



# SUBJECT OUTLINE

Subject Name:

**Nutritional Medicine Clinical Practicum 2B**

Subject Code:

**NMDC323B**

## SECTION 1 – GENERAL INFORMATION

|  |                                    |                      |
|--|------------------------------------|----------------------|
| <b>Award/s:</b>  | <b>Total Course Credit Points:</b> | <b>Level:</b>        |
| Bachelor of Health Science (Nutritional and Dietetic Medicine) | 96                                 | 3 <sup>rd</sup> Year |
| <b>Duration:</b>   | 1 Semester                         |                      |
| <b>Subject Coordinator:</b> Joanne Andrews (Brisbane Campus)   |                                    |                      |
| <b>Subject is:</b>   | <b>Subject Credit Points:</b>      | 6                    |
| Core   |                                    |                      |

### Student Workload:

| No. timetabled hours per week: | No. personal study hours per week: | Total hours per week: |
|--------------------------------|------------------------------------|-----------------------|
| 11                             | 6                                  | 17                    |

#### Delivery Mode:

|                       |  |
|-----------------------|--|
| Clinic Block Delivery | 2 x 4 hour clinical practicum sessions per week over 12 weeks (includes 30 minutes per session of set up / pack down time) |
|                       | 1 x 3 hour workshop per week over 12 weeks   |
|                       | Full Time  |
|                       | Part Time  |

**Pre-requisites:** NMDA321, NMDD221, NMDC313, NMDS311, SOCI221

**Co-requisites:** SOCE311, NMDC323A

#### Special Resource Requirements:

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

Mandatory LMS-based clinic induction and quiz

Minimum of three clients as per the [Clinic Client Recruitment Policy](#) to demonstrate the students' self and clinic promotion

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

[Endeavour Clinic Handbook](#)

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

Clinical equipment kit including:

- Endeavour black tunic
- Measuring tape
- Otoscope



- Penlight
- Percussion reflex hammer
- Sphygmomanometer
- Stethoscope
- Thermometer
- Timing device

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

Clinic students practise nutritional medicine under the supervision of qualified practitioners in the College Teaching Clinics, by taking the lead in client assessment and care. Practical application of nutritional medicine clinical skills such as history-taking, education of the client about nutritional medicine and the general course of treatment, nutritional medicine assessment techniques, pathology testing and conventional physical examination techniques, guide the student in developing an individual treatment plan. Client follow-up is expected along with background research on each client's condition and evidence-informed treatment options conducted between client visits. Students apply holistic medicine theory and principles in case management with diverse patients and the range of acute and chronic conditions that present in our clinics. NMDC323A and NMDC323B together comprise the senior clinical practicum and are split to facilitate part-time study options.

### Learning Outcomes

1. Apply holistic nutritional medicine philosophy, principles, ethical and professional values, knowledge and skills to the assessment and management of clients in a clinical setting.
2. Critically evaluate diagnostic and treatment options based on totality of professional education thus far, along with review of relevant research, clinical experience, cultural considerations and patient preferences to construct a suitable and effective treatment plan.
3. Display appropriate professionalism while maintaining a therapeutic relationship with the client when faced with ethical or boundary issues in clinical practice.
4. Conduct and observe nutritional medicine consultations to elicit clinical data essential to establish appropriate client management options.
5. Apply appropriate written and oral communication skills to communicate information and knowledge in the area of client management and professional practice.
6. Acquire and consolidate knowledge of nutritional medicine practice management including Occupation Health and Safety standards, office reception, clinic procedures, and dispensing.



| Assessment Tasks   |                            |                        |   |           |
|--|----------------------------|------------------------|---|-----------|
| Type   | Learning Outcomes Assessed | Week Content Delivered | Week Due  | Weighting |
| <b>Attendance and Activity Logs</b><br>(100% attendance required)  | N/A                        | N/A                    | 1 - 12  | Pass/Fail |
| <b>Interim Performance Review</b>  | 1-6                        | 1 - 5                  | 6   | 30%       |
| <b>Client Case Report and Oral Presentation</b><br>(Written report -1500 words, suitable for publication<br><br>Oral presentation -10 minutes, suitable for conference presentation) | 1-2,4-5                    | 1 - 8                  | Written report -<br>Week 9<br><br>Oral presentation –<br>Week 11/12 | 30%       |
| <b>Final Performance Review</b>  | 1-6                        | 6 - 12                 | 12  | 40%       |
| All written assessments are due at 11:55 p.m. Sunday and submitted through the LMS   |                            |                        |   |           |

#### Prescribed Readings:

1. Raymond, J.L., & Morrow, K. (2021). *Krause and Mahans food and the nutrition care process* (15th ed.). Elsevier.

#### Recommended Readings:

1. Braun, L., & Cohen, M. (2014). *Herbs and natural supplements, an evidence-based guide* (4th ed., Vols. I – II). Churchill Livingstone; Elsevier. [ebook available]
2. Braun, L., & Cohen, M. (2017). *Essential herbs & natural supplements*. Churchill Livingstone; Elsevier.
3. Bryant, B., & Knights, K. (2019). *Pharmacology for health professionals* (5th ed.). Elsevier. [ebook available]
4. Camfield, D., McIntyre, E., & Sarris, J. (2016). *Evidence-based herbal and nutritional treatments for anxiety in psychiatric disorders*. Springer. [ebook available]
5. Croxford, S., Itsiopoulos, C., Forsyth, A., Belski, R., Thodis, A., Shepherd, S., & Tierney, A. (2015). *Food and nutrition throughout life*. Allen & Unwin.
6. Escott-Stump, S. (2015). *Nutrition and diagnosis-related care* (8th ed.). Wolters Kluwer.
7. Gropper, S. S., & Smith, J. L. (2021). *Advanced nutrition and human metabolism* (8th ed.). Wadsworth; Cengage Learning. [ebook available]
8. Hechtman, L. (2019). *Clinical Naturopathic Medicine* (2nd ed.). Elsevier



9. Hoffman, T., Bennett, S., & Del Mar, C. (2017). *Evidence-based practice across health professions* (3rd ed.). Churchill Livingstone. [ebook available 2nd ed.]
10. Nelson, D. L. & Cox, M. M. (2016). *Lehninger principles of biochemistry* (7th ed.). W.H. Freeman.
11. Prousky, J. (2013). *Textbook of integrative clinical nutrition*. Canadian College of Naturopathic Press.
12. Sarris, J., & Wardle, J. (Eds.). (2014). *Clinical naturopathy: An evidence-based guide to practice* (2nd ed.). Churchill Livingstone; Elsevier. [ebook available]
13. Stargrove, M., Treasure, J., & McKee, D. (2008). *Herb, nutrient and drug interactions*. Mosby; Elsevier.
14. The Royal College of Pathologist of Australasia. (2019, December 4). *RCPA manual*. Retrieved from <http://rcpamanual.edu.au/>
15. Watson, R. R. (2009). *Complementary and alternative therapies in the ageing population: An evidence-based approach*. Academic Press.
16. Whitney, E., Rolfes, S. R., Crowe, T., Cameron-Smith, D., & Walsh, A. (2016). *Understanding nutrition* (Australia and New Zealand ed., 3rd ed.). Cengage Learning.

## Subject Content

| Week  | Clinical Practicum  | Clinical Workshop   |
|-------|---|---|
| 1-12. | <p>Clinic practicum goes from Week 1 to Week 12.</p> <p>During Nutritional Medicine Clinical Practicum, students will practice under supervision either singly or in pairs:</p> <ul style="list-style-type: none"> <li>➤ Conducting clinical consultations and observations</li> <li>➤ Good practitioner-client communication</li> <li>➤ Give short, oral presentations to supervisor and student peers in relation to client management and professional practice</li> <li>➤ Case taking</li> <li>➤ Clinical examination skills</li> <li>➤ Interpretation of biomedical and functional test results</li> <li>➤ Differential diagnosis</li> <li>➤ Developing individualised treatment plans</li> <li>➤ Appropriate referral</li> <li>➤ Presentation to supervisor and obtaining approval for treatment plan</li> <li>➤ Office management skill, dispensing and reception duties</li> <li>➤ Observing all clinic policy and procedure</li> </ul> | <p>In these workshops, discussion focuses on integrated, evidence-informed nutritional medicine strategies for the prevention and treatment of common conditions frequently seen in practice. Students bring de-identified cases from the Teaching Clinic for discussion and analysis, and cases are also provided.</p> <p>Weekly topics include the following:</p> <ul style="list-style-type: none"> <li>➤ Gastrointestinal conditions</li> <li>➤ Arthritis and musculoskeletal conditions</li> <li>➤ Nervous system conditions</li> <li>➤ Women's health and menopause</li> <li>➤ Men's health and andropause</li> <li>➤ Ageing</li> <li>➤ Endocrine conditions</li> <li>➤ Metabolic Syndrome</li> <li>➤ Autoimmune conditions</li> <li>➤ Integumentary conditions</li> <li>➤ Urinary conditions</li> <li>➤ Weight management</li> <li>➤ Multiple system conditions</li> </ul> |



|  |   |  |
|--|---|--|
|  | <p>➤ Participating in debriefing sessions at the conclusion of each clinical practicum to identify any important issues</p> |  |
|--|---|--|