

Name of rotation: **Nutrition** **Division: Endocrinology, Diabetes & Nutrition**
Course Director: **Nanette Steinle, M.D.** **Site(s): UMMC**
Duration of rotation: [] **one month only**
 [x] **2 weeks possible**

General description of the rotation including educational purpose, rationale or value:

The purpose is to assist residents in gaining knowledge of normal and therapeutic nutrition and to apply it in clinical situations. Effective medical care involves recognizing the role that nutrition plays in maintaining and restoring health.

Resident responsibilities, including interns and residents:

In addition to attending weekly clinics and clinical rounds, residents will choose a nutrition topic to research and complete an independent research project. Case studies will be provided, as will selected review articles and reference material. Each participant will complete a diet/nutrient analysis based on his/her own daily food intake.

Educational Objectives: An expanded version of the competencies is listed under Core Competencies in Internal Medicine. Those listed here are specific to this rotation. Since residents may choose this elective during any year of training, PGY-1 goals and objectives are distinct for those for upper level residents, and PGY-2 and 3 goals and objectives are similar.

During this rotation, the PGY-1 resident will:

Patient Care

1. Demonstrate skill in taking and evaluating a nutrition history.
2. Interpret anthropometric measurements and biochemical data in the evaluation of nutritional status.
3. Develop the knowledge base to determine patient nutrient and energy needs and means of meeting these needs.
4. Demonstrate skills for nutritional management in specific disease states and stages of the life cycle.

Medical Knowledge

1. List the resources available for performing nutrient/diet analysis.
2. Demonstrate knowledge of resources available for nutrition information appropriate for the general public and health care professionals.

Practice-Based Learning - See Core Competencies

Interpersonal and Communication Skills – See Core Competencies

Professionalism – See Core Competencies

System-Based Practice – See Core Competencies

During this rotation, the PGY-2 or 3 resident will:

Patient Care

1. Take and evaluate a nutrition history in an independent manner
2. Interpret anthropometric measurements and biochemical data in the evaluation of nutritional status.
3. Enhance knowledge base to determine patient nutrient and energy needs and means of meeting these needs.
4. Manage nutritional issues in specific disease states and stages of the life cycle.

Medical Knowledge

1. List and effectively search for the resources available for performing nutrient/diet analysis.
2. Detail resources available for nutrition information appropriate for the general public and health care professionals.

Practice-Based Learning - See Core Competencies

Interpersonal and Communication Skills – See Core Competencies

Professionalism – See Core Competencies

System-Based Practice – See Core Competencies

Check all principle teaching methods used during this rotation:

- | | | | |
|-------------------------------------|--------------------------------------|-------------------------------------|---|
| <input checked="" type="checkbox"/> | Attending teaching rounds | <input type="checkbox"/> | Interdisciplinary rounds |
| <input checked="" type="checkbox"/> | Patient management discussions | <input checked="" type="checkbox"/> | Small group discussions |
| <input checked="" type="checkbox"/> | Conferences specific to rotation | <input checked="" type="checkbox"/> | Bedside clinical rounds |
| <input checked="" type="checkbox"/> | Individual instruction of procedures | <input type="checkbox"/> | Review of diagnostic studies, including radiology |
| <input type="checkbox"/> | Other: _____ | | |

Describe the most important educational content, including the mix of diseases, patient characteristics, types of clinical encounters, procedures and services:

Most physicians are poorly equipped to understand the nutritional needs of patients. This elective is designed to help physicians gain current nutrition knowledge and apply it to the practice of medicine.

Check the principal ancillary education materials used:

- | | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------|
| <input checked="" type="checkbox"/> | Reading lists | <input type="checkbox"/> | Pathologic material |
| <input type="checkbox"/> | Radiologic studies | <input type="checkbox"/> | Other noninvasive studies |
| <input checked="" type="checkbox"/> | Handouts on relevant topics | <input checked="" type="checkbox"/> | Articles from the literature |
| <input checked="" type="checkbox"/> | Other: Electronic nutrition databases | <input checked="" type="checkbox"/> | Case studies |
- Residents may tailor the rotation based on individual interests

Methods used to evaluate the resident and the rotation:

- | | |
|-------------------------------------|---|
| <input checked="" type="checkbox"/> | Evaluation of residency performance and professionalism |
| <input checked="" type="checkbox"/> | Evaluation of attending teaching skills and other attributes |
| <input checked="" type="checkbox"/> | Rotation assessment by resident |
| <input checked="" type="checkbox"/> | Observation of resident's clinical competency |
| <input type="checkbox"/> | Observation of resident's leadership and teaching skills |
| <input checked="" type="checkbox"/> | Review of the resident's history/physical exam, progress notes and documentation of procedures in the chart |
| <input checked="" type="checkbox"/> | Resident's attendance of rounds and conferences monitored |
| <input type="checkbox"/> | Other: _____ |

Identify strengths and limitations specific to the resources of the sponsoring institution:

Clinics and rounds will be held at the University of Maryland.

Conferences or Attending/Patient Care Rounds: (Journal club, division rounds, etc.)

<u>Name</u>	<u>Location</u>	<u>Day</u>	<u>Time</u>
Nutrition Clinic	Joslin Center	Monday	9:00 am - 12:00 noon
Body Composition Assessment	VA	Monday	1:00 - 3:00 pm (one occurrence)
Inpatient Nutrition Rounds	UMMC	Wednesday	9:00 am - 12:00 noon
Growth Clinic	UMMC	Thursday	9:00 am
Outpatient Transplant Nutrition	UMMC	Thursday	1:00 pm

Clinics:

<u>Name</u>	<u>Location</u>	<u>Day</u>	<u>Time</u>
Growth & Nutrition	Nursing School	Thursday	9:00 am
Genetics Clinic	Frenkil Bldg	2 nd Friday	9:00 am
Bone Clinic	VA	1 st & 3 rd Friday	1:00 pm
Celiac Clinic	Nursing School	Friday	8:30 am – 12:30 pm

The resident and faculty members of the Postgraduate Education Committee reviewed and edited the content of this curriculum at its meeting on 7/18/07.