 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](#)

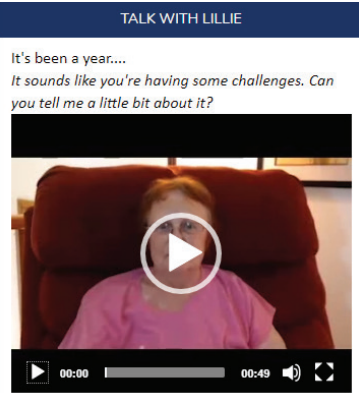
[Discussion Guide PowerPoint](#)

[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

Preparing for Clinical Practice / Remedial

Prepared for Patient Contact / Remedial

Practice Application

HOME ENTERAL NUTRITION AND MALNUTRITION ACTIVITIES

WS Home Enteral Nutrition Worksheet			
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 Nutrition Prescription and Aims			
9.8 Nutrition Intervention			
9.9 Nutrition Monitoring and Evaluation			
9.10 Nutrition Progress Note — Initial Consultation			
9.11 Video Describing Dumping Syndrome			
SECOND VISIT			
9.12 Re-Assessment and Revising Medical Nutrition Therapy			
9.13 Nutrition Progress Note — Second Consultation			
9.14 Video Discussing Constipation			
THIRD VISIT			
9.15 Re-Assessment and Re-focusing Medical Nutrition Therapy			
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			
ADDED FALL 2020			
9.21 Self-Evaluation of Progress Note			

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](#)

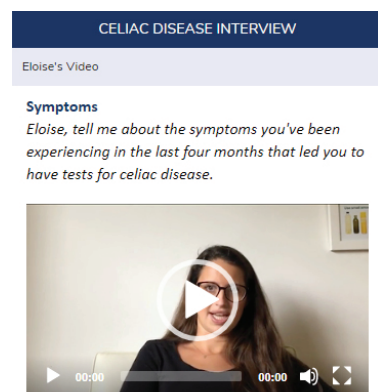
[Discussion Guide PowerPoint](#)

[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

CELIAC DISEASE ACTIVITIES

WS	Celiac Disease Worksheet	☆	☆	☆
10.1	Self Assessment	☆	☆	☆
10.2	Analyzing Quality of Life and Celiac Disease Adherence Test	☆	☆	☆
10.3	Completing Nutrition Analysis (Abbreviated)	☆	☆	
10.4	Comparing to Dietary Guidelines	☆		
10.5	Estimating Energy, Protein and Iron Needs	☆		
10.6	Assessing Knowledge, Beliefs and Attitudes	☆	☆	
10.7	Summarizing Nutrition Assessment	☆		
10.8	<i>(Intentionally left blank)</i>			
10.9	Initial List of Nutrition Diagnosis and PES Statements	☆	☆	
10.10	Formulating a Nutrition Prescription and Aims	☆	☆	
10.11	Creating a List of Nutrition Interventions	☆	☆	
10.12	Formulating Specific Behavioral-Change Targets	☆	☆	
10.13	Creating a Meal Plan	☆	☆	☆
10.14	Creating a Plan for Nutrition Monitoring and Evaluation	☆	☆	
10.15	Nutrition Progress Note	☆	☆	☆
10.16	Optional Diet-Disease Relationship Video	☆	☆	☆
10.17	Optional Population-Based Nutrition Action Menu Evaluation and In-service	☆	☆	☆
10.18	Optional Celiac Disease Genetic Questions Video		☆	☆
ADDED FALL 2020				
10.19	Self-Evaluation of Progress Note		☆	☆

☆ Preparing for Clinical Practice / Remedial

☆ Prepared for Patient Contact / Remedial

☆ 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?

00:00 00:00

When did you notice the weight loss?

00:00 00:00

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

» Videos with Ava

CIRRHOSIS (INPATIENT) ACTIVITIES

WS Cirrhosis Worksheet



11.1 Self Assessment



11.2 Nutrition Progress Note — Day 2



11.3 Nutrition Consultation for Discharge Diet — Day 3



ADDED FALL 2020

11.4 Self-Evaluation of Progress Note



Preparing for Clinical Practice / Remedial

Prepared for Patient Contact / Remedial

Practice Application

HOME

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

ELECTRONIC HEALTH RECORD

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

Allergies: NKA

Bed: 6136-01 | MRN: 324564 | CSN: 805426969

Attending Provider: R.M. Myers | Patient Class: Inpatient | Readmission: N

R.M. Myers, MD
Physician
H05000001

H&P
Signed
Date of Service: MONTH/DAY/YEAR HR:MIN
Creation Time: MONTH/DAY/YEAR HR:MIN

+ PATIENT HISTORY

+ PROBLEM LIST

+ ENCOUNTERS

Date and Time	Type of Encounter	Author
Day 1 - 08:00 pm	admission to hospital	Myers, MD
Day 1 - 11:00 pm	Emergency department visit Emergency department summary	George, MD
	telephone call	
	Telephone call to remove prescription	
8 years ago	office visit outpatient consultation - post-hospitalization follow-up	Smith, MD
8 years ago	Admission to hospital Hospital discharge summary - diverticular disease	Myers, MD

+ NOTES

+ IMAGING

+ SUMMARY OF LABORATORY RESULTS

+ VITALS AND WEIGHT

+ CARDIOLOGY



CASE 12: LIVER DISEASE (OUTPATIENT)



Meet Ava

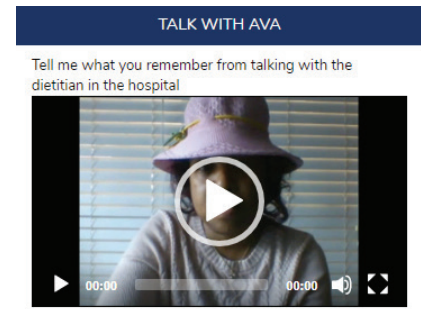
Case 12 addresses liver disease in the context of Ava Williamson, a 70-year-old female with a recent diagnosis of cirrhosis of the liver with resulting hepatic encephalopathy and ascites.

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 to Liver Disease
- » 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



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application

LIVER DISEASE (OUTPATIENT) ACTIVITIES

WS

Liver Disease Worksheet



12.1

Completing Nutrition Analysis



12.2

Comparing to Dietary Guidelines



12.3

Assessing BMI Trends & Weight Status



12.4

Patient-Generated Subjective Global Assessment



12.5

Optional Alcohol Use Disorder Id. Test (AUDIT)



12.6

Assessing Energy, Protein and Fluid Requirements



12.7

Assessing Biochemical Data, Medical Tests & Procedures



12.8

Assessing Knowledge, Beliefs & Attitudes



12.9

Summarizing Nutrition Assessment



12.10

Re-Assessing and Creating a List of Initial Nutrition Diagnoses and PES Statements



12.11

Formulating A Nutrition Prescription and Aims



12.12

Formulating Nutrition Interventions



12.13

Support Networks



12.14

Creating A Meal Plan



12.15

Video Discussing Alcohol Misuse



12.16

Developing a Patient-Centered Counseling Plan



12.17

Creating a Plan for Nutrition Monitoring & Evaluation



12.18

Nutrition Progress Note



12.19

Video — Diet Disease Relationship



12.20

Optional Activities That Explore Alcohol Intake



12.21

Video Conversation with Physician About Recommendations for Nutrition Care for Liver Disease



ADDED FALL 2020

12.22

Self-Evaluation of Progress Note



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

- WS Community Nutrition Worksheet
- 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



CASE 14: CORONARY HEART DISEASE



Meet Jorge

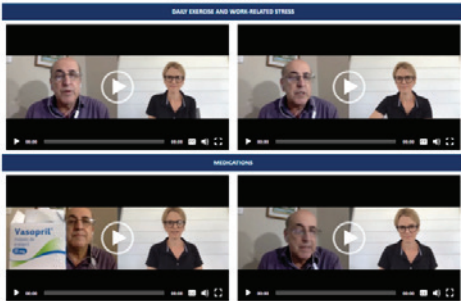
Case 14 addresses coronary heart disease (CHD) in the context of Jorge Acosta, a 64-year-old Brazilian man who has recently undergone a successful coronary artery bypass surgery. The case features an Electronic Health Record (E.H.R) as well as a *telehealth consultation through an interpreter*.

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

- + Patient Administration
 - + Patient History
 - + Problem List
 - + Encounters
 - + Progress Notes
 - + Imaging & Procedures
- + Laboratory Results
 - + Vitals and Weight
 - + Orders
 - + Medications
 - + Diet

Story

Diet History

Telehealth Consultation

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

CORONARY HEART DISEASE (OUTPATIENT) ACTIVITIES

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



Preparing for Clinical Practice / Remedial



Prepared for Patient Contact / Remedial



Practice Application



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.

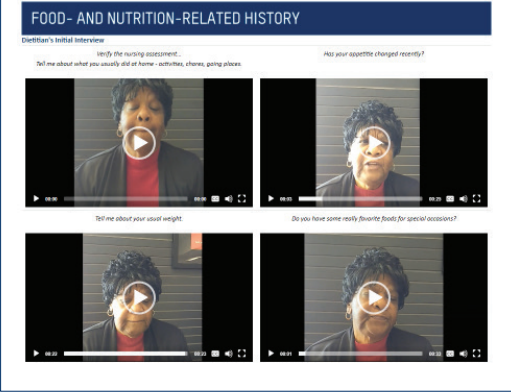
The case features the integration of a Certified Dietary Manager in the required task activities, integrated health professions team meetings, and the integration of family members in Bertha’s care.

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

Preparing for Clinical Practice / Remedial

Prepared for Patient Contact / Remedial

Practice Application

Replacement for Supervised Practice — Time Permitting

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 (Complete for each time period)			
15.12	Complete the Selected Activities (Complete for each time period)			
15.13	Activities Performed at DAY 30			
15.14	Activities Performed at DAY 60			
15.15	Activities Performed at DAY 90			
15.16	Activities Performed at 4 MONTHS			
15.17	Activities Performed at 5 MONTHS			
15.18	Activities Performed at 6 MONTHS			
15.19	Activities Performed at 7 MONTHS			
15.20	Activities Performed at 8 MONTHS			
15.21	Activities Performed at 9 MONTHS			
15.22	Activities Performed at 10 MONTHS			
15.23	Activities Performed at 11 MONTHS			
15.23	Activities Performed at 12 MONTHS			



COMING SOON

New Case Studies Coming Soon

Palliative Care

Dates for Pilot Testing
to be advised in 2021

This case addresses decisions made during Palliative & Hospice end-of-life care in the context of two different situations.

Lillie is a 70-year-old retired nurse, who has breast cancer which metastasized to her bones, liver and lungs. She was told that there were no treatment options 24 months prior to your encounter with her. Lillie is cognitively aware of her situation and is capable of making decisions about her care.

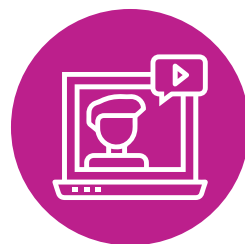
Bertha is a resident in a Skilled Nursing Home whose dementia has progressed to the point where she is no longer cognitively able to make decisions for herself. Her family members visit the facility at least once per week.

Cardiogenic Shock

HIV/AIDS

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.



Contact Us — We are here to help!

Rowan Stewart :: Esther Myers :: Kat Rowe :: Bionca Lindsey



+1-312-520-1090

info@nutritioncarepro.com



nutritioncarepro.com



CUSTOMIZE YOUR NPro Package



Select Your Cases

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

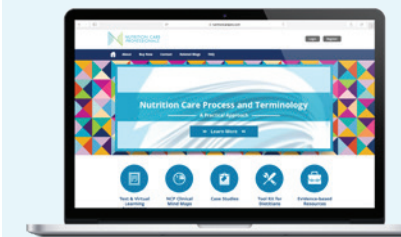
Note — the Adult Weight Management case has the answers provided so students can see examples of completed assignments.

NPro OFFERS THE FOLLOWING CASE STUDIES:

CASE STUDY	PRINTED TEXTBOOK	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)		✓



ONLINE VLE CASE STUDIES (18 MONTH SUBSCRIPTION)



ONLINE SUBSCRIPTIONS

Contact info@nutritioncarepro.com to customize a series that meets your curriculum requirements.

NO. OF ONLINE CASE STUDIES	PRICE (USD)
2	\$40
3	\$60
4	\$80
5	\$100
15 Cases	\$140

Prices from December 2020

PRINTED BOOK + ONLINE VLE CASE STUDIES (18 MONTH SUBSCRIPTION)



PRINTED TEXT

(includes Tool Kit)

The NPro Textbook & Tool Kit with the first five online cases. Supplement learning with additional online cases.

TEXT BOOK & ONLINE CASE STUDIES	PRICE (USD)
Printed Textbook (5 cases) + Tool Kit + VLE	\$125 (includes Tool Kit)

TOOL KIT (PRINTED)



THE TOOL KIT

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

TOOL KIT

\$20
Tool Kit is included with all text book purchases.

Please note, shipping & handling for printed textbooks varies. Please contact Esther for a quote.

FOR INQUIRIES CONTACT

Esther Myers

+1-312-520-1090

info@nutritioncarepro.com

nutritioncarepro.com

nutritioncarepro.com

nutritioncarepro.com