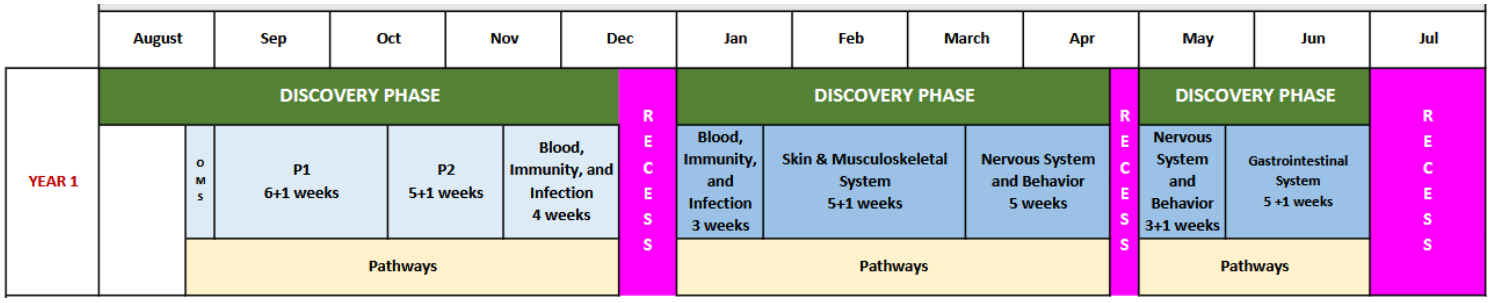
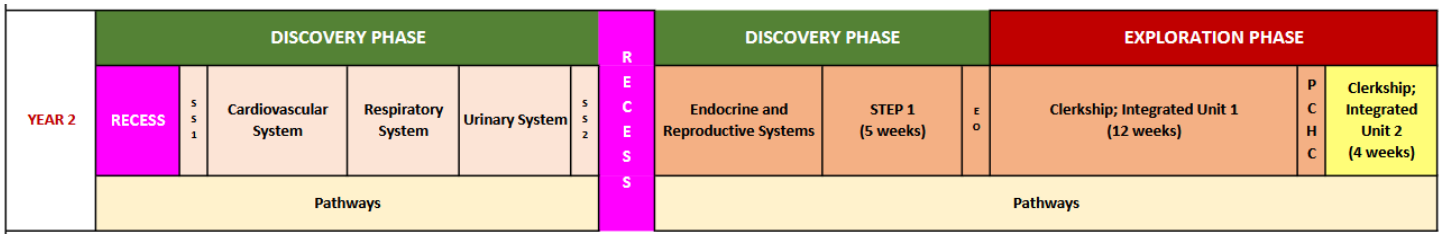
Longitudinal Nutrition Curriculum

Page 1: Nutrition in Discovery



Longitudinal Nutrition Content	P1	P2	BII	SMS	GI
	Introduction to vitamins Oxidative stress and vitamins C, E, D, A B complex vitamins Vitamin conference Hypercholesterolemia Dietary macronutrients Vitamin B12 and iron Vitamin K	Principles of Nutrition (dietary composition, kwashiorkor, marasmus) Dietary supplements Drug/nutrient interactions (vitamin K) Food insecurity	Diet, dysbiosis and the microbiome Iron absorption and vitamin C Megaloblastic anemia	Nutrition and Skin Findings (scurvy, zinc deficiency, pellagra) Sarcopenia and Body Composition Dietary management of gout	Nutrient digestion Micronutrient deficiency Celiac disease and the gluten free diet Refeeding syndrome Disordered eating Pernicious anemia Malabsorption syndromes and lactase deficiency Short bowel syndrome Enteral and Parenteral Nutrition Cancer nutrition Obesity and Steatotic liver disease Pathophysiology of obesity Obesity complications Obesity and diet and lifestyle recommendations Medications for obesity Bariatric nutrition



Longitudinal Nutrition Content	CV	RESP	Urinary	Endo/Repro
	Dietary treatments for hypertension DASH diet Niacin Omega 3 fatty acids	Nutrition Complications of Cystic Fibrosis (fat soluble vitamins, malabsorption)	Renal Nutrition (protein intake, potassium, phosphorus, nutrition labels) Diet prevention of kidney stones	Obesity (hormones that regulate appetite) Dietary management of gestational diabetes Nutrition complications of premature birth

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Page 2: Nutrition in Explorations

Family Medicine Clerkship

- Food Insecurity Module
  - Define Food Insecurity, recognizing it as a continuum of experiences that are chronic or recurrent
  - Recite a validated screening tool to identify Food Insecurity
  - Describe the epidemiology of Food Insecurity on the local, state, and national levels
  - Recognize that certain populations are at a higher risk of experiencing food insecurity
  - Identify health conditions correlated with food insecurity in children, adults, and elderly
  - Recognize "difficult choices" that are made in the context of food insecurity
  - Apply, in a simulated environment, clinical interview skills to assess food insecurity including but not limited to: use of the 2-question screening tool, exploratory questions, and assessment of severity of Food Insecurity
  - Utilize empathetic statements in the simulated clinical environment to demonstrate support and build trust
  - Name local and federal resources that address food insecurity
  - Generate an "Action Plan" for simulated patient with food insecurity using online resources
- Treating Obesity Using Motivational Interviewing
  - Review the rationale of motivational interviewing (MI)
  - Describe an abbreviated method of applying MI for weight loss
  - Discuss the best evidence for counseling patients for healthy living
- Hypertension Hyperlipidemia, Coronary Artery Disease Case Session
  - Describe lifestyle/environmental/nutritional factors involved in the non-pharmacologic treatment of hypertension
- Newborn Care
  - Outline the care of the newborn including preventive health needs, feeding, sleep patterns, and hydration
- Diabetes Case Session
  - Identify first line treatment for diabetes including recommended medications and lifestyle modification

Pediatrics Clerkship

- Nutrition in Infancy
  - Identify the nutritional differences between breastmilk and formula
  - Compare some of the main and specialty types of formula and their indications for use
  - Reference different types of nipples for milk delivery
  - Differentiate between breastmilk jaundice and breastfeeding jaundice
  - Explain why iron and vitamin D may be indicated as supplements in an infant diet
  - Judge how much milk an infant needs at different ages/stages, if an infant is receiving adequate nutrition, and when to be concerned
  - Explain how and when to start solid foods in an infant
  - Discuss when to introduce potential allergens to an infant's diet
- Nutrition in Children and Adolescents
  - Describe strategies for families to use if their child is a picky eater or not interested in eating
  - Explain the risk factors and classic presentation of common nutritional deficiencies (iron, vitamin D, kwashiorkor, vitamin C, vitamin K)
  - Identify concerning findings for eating disorders
  - Identify reasons that a patient with an eating disorder requires hospitalization
  - Describe key components of an inpatient disordered eating protocol
  - Implement of a toolbox of counseling strategies for children, adolescents, and their families surrounding weight and healthy eating habits
  - Demonstrate familiarity with key components of diets used to manage diabetes, hypertension, and obesity in children

Populations and Community Health Clerkship

- Food Insecurity
  - Develop a deeper understanding of food insecurity, recognize complex correlations between food insecurity and health
  - Engage with local organizations addressing food insecurity

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Page 3: Supplemental Nutrition Content

Culinary Medicine Optional Enrichment Elective: We have a culinary medicine elective for medical students. They meet in a teaching kitchen 5 times each semester and cook a nutritious meal. Then, while eating, they participate in a lecture or discussion with a nutrition expert on a topic related to what they are eating.

Hands-On Nutritional Supplement Tasting: We also have an opportunity for medical students to taste various nutrition supplements during their GI block. This is done in collaboration with one of our hospital registered dieticians. They sample 6 commonly prescribed liquid nutrition supplements, evaluate the supplement taste and learn about writing nutrition prescriptions.