

**GERIATRIC NUTRITION**

Winter Quarter: January 8, 1999

Credit Hours: 3

Class Time: Fridays, 9 A.M. -12 P.M.

Location:

Faculty: Janet Volz Ross, R.D., L.D., M.B.A.

Office Hours: By Appointment, Generally before or after class

Office Telephone: 513-751-0575

**Class Objectives:**

1. Describe physiological, psychological and socioeconomic characteristics of older adults and how these considerations may influence the nutritional status of elderly populations.
2. Apply nutritional principles in the delivery of nutrition services to the elderly (assessment, educational, team-based skills).
3. Understand and implement nutrition screening tools and study outcomes in case study situations.
4. Become aware of community agencies and services available to free-living elderly individuals.
5. Become aware of regulations and governing laws that support, protect and provide assistance to the elderly.

**Text:**

Nutrition in Aging, Third Edition, Eleanor D. Schlenker, McGraw-Hill Publishing, 1998.

Readings will be assigned from the text and from outside sources. Any supplemental readings will be available on loan from the instructor.

**Grading:**

Attendance and Class Participation:	25%
Midterm Exam:	25%
Assignments (2)	25%
Final Exam	25%

**Tentative Class Schedule:**

- Jan 8: Week 1: Introductions, Review syllabus.
- Jan 15: Week 2: Chapter 1: Who Are the Aging? pp.1-15  
Chapter 2: How Do We Age? pp. 18-22  
Healthy People 2000 Review  
Chapter 9: Nutritional Status of Older Adults pp. 208-225
- Jan 22: Week 3: Chapter 3: Nutrient Requirements and Metabolism pp. 45-62  
Chapter 4: Nutrient Digestion and Absorption pp. 67-86  
Chapter 8: Food Selection Patterns in Older People pp. 177-203
- Jan 29: Week 4: Chapter 11: Nutritional Assessment of Older Adults pp. 262-290  
Guest Speaker: Micki Fratianne, R.D., L.D., Owner NutriCon  
Nutritional Assessment in the Nursing Home, MDS 2.0
- Feb 5: Week 5: Guest Speaker: Elise Cowie, R.D., L.D., Owner Salubrity  
How to Consult, Consultant Dietitians in Health Care Facilities  
Midterm.
- Feb 12: Week 6 Chapter 10: Drugs and Nutritional Considerations in the Aging Adult  
pp. 228-255  
Assignment 1 due.  
Guest Speaker: Pharmacist
- Feb 19: Week 7: Dining Skills Manual  
Alzheimers and Dementia Review  
Guest Speaker: Ann Denney, Cincinnati Alzheimers Association  
Guest Speaker: Speech Therapist or Occupational Therapist
- Feb 26: Week 8: Chapter 13: Nutrition, Physiologic Function and Chronic Disease  
pp 326-349  
Guest Speaker: Dr. Arvin Modawal, Geriatrician, University of  
Cincinnati Department of Family Practice, Overview of Geriatrics
- March 5: Week 9: Chapter 14: Nutrition and the Continuum of Care for Older Adults  
pp. 356-378  
Guest Speaker: Jennifer Goodgames, Council on Aging
- March 12: Week 10: Visit to the Nursing Home
- March 19: Final Exam  
Assignment 2 Due

## Dietary Assessment Project

I shadow an R.N.

### II. Three Day Diet Record

Each student will be required to obtain a 3-day diet record from an elderly individual over 60 years of age. Two weekdays and one weekend day should be included to get a representative meal pattern. Once the 3-day food record has been collected, the record must then be analyzed on Nutritionist IV. The following are components I'd like to see on the analysis:

Kilocalories  
Carbohydrates  
Protein  
Fat  
Water  
Vitamin C, E, & A  
Iron  
Calcium  
Cholesterol  
Sodium

I am interested in seeing as to whether the individuals who completed this 3-day diet record have any nutritional deficiencies.

\*\*Remember to get height, weight, age and gender. Also include any multivitamin/vitamin supplements.

### III. Written summary of dietary analysis (approximately 2-3 pgs.)

Included in this section should be:

- Daily Calorie requirements using Harris Benedict Equation
- Summary of vitamin/mineral deficiencies/excesses, include percentages of RDA's

### III. Calorie Count Calculation

You will be required to do a one-day calorie count on a patient. You have been given 3 menus with the amounts of foods eaten included. Using the diabetic exchanges, calculate the amount of kilocalories, grams of carbohydrates, grams of fat, and grams of protein that this patient has consumed in 3 meals. Included in this packet is a copy of the diabetic exchanges as well as some dry weight and fluid weight conversions. (We will do an example of this in class!)

IV Internet website