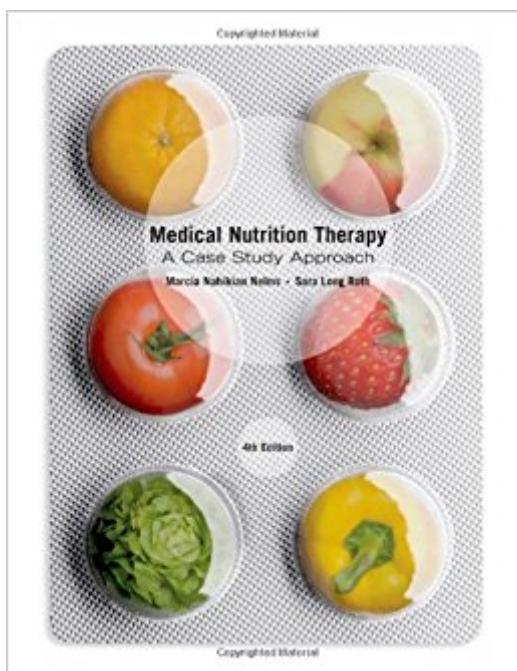


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# Medical Nutrition Therapy: A Case Study Approach



## **Synopsis**

Building a bridge from classroom to clinical practice, this casebook is composed of 34 realistic case studies appropriate for introductory and advanced level courses in nutrition and diet therapy. Each case study uses the medical record as its structure. The student "solves the case" by using the information provided such as hospital admission data, laboratory test results, intake/output records, and the physician's progress notes. The case is followed by a series of questions that focus on pathophysiology; assessment; clinical, nutritional and behavioral outcomes; interventions; and appropriate follow-up for the patient. This "real world" approach helps to prepare the student for the professional setting. Objectives for student learning within each case are built around the nutrition care process and competencies for dietetic education.

## **Book Information**

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## **Customer Reviews**

UNIT 1: ENERGY BALANCE AND BODY WEIGHT. Case 1 Pediatric Weight Management. Case 2 Bariatric Surgery for Morbid Obesity. Case 3 Malnutrition Associated with Chronic Disease. UNIT 2: NUTRITION THERAPY FOR CARDIOVASCULAR DISORDERS. Case 4 Hypertension and Cardiovascular Disease. Case 5 Myocardial Infarction. Case 6 Heart Failure with Resulting Cardiac Cachexia. UNIT 3: NUTRITION THERAPY FOR UPPER GASTROINTESTINAL DISORDERS. Case 7 Gastroesophageal Reflux Disease. Case 8 Ulcer Disease: Medical and Surgical Treatment. UNIT 4: NUTRITION THERAPY FOR LOWER GASTROINTESTINAL DISORDERS. Case 9 Celiac Disease. Case 10 Irritable Bowel Syndrome (IBS). Case 11 Inflammatory Bowel Disease: Crohn's

Disease. UNIT 5: NUTRITION THERAPY FOR HEPATOBILIARY AND PANCREATIC DISORDERS. Case 12 Cirrhosis of the Liver. Case 13 Acute Pancreatitis. UNIT 6: NUTRITION THERAPY FOR ENDOCRINE DISORDERS. Case 14 Pediatric Type 1 Diabetes Mellitus. Case 15 Type 1 Diabetes Mellitus in the Adult. Case 16 Type 2 Diabetes Mellitus-Pediatric Obesity. Case 17 Adult Type 2 Diabetes Mellitus: Transition to Insulin. UNIT 7: NUTRITION THERAPY FOR RENAL DISORDERS. Case 18 Chronic Kidney Disease (CKD) Treated with Dialysis. Case 19 Chronic Kidney Disease: Peritoneal Dialysis. Case 20 Acute Kidney Injury (AKI). UNIT 8: NUTRITION THERAPY FOR HEMATOLOGICAL DISORDERS. Case 21 Anemia in Pregnancy. Case 22 Folate and Vitamin B12 Deficiencies. UNIT 9: NUTRITION THERAPY FOR NEUROLOGICAL DISORDERS. Case 23 Ischemic Stroke. Case 24 Progressive Neurological Disease: Parkinson's Disease. Case 25 Alzheimer's Disease. UNIT 10: NUTRITION THERAPY FOR PULMONARY DISORDERS. Case 26 Chronic Obstructive Pulmonary Disease. Case 27 COPD with Respiratory Failure. UNIT 11: NUTRITION THERAPY FOR METABOLIC STRESS AND CRITICAL ILLNESS. Case 28 Pediatric Traumatic Brain Injury: Metabolic Stress with Nutrition Support. Case 29 Metabolic Stress and Trauma: Open Abdomen. Case 30 Nutrition Support for Burn Injury. Case 31 Nutrition Support in Sepsis and Morbid Obesity. UNIT 12: NUTRITION THERAPY FOR NEOPLASTIC DISEASE. Case 32 Acute Lymphoblastic Leukemia Treated with Hematopoietic Cell Transplantation. Case 33 Esophageal Cancer Treated with Surgery and Radiation. UNIT 13: NUTRITION THERAPY FOR HIV/AIDS. Case 34 AIDS. Appendix A: Common Medical Abbreviations. Appendix B: Normal Values for Physical Examination. Appendix C: Routine Laboratory Tests with Nutritional Implications. Appendix D: Exchange Lists for Diabetes Meal Plan Form and Food Lists Nutrient Information. --This text refers to an alternate Paperback edition.

Dr. Nahikian-Nelms is currently a professor of clinical health and rehabilitation sciences and director of the dietetic internship in the Division of Medical Dietetics at The Ohio State University. At Ohio State, she also serves as nutrition faculty for the LEND (Leadership Education in Neurodevelopmental Disabilities) program and the Inflammatory Bowel Disease Center. She has practiced as a dietitian and public health nutritionist for over 25 years. She is the lead author for the textbooks: *\_Nutrition Therapy and Pathophysiology\_*; *\_Medical Nutrition Therapy: A Case Study Approach\_*; and *\_Food and Culture\_*. Additionally, she has contributed to the Academy of Nutrition and Dietetics Nutrition Care Manual for the sections on gastrointestinal disorders and is the author of numerous peer-reviewed journal articles and chapters for other texts. Her clinical expertise focuses on development and practice of evidence-based nutrition therapy for a variety of conditions

including diabetes, gastrointestinal disease, and hematology/oncology for both pediatrics and adult populations, as well as the development of alternative teaching environments for students within their clinical training. Recently, her scholarly work has focused on the use and development of simulation activities as a component of the dietetic curriculum. Dr. Nahikian-Nelms has received the Governor's Award for Outstanding Teaching for the State of Missouri, Outstanding Dietetic Educator in Missouri and Ohio, and the PRIDE award from Southeast Missouri State University in recognition of her teaching. Dr. Nahikian-Nelms has previously served in her district and state dietetic associations as well as on the ACEND board and as a program reviewer. SARA LONG ROTH, PhD, RD, is Professor in the Department of Animal Science, Food and Nutrition and Director, Didactic Program in Dietetics at Southern Illinois University Carbondale. Prior to obtaining her PhD in health education, she practiced as a clinical dietitian for 11 years. Her specialty areas are medical nutrition therapy, nutrition education, and food and nutrition assessment. She is an active leader in national, state, and district dietetic association's where she has served in numerous elected and appointed positions, including the Commission on Accreditation of Dietetics Education, and Commission on Dietetic Registration. Dr. Long is coauthor of *Understanding Nutrition Therapy and Pathophysiology*, *Medical Nutrition Therapy: A Case Study Approach*, *Foundations and Clinical Applications of Nutrition: A Nursing Approach*, and *Essentials of Nutrition and Diet Therapy*. Dr. Long has received various awards and honors for teaching, including Outstanding Dietetic Educator (ADA) and Outstanding Educator for the College of Agricultural Sciences.

This book has a helpful hands on learning approach, HOWEVER be warned it was manufactured poorly! Case studies 16, 17, 18, and most of 15 were missing and case study 7-11 were repeated in my book. This is extremely frustrating to find out half way into the semester:(

Purchased this book for a two-semester Medical Nutrition Therapy class. First part of the book was fine. In the second semester I discovered the book is missing pages 173 through 220. Pages 77 through 124 are in the correct place and repeated in between pages 172 and 221. Since I did not make this discovery until 7 months after purchase (during the second semester of the class), it is not eligible for return. Inspect the book carefully upon receipt.

Bought the ebook version and I almost wish I had the hard cover case study book. Lots of good examples.

It really is a great tool when learning how to apply knowledge learned about how to assess a client. It includes an array of diseases and different client types which really aid in becoming familiar with all the different scenarios you could run into during practice

Its okay but it didn't solve my problem. I guess I'm looking for something different

This book is required for a course that I am taking in the fall. Honestly, I haven't even opened it yet other than to check the overall condition.

It is for my Granddaughter not myself as I never see the book. he has made no comment about it so I assume it is satisfactory.

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