

Longitudinal Nutrition Curriculum

Page 1: Nutrition in Discovery

	August	Sep	Oct	Nov	Dec	Jan	Feb	March	Apr	May	Jun	Jul		
YEAR 1	DISCOVERY PHASE					RECESS	DISCOVERY PHASE			RECESS	DISCOVERY PHASE		RECESS	
		OMS	P1 6+1 weeks	P2 5+1 weeks	Blood, Immunity, and Infection 4 weeks		Blood, Immunity, and Infection 3 weeks	Skin & Musculoskeletal System 5+1 weeks	Nervous System and Behavior 5 weeks		Nervous System and Behavior 3+1 weeks	Gastrointestinal System 5+1 weeks		
	Pathways						Pathways				Pathways			

Longitudinal Nutrition Content	<p>P1</p> <p>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</p>	<p>P2</p> <p>Principles of Nutrition (dietary composition, kwashiorkor, marasmus) Dietary supplements Drug/nutrient interactions (vitamin K) Food insecurity</p>	<p>BII</p> <p>Diet, dysbiosis and the microbiome Iron absorption and vitamin C Megaloblastic anemia</p>	<p>SMS</p> <p>Nutrition and Skin Findings (scurvy, zinc deficiency, pellagra) Sarcopenia and Body Composition Dietary management of gout</p>	<p>GI</p> <p>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</p>
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	DISCOVERY PHASE					RECESS	DISCOVERY PHASE			EXPLORATION PHASE			
YEAR 2	RECESS	SS1	Cardiovascular System	Respiratory System	Urinary System		SS2	Endocrine and Reproductive Systems	STEP 1 (5 weeks)	EO	Clerkship; Integrated Unit 1 (12 weeks)	PHC	Clerkship; Integrated Unit 2 (4 weeks)
	Pathways						Pathways						

Longitudinal Nutrition Content	<p>CV</p> <p>Dietary treatments for hypertension DASH diet Niacin Omega 3 fatty acids</p>	<p>RESP</p> <p>Nutrition Complications of Cystic Fibrosis (fat soluble vitamins, malabsorption)</p>	<p>Urinary</p> <p>Renal Nutrition (protein intake, potassium, phosphorus, nutrition labels) Diet prevention of kidney stones</p>	<p>Endo/Repro</p> <p>Obesity (hormones that regulate appetite) Dietary management of gestational diabetes Nutrition complications of premature birth</p>
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Page 2: Nutrition in Explorations

Pediatrics

Nutrition in Infancy

Nutritional composition of breastmilk and formula, infant vitamin D supplementation, infant complimentary feeding, food allergies, breastmilk jaundice

Nutrition in Children and Adolescents

Selective eating, nutrient deficiency syndromes, eating disorder management, hypertension and obesity in children

Family Medicine

Motivational Interviewing

Dietary counseling and illness treatment and prevention

Clinical strategies for obesity management

Nutrition and common outpatient conditions

Dietary strategies for hypertension, hyperlipidemia, coronary artery disease and diabetes

Newborn care

Newborn feeding and hydration

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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 dietitians. They sample 6 commonly prescribed liquid nutrition supplements, evaluate the supplement taste and learn about writing nutrition prescriptions.