

Nutrition Education for GI Rotations and Fellows

Additional References:

1. Nutrition Guidelines: [Nutrition & Disease Management | Alberta Health Services](#)
2. ASPEN Core Curriculum, 2017 (available through Knowledge Resource Service)

	Learning Opportunities	Additional Resources/Links	In-person Opportunities
SGA	CMTF website	 SGA Anatomy Cheat Sheet.docx  SGA Tool_2016 EN.pdf	- Inpatient assessments - Malnutrition Clinic assessments
Malnutrition Screening	CMTF website	 Maln screening.pdf	Understand screening & documentation
Nutritional Assessment: energy/protein/fluids/micronutrients	- AHS PN/EN Manual; include Obesity - PPT with Dr. Jin	- See EN/PN sections below for requirements	Observe & complete independently
Parenteral Nutrition	AHS Manual	 Hitchhiker's Guide to PN.pdf  Lee Liver Dysfunction in PN 2 Parenteral Nutrition Insite (albertahealthservices.ca) Adult Nutrition Support Manual Parenteral Nutrition (PN) (albertahealthservices.ca) Sections to focus on: 4.1 Recommended Macronutrient Requirements 4.2 Micronutrient Standard Recommended Requirements 4.3 Other Additions 4.4.1 Refeeding Syndrome 4.4.5 Diabetes/ Impaired Glucose Tolerance and PN 8.4 PN Complications	- Assessment & follow-up - Write PN orders

		7. Appendix 7 Olmel PN Algorithm	
Intestinal Failure/Short Bowel Syndrome	In person ppt teaching → CC Andrea Kulyk	 ParrishDeBaise SBS physiology 2014.pdf  Jeejeebhoy SBS CMAJ2002.pdf  ESPEN-SBS 2009.pdf  Parrish High output ileostomies 2019.pdf	Malnutrition clinic, HPN clinic, inpatient assessment
Nutritional implications for GI Disease states: IBD/ IBS/ Pancreatitis/ Liver Failure/ Renal disease	ASPEN/ESPEN guidelines	 ESPEN IBD.pdf  CKD 2021.pdf  September-2018-Pancreatitis.pdf  LD and Micros.pdf  Acute LD and Nutrn.pdf  IBD-NCP.pdf  Celiac and deficiencies.pdf	Patient education/assessment opportunities
GI diet instruction (eg: Celiac/IBD/IBS/Whipples)	Patient Education Handouts	Nutrition Education Alberta Health Services	Ambulatory RD's
Surgical Nutrition: - HPB (Whipples) - Fistulas	- Carol Rees Parrish handbook - Nutrition Practice guidelines	 Fistula-NCP.pdf  Whipples-PGI.pdf  Longterm nutrition alterations after sur	- Follow ins/outs, BW for N.S. and oral intake patients - Insulin and PN - Observe diet teach (enzyme teaching)
Refeeding Syndrome	- AHS resource 1-2 key articles	 refeeding 2019.pdf  Parrish-September-16.pdf	Inpatient monitoring
Enteral Nutrition	AHS Manual/ InSite	Enteral Nutrition Insite (albertahealthservices.ca)	Assessment & follow-up

	Formulary	Sections to focus on: - Formulations and Selections - Prescription - Formula Decision Trees - Rapid References: - Requirements - Refeeding Syndrome Algorithm  Adult Enteral Formula Decision Tr  Enteral 2022.pdf	Write EN orders
Home EN & PN	- Clinics - Intestinal Failure literature	 1_ESPEN_guidelines_on_chronic_intest	- Clinic visits - Complications of long-term TPN - Revestive
Metabolic Carts	QNRG literature/guidelines	 Pichaud-2019.pdf  Van Zant.pdf  Ratta.pdf	Observe and interpret
Critical Care	- Energy/ protein provision- acute phase - Propofol/ CRRT	 Current insights in ICU nutrition_ tailor Nystrom_et_al-2018.  CRRT  ICU and feeds 2021-Wishm.pdf	- ICU specific considerations - RD observation and participation in EN and PN orders
Transplant (Liver/Bowel)		Refer to the Liver Disease chapter in the ASPEN Core Curriculum located in KRS via INSite	
Oncology			- OHNS/Thoracics - Hematology
Presentation	Present on nutrition related topic at TPN rounds	Potential Topics: - NS in Pancreatitis- What's new? - Breakdown of LFT's- What do they all mean and what should I be checking with TPN - IAP and Feeding - GLP2	30 minute PPT

		● Review of Insulin Types and DM ● Review of Hypo and Hyperthyroid/ TSH and effects on GIT ● Use of PPI/ H2 blockers in Acute Care (with and without feeds) ● Physical Signs of common vitamin/mineral deficiencies ● Celiac Disease- Diagnostics ● Acid Base Review	
Case Studies/Test	● Case studies developed June 2023		