



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Introduction to Medical Nutrition Therapy
Course Number: NTR122

Required Materials

Textbook(s): Niedert, K.C., & Carlson, M.P. (Eds.). (2025). Nutrition Care of the Older Adult: A Handbook for Nutrition Throughout the Continuum of Care (4th ed.). Chicago, IL: Academy of Nutrition and Dietetics. ISBN-13: 978-0880914888, ISBN-10: 0880914882.

Required Readings: None

Additional Materials: Materials below to be used as reference for course assignments/case studies:

- American Diabetes Association, Academy of Nutrition and Dietetics. (2019) Choose Your Foods: Exchange Lists for Diabetes. SBN-13: 978-088091-231-0 (print), 978-088091-232-7 (eBook)
- Charney, P.; Malone, A. (2022). Academy of Nutrition and Dietetics Pocket Guide to Nutrition Assessment, 4th Ed. ISBN: 978-0-88091-188-7.
- Basic calculator

Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

Week	Chapter/Topic/Lab
Week 1	Introduction to Course Basic Medical Terminology and Abbreviations Ch. 1 – Nutrition in Older Adults: An Overview Ch. 4 – Nutrition Assessment of Older Adults (begin)
Week 2	Nutrition Screening and Assessment Ch. 4 – Nutrition Assessment of Older Adults Electronic Health Records and Documenting in the Medical Record (see PPT video and pp. 393-394)
Week 3	Overview of Nutritional Aspects of Obesity, Diabetes, Cardiovascular Disease, and Cancer Menu Modifications for other conditions (Ch.11-17)
Week 4	Menu Modifications and Nutrition Therapy (cont'd)

Week	Chapter/Topic/Lab
	Kahoot! review for diet therapy Religious/Cultural Dietary Practices (pp.64-66) Ch. 9 – Malnutrition in the Older Adult Ch. 10 – Implications of Abnormal Hydration Status Ch. 12 – Etiology and Risks of Swallowing Disorders
Week 5	Ch. 5 – Skin Integrity Ch. 6 – Laboratory Assessment Ch. 7 – Implications of Drug-Nutrient Interaction Nutrition Education/Review scenarios
Week 6	Ch. 3 – Person Driven Care/Client Rights Interdisciplinary Plan of Care Ch. 22 – Federal Regulations Ch. 23 – Quality Assurance and Performance Improvement
Week 7	Ch. 20 – Nutrition Support Ch. 21 – Palliative Care: End of Life Ethics
Week 8	Nutrition Education Scenarios Final