ROTATION IN CLINICAL NUTRITION

Welcome to the Clinical Nutrition rotation. The attending physicians and fellows on the Nutrition Support Service and the Rotation Coordinator will facilitate your learning experience.

Where and when to report for the rotation

Page the Nutrition attending Dr. Soleymani @ 8293 to ask where and when to report on the first day of your rotation.

Faculty, fellows, and staff

- **Jamy D. Ard, M.D.** – Associate Professor of Nutrition Sciences; Medical Director, EatRight Weight Management Program (996-2181; beeper 9376; Webb 441; ardj@uab.edu)

- **Taraneh Soleymani, M.D.** – Assistant Professor of Nutrition Sciences. Medical Director, Nutrition Consultation Service (996-5243; beeper 8293; LRC 342; soltar@uab.edu)

- **Laura E. Newton, M.A., R.D.** – Instructor of Nutrition Sciences; Coordinator, Home Parenteral Nutrition Program (975-0378; beeper 5088; LRC 354; inewton@uab.edu)

- **Kristopher Maday, MS, PA-C, CNSC** – Assistant Professor of Surgical Physician Assistant Program. (996-2656; beeper 6155; SHPB 466; maday@uab.edu)

Rotation Coordinator

- **Nancy Ferino** – 934-3006, nan4967@uab.edu, Webb 449

Learning Objectives

1. You will recognize the clinical characteristics of patients with protein-energy malnutrition, appropriately plan their feeding, and demonstrate proficiency in enteral and parenteral nutrition support. You will accomplish this by managing consults with the Nutrition Support Service, reading the *Handbook of Clinical Nutrition*, and participating in teaching sessions with the attending physician and fellow.

2. You will demonstrate an understanding of nutritional risk factors and/or therapy for short bowel syndrome, malabsorption syndromes, weight loss, obesity, diabetes, coronary heart disease, osteoporosis, hypertension, or other conditions. You may accomplish this by seeing clinic patients, reading the *Handbook of Clinical Nutrition*, reviewing and discussing journal articles and/or cases with the attending and fellow, and/or attending a group session of the UAB EatRight Weight Management Program.
Required Activities (complete all)

1. **Teaching sessions: Medical Knowledge**

   Teaching sessions are coordinated and given by Dr. Soleymani on Monday, Wednesday, and Friday of each week. You are expected to prepare for each session by completing assigned readings or other activities as directed below.

   The *Handbook of Clinical Nutrition* should serve as your textbook for the nutrition rotation. The chapters listed below are required reading. You can purchase one from the UAB Health Sciences Bookstore. PowerPoint presentations are also available on the Nutrition Rotation website (password = nutrirotation).

   1. Orientation to the rotation
      a. Rotation syllabus
      b. Nutritional support spreadsheet
   2. Chapter 10 Nutritional Assessment
      a. Physical examination, including slides of physical findings of nutrient deficiencies, *e.g.*, scurvy, thiamin, and copper deficiencies
      b. Laboratory evaluation and monitoring during nutritional support
   3. Chapter 9 Illness-Associated Malnutrition
      a. Marasmus, kwashiorkor, & mixed protein-energy malnutrition
      b. Physiological characteristics of hypometabolic and hypermetabolic states
   4. Chapter 11 Nutritional Support: General Approach and Complications
      a. Estimating energy and protein requirements (calculate without spreadsheet)
      b. Indirect calorimetry
      c. Refeeding syndrome
   5. Chapters 13 & 14 Enteral & Parenteral Nutrition
      a. Characteristics & categories of enteral feeding formulas
      b. TPN formula options
      c. Hyperglycemia, dehydration, aspiration
      d. Infections, including infected catheters
   6. Chapter 23 Critical Illness
      a. Specialized nutritional support (glutamine, “immunonutrition,” anti-inflammatory, BCAA, hydroxymethylbutyrate)
      b. Permissive underfeeding (*e.g.*, obese patient)
   7. Chapter 17 Obesity
      a. Energy density approach to obesity management (UAB *EatRight* Program)
      b. Bariatric surgery & postsurgical management
   8. Therapeutic diets for diabetes and hypertension (DASH diet)
   9. Article discussion – residents select articles and lead discussion
   10. Optional Session: Discussion of 24-hour dietary record and a final topic of interest.

   Return *Handbook*.

2. **Nutrition Support Service: Medical Knowledge, Patient care, Systems based practice**

   The Nutrition Support Service conducts consult rounds on Monday, Wednesday, and Friday at 8:00 a.m.. Please pre-round on your assigned patients before rounds, and begin writing a consult note where appropriate. If you are unsure what our recommendations will be, you
can finalize your note on rounds. Rounds include the attending and physician assistance. At the VA, a nutritionist is also present. Home TPN orders and TPN formularies are discussed.

**UAB Hospital.** All of our consults at University Hospital result from specific requests. Templates for new consults and follow-up Progress Notes are available on the citrix system.

Occasionally at UAB Hospital, we receive consults that were intended for a dietitian (e.g., dietary instruction). If you receive a consult request that looks like it might have been intended for a dietitian rather than for the Nutrition Support Service, ask a resident taking care of the patient which kind of consult they wanted before you go too deeply into it.

**VA Medical Center.** We automatically see all patients at the VA who are on TPN. Thus, the house officers taking care of some of the TPN patients at the VA may be surprised to see your consult. Don’t be concerned – just proceed. Use the VA computerized medical record (CPRS) to write your notes, choosing the title of Nutrition Support Service. CPRS has two templates that can assist you in writing your notes – in the Notes section, click Templates, then Shared Templates, then Nutrition. One is for initial consults and the other for follow-up notes. You can delete parts of the templates that are irrelevant.

You will usually be notified of new consults by the attending or the PA, but at times you will be called directly. Before you see a patient, call the attending to ensure the case is meant for you and check on a time frame for staffing the consult. Also, after seeing all new consults, please contact the attending to review the case.

3. **Clinics:** you are expected to go to each clinic which does not conflict with other clinical duties. Let Drs. Ard and Soleymani know which clinics you will be attending.

<table>
<thead>
<tr>
<th>Clinic name</th>
<th>Day, time</th>
<th>Location</th>
<th>Physicians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optifast Follow-up Clinic</td>
<td>Tuesdays 8:30am-12pm</td>
<td>Webb 2nd Floor</td>
<td>Annette Wright NP</td>
</tr>
<tr>
<td>Eat Right/Optifast New Patients</td>
<td>Tuesdays 1:00-5pm</td>
<td>Webb 2nd Floor</td>
<td>Dr. Soleymani Annette Wright NP</td>
</tr>
<tr>
<td>Eat Right/Optifast New Patients</td>
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<td>Webb 2nd Floor</td>
<td>Dr. Ard Dr. Soleymani</td>
</tr>
<tr>
<td>Medical Nutrition Risk Reduction Clinic</td>
<td>Thursdays 1:00-5:00 p.m.</td>
<td>Webb Building 2nd floor</td>
<td>Dr. Ard Dr. Soleymani Annette Wright NP</td>
</tr>
</tbody>
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**Elective Learning Activities (complete as interest directs and time permits)**

1. **Clinical Nutrition Research Center Seminar Series**
   On Tuesdays from September through May, there is a Clinical Nutrition Research Center Seminar at 12:00. The location, speakers, and topics are listed in the Department of
Medicine’s weekly Teaching Sessions announcement, in the UAB Reporter, and at www.uab.edu/cnrc. Bring your lunch.

2. *Therapeutic diet instruction*
   Investigate appropriate dietary recommendations for a condition such as obesity, diabetes, dyslipidemia, hypertension, or other condition of interest to you. Instruct another member of the team, or a patient, in the diet.

3. *OPTIONAL: Conduct a computer analysis of your 24-hour dietary record: Practice based learning and improvement*
   Physicians often encourage their patients to follow a healthy diet, but do they heed their own advice? Keep a 1- or 2-day food diary and see how closely your diet follows the Dietary Guidelines for Americans. Analyze your record with a free Internet dietary analysis tool. We prefer that you use [http://www.mypyramid.gov](http://www.mypyramid.gov) so you will be at least a little familiar with MyPyramid. You may also want to look at [http://www.nutritiondata.com](http://www.nutritiondata.com), which has some very creative data features, or [http://nat.crgq.com/](http://nat.crgq.com/). These are tools that you and your patients can use in the future as well.

   You can optimize the result provided by the program by recording your diet in as much detail as possible. Note the quantity of each food and beverage consumed. For complex dishes, obtain nutritional information from the restaurant or from a packaging food label. Almost all fast-food restaurant chains have brochures detailing the nutritional content of the foods they serve. You won’t see them out on the counters, but you should be able to get one easily by asking the cashier. If this information is not available, note each ingredient of the dish and enter it into the computer.

**Evaluation**

Your attending physician will formally evaluate your performance using the system provided by the Department of Medicine (residents) or the School of Medicine (students).