



# SUBJECT OUTLINE

Subject Name:

**Nutritional Medicine Clinical Skills**

Subject Code:

**HMCL222**

## SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Nutritional and Dietetic Medicine)

Total Course Credit Points:

96

Level:

2<sup>nd</sup> Year

Duration:

1 Semester

Subject is:

Core

Subject Credit Points:

2

### Student Workload:

No. timetabled hours per week:  
3<sup>''</sup>

No. personal study hours per week:  
2

Total hours per week:  
5

Delivery Mode\*:

☐ On campus

☐ Online / Digital

☒ Blended

☐ Intensive

Weekly Session<sup>^</sup> Format/s - 1 session per week:

☒ On campus lectures:

☐ 2 hours

☒ 3 hours

Weeks 7 – 13 only, each session includes lecture and workshop

☒ Livestream lectures:

☐ 2 hours

☒ 3 hours

Weeks 1 - 6 only, each session includes lecture and workshop

☒ Clinic sessions:

☒ Varied

1 x 1.5 hour Client Consultation before Week 8  
1 x 4 hour Student Observer session before Week 13

\*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

<sup>^</sup>A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

<sup>''</sup>Additional 5.5 hours required across two additional sessions to prepare students for clinical studies (total 44.5 hours timetabled hours across the teaching period).

Study Pattern:

☒ Full Time

☒ Part Time

Pre-requisites:

NMDF121, HMCL211

Co-requisites:

BIOE221, NMDC221, HMCL223

Special Resource Requirements:

HLTAID003 Provide first aid or HLTAID011 Provide First Aid (VET unit of competency)



*Professional Dress Standards* as described by the [Endeavour Clinic Handbook](#) (Week 7 onwards)

WWCC (or its equivalent) for the location in which subject is undertaken as per [Working with Children Check Policy](#)

Clinical equipment kit including:

- Measuring tape
- Sphygmomanometer
- Stethoscope

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

In Nutritional Medicine Clinical Skills, students sharpen their focus on nutritional assessment and treatment planning in preparation for the clinical practicum subjects. Students develop their ability to apply the Nutritional Case Management Process: nutrition focused case taking, nutritional health assessment, holistic nutritional diagnosis, nutritional treatment planning, monitoring and evaluation. This process is applied to case studies and client volunteers to integrate theoretical knowledge and clinical skills and to demonstrate reflective practice. Students will attend and be orientated to Endeavour Wellness Clinics policies and procedures.

### Learning Outcomes

1. Demonstrate application of the Nutritional Case Management Process, to client case taking, nutritional assessment and treatment planning.
2. Prepare Holistic Nutritional Diagnoses for a variety of client cases.
3. Prepare client centred, evidence-based treatment plans which support client health and consider the three pillars of clinical nutrition (diet, lifestyle, supplementation).
4. Communicate accurate information that is client appropriate and demonstrates an understanding of the client case and treatment plan.
5. Demonstrate professional practice through accurate record keeping, appropriate student conduct and continued reflection.

### Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Attendance</b> 100% required – includes lectures, workshops and two (2) clinic sessions*	N/A	N/A	Weeks 1-13	Pass/Fail



<b>Weekly Activity Logs and Reflections</b> (Reflections max 500 words each – clinic client consultation, clinic student observer session, on campus client consultation)	1-5	1 - 13	Activity Logs due weekly (Weeks 1-13) Reflections due Weeks 8 (x 1) and 13 (x 2)	Pass/Fail
<b>Mid Semester Exam</b> (1 hour)	1-4	1-5	Week 6	40%
<b>Practical Exam</b> (2 hours)	1-4	1-13	Practical Examination Period	60%
<p>*Mandatory two (2) clinic sessions:</p> <p>1. Client consultation 1.5 hrs</p> <p>2. Student observer session (full clinic session) 4 hrs</p>				
All written assessments are due at 11:55 pm (AEST) Sunday and submitted through the LMS				

#### Prescribed Readings:

1. Jarvis, C. (2019). *Physical examination & health assessment* (8th ed.). Elsevier. [ebook available]
2. Raymond, J. L. & Morrow, K. (2021). *Krause and Mahan's food and the nutrition care process* (16th ed.). Elsevier.

#### Recommended Readings:

1. Chabner, D. (2017). *The language of medicine* (11th ed.). Elsevier. [ebook available]
2. Gropper, S. S., Smith, J. L., & Carr, T. P. (2021). *Advanced nutrition and human metabolism* (8th ed.). Wadsworth. [ebook available]
3. Hechtman, L. (2020). *Advanced clinical naturopathic medicine*. Elsevier.
4. Holli, B. B., & Beto, J. A. (2020). *Nutrition counselling and education skills: A guide for professionals* (7th ed.). Jones & Bartlett Learning. [ebook available]
5. Whitney, E., Rady Rolfes, S., Crowe, T., & Walsh, A. (2019). *Understanding nutrition* (4<sup>th</sup> Australian and New Zealand ed.). Cengage Learning. [ebook available]

## Subject Content

Week	Lectures
1.	<b>Introduction</b> (Subject Outline / Learning Outcomes / Assessment / Student Resources) <b>Introduction to client-centred nutritional care for clinical practice</b>



	<ul style="list-style-type: none"> <li>➤ Nutritional Case Management Process</li> <li>➤ Nutrition-focused case taking</li> <li>➤ Nutritional health assessment</li> <li>➤ A (anthropometry), B (biochemistry), C (clinical), D (dietary), E (environment) checklist</li> <li>➤ Application to case study</li> </ul>
2.	<b>Dietary Assessment</b> <ul style="list-style-type: none"> <li>➤ Taking a diet history</li> <li>➤ Dietary assessment for nutritional adequacy</li> <li>➤ ECNH Real-time rapid assessment tool – Ready Reckoners</li> <li>➤ Application to case study</li> </ul>
3.	<b>Holistic Nutritional Diagnosis and Treatment Planning (Part 1)</b> <ul style="list-style-type: none"> <li>➤ Case analysis tools</li> <li>➤ Holistic Nutritional Diagnosis</li> <li>➤ Treatment planning: treatment aims and SMART health goals</li> <li>➤ Application to case study</li> </ul>
4.	<b>Client Education and Motivation</b> <ul style="list-style-type: none"> <li>➤ Goals of client education</li> <li>➤ Nutritional counselling</li> <li>➤ Motivational interviewing</li> <li>➤ Change talk</li> <li>➤ Education and motivation (EM) pitch</li> <li>➤ Application to case study and role play</li> </ul>
5.	<b>Treatment Planning (Part 2)</b> <ul style="list-style-type: none"> <li>➤ Three pillars of clinical nutrition (diet, lifestyle, supplementation)</li> <li>➤ Client communication and negotiating strategies to meet health goals</li> <li>➤ Monitoring and evaluation</li> <li>➤ Application to case study and role play</li> </ul>
6.	<b>Communicating for Effective Client Care</b> <ul style="list-style-type: none"> <li>➤ Client-centred communication</li> <li>➤ Communicating and collaborating with other health professionals</li> <li>➤ Application to case study and role play</li> </ul> <b>Preparation for On Campus Client Management Workshops</b>
7.	<b>On Campus Client Management Workshop (Sessions 7-13)</b> <ul style="list-style-type: none"> <li>➤ Application of Nutritional Case Management Process through student case taking and class discussions</li> <li>➤ Students will be observed as they work with volunteer clients to complete the Nutritional Case Management Process</li> <li>➤ Practical skills development in preparation for clinic practicums</li> <li>➤ Reflective practice demonstrated through class discussions and informal feedback</li> </ul>



	<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p><b>Semester 2</b> – The non-teaching week falls between Weeks 7 and 8</p>
8-12.	<b>On Campus Client Management Workshop (continued)</b>
13.	<p><b>On Campus Client Management Workshop (if required)</b></p> <ul style="list-style-type: none"> <li>➤ Wellness Clinic orientation</li> <li>➤ Preparation for Practical Exam</li> </ul>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b></p> <p>Note that make-up classes may be scheduled in this week</p>
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b></p> <p>Note that make-up classes may be scheduled in this week</p>
16-17.	<p><b>Final Examination Weeks 1 - 2</b></p> <p>There is no final written exam for this subject</p>