

POSTER SESSION: PROFESSIONAL SKILLS/NUTRITION ASSESSMENT/MEDICAL NUTRITION THERAPY

Title: DETERMINING VISCOSITY VALUES OF FOODS INCLUDED IN PEDIATRIC DYSPHAGIA DIETS

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Learning Outcome: The participant will become familiar with the viscosity of pediatric foods in relation to the National Dysphagia Diet Guidelines

Text: Viscosity values of various foods were determined in order to evaluate the suitability of the products to be included in the modified diets for patients with swallowing dysfunction at Texas Scottish Rite Hospital for Children in Dallas, Texas. Products evaluated included applesauce, pudding, commercial yogurt smoothies, nutritional supplements and reduced fat chocolate milk. Results were compared to the National Dysphagia Diet Guidelines for thin, nectar-like, honey-like and spoon-thick liquids. The Brookfield Viscometer RVDV-I+ Version 5.1 was used to measure centipoise(cP) viscosity. A spindle speed of 100 rev/min and spindles S04, S05 and S02 were used during testing. Products tested had a temperature range of 6°C to 15°C. Applesauce ranged from 2244cP to 3427cP and the mean reading for Jell-O® Chocolate Pudding was 9242cP. Both were spoon-thick liquids. Yoplait® Nouriche Smoothies had a mean range of 1046cP to 1142cP. Yoplait's® Smoothie had a mean of 912cP and Yoplait® Light Smoothies were 422cP and 652cP respectively. Both were Honey-thick viscosity, including Dannon® Light-n-fit™ smoothies where the mean was 716cP to 928cP. All flavors of Danimals™ by Dannon® ranged from 368cP to 427cP, which made them honey-thick liquids. Dannon® Frusion™ Smoothies results were in the nectar-thick range with mean results of 274cP to 302cP. PediaSure® with fiber was found to be a thin liquid with an average of 39.4cP. Nestle® Nesquik® reduced fat chocolate milk had a mean range of 50.7cP, a nectar-thick liquid. Clarification of the viscosity values of common pediatric foods will help standardize the recommendations provided by dysphagia treatment teams.

Funding Disclosure: None

Title: DEVELOPMENT OF AN INTERPROFESSIONAL ONLINE GRADUATE CERTIFICATE IN AGING

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Learning Outcome: To describe the core curricular competencies needed for specialty-level practice in gerontology and nutrition.

Text: Baby boomers reaching the 65-year old milestone will result in the doubling of the number of older adults by 2030 to 70 million. Studies by government agencies and professional organizations project large shortages of health professionals need to adequately care for this population, specifically in dietetics and physical therapy. The University of Medicine and Dentistry of New Jersey (UMDNJ) - School of Health Related Professions and the UMDNJ - Institute for Successful Aging received a grant from the Health Resources and Services Administration (HRSA) Bureau of Health Professions to create an online Graduate Certificate in Aging for dietitians and physical therapists, which will serve as academic preparation for specialty board certifications in gerontology for both disciplines. The certificate program consists of 15 credits: 9 credits of core course work in geriatrics/gerontology and 6 credits of specialized coursework in either dietetics/nutrition or physical therapy. Creation of the Graduate Certificate involved a multistep process: (1) validating Certificate competencies through a two stage Delphi process that utilized a national panel of geriatric/gerontological educators and practitioners, (2) mapping the curriculum to assure inclusion of all competencies in the curriculum, (3) developing interdisciplinary cases to be threaded throughout the curriculum, (4) offering a faculty development program that focused on online teaching, (5) piloting the courses, and (6) evaluating all phases of the project. Preliminary evaluative analysis of piloted courses indicates that the Certificate curriculum has been successful in achieving competencies.

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Title: THE RELATIONSHIP BETWEEN WEIGHT STATUS, DEMOGRAPHIC CHARACTERISTICS, CHRONIC DISEASES AND CHRONIC DISEASES RISK FACTOR AMONG ADULT WOMEN SEEN IN AN OBSTETRIC & GYNECOLOGIC CLINIC AT AN ACADEMIC HEALTH SCIENCES UNIVERSITY CENTER

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Learning Outcome: To determine the health and weight status and the relationship between weight and demographic characteristics and chronic diseases of women seen in an Obstetric and Gynecologic Clinic (OB-GYN).

Text: This was a retrospective pilot needs assessment study using a convenience sample of unduplicated medical records of 203 subjects seen in a two-month period in a university based OB-GYN clinic at Puerto Rico. Subjects' weight, height, BMI, age, exercise habits, smoking history, fasting plasma glucose, total cholesterol, LDL-cholesterol, HDL-cholesterol, triglyceride, blood pressure and chronic disease diagnoses were collected. SPSSv13 was used for analyses, at an a priori alpha of p=0.05. Chi-square, one-way ANOVA, and independent t-tests were used to explore relationships and mean differences between variables. The mean age of the subjects was 49.64 years (range= 18-84 years, SD=16.42); mean weight = 154.96 pounds (range= 84-289 pounds, SD=37.74) and the mean BMI=27.20 (range= 13.96-54.29, SD=6.60). Overweight/obese subjects were significantly older ($t=-2.316, p=0.022$), and more likely to have higher systolic ($\chi^2=20.335, p<0.001$) and diastolic ($\chi^2=12.947, p<0.001$) blood pressure than normal/underweight women (n=79). Women with type 2 diabetes mellitus (n=16) were significantly more likely ($t=-2.294, p=0.023$) to have a higher BMI than those without diabetes (n=165). Those with hypertension (n=46) were significantly more likely ($t=-2.091, p=0.038$) to have a higher BMI than those without it (n=135). The results of this study demonstrated that overweight/obese women were older and more likely to have high blood pressure than normal/underweight women. Those with chronic diseases were more likely to be overweight/obese than those without chronic diseases. The results support the need for a clinic-based weight-management program.

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Title: ASK BEFORE YOU EAT: DEVELOPMENT OF FACTSHEETS FOR A PUBLIC INFORMATION CAMPAIGN ABOUT FOOD ALLERGIES

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Learning Outcome: To describe the development of educational materials targeted at children's caregivers to help improve their knowledge about food allergies and how to prevent triggering a food allergic reaction.

Text: Food allergies (FAs)--a serious and sometimes fatal problem--affect nearly 7 million Americans, with the incidence rising. Increasingly children's caregivers (CCs) (eg, parents, teachers, coaches, babysitters) are faced with the responsibility of supervising eating experiences with children who have FAs. Little research has addressed FA knowledge and practices of CCs and few educational materials are available. Therefore, the "Ask Before You Eat" public information campaign was mandated in New Jersey to inform residents about FAs and how to avoid triggering reactions. Key informant interviews with food and health experts (n=25) helped guide the development of the campaign materials. Interviews conducted with CCs (n=32) assessed: knowledge of FAs; how CCs would supervise eating situations involving children with FAs; importance CCs placed on knowing how to prevent triggering FA reactions; and desired format for delivery of FA information, including layout, tone, and language. Experts and CCs both identified factsheets as preferred educational materials. Four factsheets were developed for specific groups: parents of children with FAs, CCs other than parents, and the public-at-large. Factsheet themes were: Taking Care of Children with FAs, Creating a FA Action Plan for Childcare Providers, Eating Out with FAs, and What Everyone Should Know about FAs. Follow-up key informant interviews conducted with CC (n=26) revealed that, on a 5-point Likert Scale, factsheets were very readable (4.8±0.3SD), comprehensive (4.6±0.5SD), relevant (4.8±0.5SD), and useful (4.6±0.5SD). The factsheets were distributed as part of the statewide "Ask Before You Eat" campaign, which significantly increased FA knowledge (p<0.05) of the public.

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