

**BRESCIA UNIVERSITY COLLEGE  
DIVISION OF FOOD & NUTRITIONAL SCIENCES**

**FN 3364B – Nutrition, Aging and Health – Winter 2015**

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**Phone: 519-933-5470**  
**Office hours: Thursday 1:30-2:30pm**  
**Rm: Ursuline Hall Rm 107**

**COURSE OUTLINE**

<b>COURSE DESCRIPTION:</b>	A study of the relationships among nutrition, aging and health including the current and projected aged Canadian population, their nutritional needs, limitations (economic, physical, behavioral, etc.) to meeting those needs, nutrition/age related health issues and programs/services available or needed.		
<b>OBJECTIVES:</b>	Upon completion of the course, students will be able to: <ul style="list-style-type: none"><li>- describe current demographics of the senior population</li><li>- identify common changes that occur with age and the role of specific nutrients in the process of physiologic aging</li><li>- give examples of risk factors for poor nutritional status in older adults</li><li>- discuss the role of nutrition education, physical activity and related interventions on health promotion and maintenance of older adults</li><li>- interpret current issues related to geriatric nutrition and health care</li><li>- develop leadership skills through efficient and effective group work</li></ul>		
<b>PREQUISITE(S):</b>	Foods & Nutrition 1021 (mark of 70% or higher) or FN235a/b & FN2241A/B.		
<b>FORMAT:</b>	Lectures will be supplemented by assigned readings, class discussions, field trips, and guest speakers.		
<b>TEXT:</b>	Brown, J.E., (with Sugarman Isaacs, J., Betae Krinke, U., Murtaugh, M. A., Sharbaugh, C., Stang, J., & Wooldridge, N. H.) (2008). <i>Nutrition through the life cycle</i> (5 <sup>th</sup> edition.). Belmont, CA: Thomson Wadsworth. *Any addition from 3 <sup>rd</sup> onward will be fine.		
<b>DAY &amp; TIME:</b>	Sections 530: Mondays 6:30-9:30 pm BR-302 Section 531: Thursdays 2:30-5:30 pm BR-204		
<b>EVALUATION:</b>	<b>Component</b>	<b>Weight</b>	<b>Due Date</b>
	Mid-term Exam (in-class)	30%	Feb. 9/12, 2015
	Nutrition Education Resource*	15%	Mar. 9/12, 2015
	Major Project *	20%	March 30/Apr 2, 2015
	Final Exam	35%	(check schedule)

\*Detailed instructions for assignments will be provided separately.

## SPECIFIC COURSE POLICIES

**Penalty for late assignments:** Assignments are due at the beginning of class on the date specified. There will be a **deduction of 20% of the value of the assignment** for a late submission. NO assignment will be accepted one (1) week after the due date.

**Accommodation for medical illness:** Any student who misses a course component worth 10% or higher can request accommodation on medical grounds. **A UWO Student Medical Certificate (SMC) must be submitted to a Senior Academic Advisor.** The SMC can be downloaded from <http://www.uwo.ca/univsec/handbook/appeals/medicalform.pdf>

**Special examination:** NO special examination will be given for a student who has missed a scheduled examination except for a confirmed personal illness (an SMC must be submitted to a Senior Academic Advisor) or a death in the student's immediate family (a public death notice is required).

## TENTATIVE SCHEDULE OF LECTURES AND TOPICS

Week / Date	Lecture	Reading
<b>1</b> <b>Jan. 5/8</b>	Course overview Demographics of the aging population Theories of aging; Reminiscence	Nutrition Throughout the Lifecycle. Chapter 18, pp. 455-459
<b>2</b> <b>Jan. 12/15</b>	Physiological changes & nutritional implications Nutrient metabolism in older individuals	John E. Morley. Pathophysiology of the anorexia of aging. Nutrition Throughout the Lifecycle. <ul style="list-style-type: none"> <li>• Chapter 18, pp. 459-479</li> <li>• Chapter 19</li> </ul>
<b>3</b> <b>Jan. 19/22</b>	<b>Communicating with seniors</b> <b>Cultural competence</b> <b>Factors that contribute to quality of life</b>	1. Carstairs and Keon. (2009). Canada's Aging Population – Seizing the Opportunity (posted in Lecture 1 folder on Web CT) <ul style="list-style-type: none"> <li>a. Pp. 12 – 16; 52 – 53; 74 – 76</li> </ul> 2. DEN Newsletter – Interview with author of Culturally Responsive Practice (on Web CT)
<b>4</b> <b>Jan. 26/29</b>	<b>Nutrition screening in the community</b> <b>Community Care Access Centre (CCAC)</b> <b>Long-term care</b> <b>Electronic charting in long-term care; RAI</b> Guest Speaker: Julie Urbshott, RD Director, Barker, Blaggrave & Associates Long-term Care, MDS	TBA

<b>5</b> <b>Feb. 2/5</b>	Physical Activity	<ol style="list-style-type: none"> <li>1. Physical activity in older women. Journal of Aging and Physical Activity, 2010, 201-218</li> <li>2. Exercise and Physical Activity for Older Adults Medicine &amp; Science in Sports &amp; Exercise, 2009.</li> <li>3. Older Adults Perceived Barriers and Enablers to Physical Activity. Journal of Aging and Physical Activity, 2010,18, 119-140.</li> </ol>
<b>6</b> <b>Feb. 9/12</b>	<b>Mid-Term Exam (in-class) (30%)</b>	
	<b>READING WEEK (Feb. 16 – 20)</b>	
<b>7</b> <b>Feb. 23/26</b>	Dysphagia	
<b>8</b> <b>Mar. 2/5</b>	<i>FIELD TRIP:</i> <i>Occupational Therapy, Elborn College</i> <i>Corner of Sarnia Rd. &amp; Western Rd.</i> Role of the Occupational Therapist Falls and gait disturbances; assistive devices Vision problems	<ol style="list-style-type: none"> <li>1. Community Health Research Unit. (2004). Active Independent Aging: A community guide for falls prevention and active living. Ottawa. <ul style="list-style-type: none"> <li>• Section 3. Falls and Fall Prevention</li> </ul> </li> </ol>
<b>9</b> <b>Mar. 9/12</b>	Pressure ulcers <b>Nutrition Education Resource DUE (15%)</b>	TBA
<b>10</b> <b>Mar. 16/19</b>	Oral health and dehydration Polypharmacy	
<b>11</b> <b>Mar. 23/26</b>	Eliminating poverty, abuse, and neglect Ethical decision-making Palliative and end-of-life care	<ol style="list-style-type: none"> <li>1. Cohen, D. (2009, Fall). Managing conflict between RDs &amp; Substitute Decision-Makers. Resume. pp. 6-8.</li> <li>2. Galanos, Neff, Heuberger, &amp; Bales. (2010). What is ‘optimal nourishment’ for older adults at the end of life? A conversation. Journal of Nutrition for the Elderly, 29:286-392.</li> <li>3. 24 – 31 in Canada’s Aging Population</li> </ol>

		4. Kuhl, Stanbrook, & Hebert. (2010). What people want at the end of life. CMAJ.
<b>13 March 30/ April 2</b>	In-class discussions of major projects	In-class discussions of major projects
	<b>FINAL EXAM (35%) Check exam schedule</b>	

# BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

## 1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm> . If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2014/pg117.html>

## 2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, [www.registrar.uwo.ca](http://www.registrar.uwo.ca), for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

## 3. ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

## 4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

[http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf).

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

## **6. PREREQUISITES AND ANTIREQUISITES**

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

## **7. SUPPORT SERVICES**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at [http://www.brescia.uwo.ca/academics/registrar\\_services/index.html](http://www.brescia.uwo.ca/academics/registrar_services/index.html). The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm>. The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/>. Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate