Clinical Literature Review & Case Study & Evidence-Based Practice Presentation

Due Date: Complete in final weeks of clinical rotation

Contact for Questions: Lindsay at lindsay.ganong@montana.edu

Learning outcomes from activity: In this assignment, the intern will conduct a literature review on a disease state, evaluate the strength of evidence for nutrition interventions, and apply your findings to a patient case using the Nutrition Care Process. The intern will then present their analysis to an audience of peers and health professionals.

2022 ACEND Competencies learning assessment:

CRDN 1.2 Evaluate research and apply evidence-based guidelines, systematic reviews and scientific literature in nutrition and dietetics practice.

CRDN 1.5 Incorporate critical-thinking skills in overall practice.

Submission Requirements

1. Sumit final Literature Review paper and slides here by 1 week past the end of the clinical rotation.
2. Your preceptor(s) will evaluate your presentation
3. MDI team will evaluate the literature review paper, slides, and provide you feedback on submissions

Tasks

1: Select a Patient Case Study

1. Select a disease state that interests you and that you have had a patient care experience with from the first 4 weeks of your clinical rotation.
2. Consult with your RDN preceptor for their input and possible suggestions.
3. The patient should have a medical condition or case that lends itself to a research question for your literature review.
4. Select a patient that you have assessed and completed documentation for.

Suggested completion **by the end of week 4 in your clinical rotation.**

2: Write Annotations.

Submit to the annotations assignment folder **by the end of week 6 in your major clinical rotation.**

3: Write a Literature Review

Utilize the selected articles that examine nutritional care implications related to the disease state and the patient you chose, and director feedback from your annotations. ***Limit to 6 pages or less***.

From your research, formulate an opinion and determine appropriate and specific medical nutrition therapy approaches for your final case study presentation.

Your literature review should include:

Introduction (1-3 paragraphs):

- Describe the overall topic, discuss its importance to quality patient nutrition care, and how it pertains to the selected patient. This will provide the context for your review and assist in your final presentation.
- Discuss why this topic is relevant to dietitians and explain to the reader why they should care and be interested in reading further.

Body of the literature review:

- Provide a summary of the individual studies reviewed (1-2 paragraphs for each study) which integrate director's feedback from your annotations.
- Group the research studies per common denominators; i.e., type of study, outcome reporting approaches (for example qualitative or quantitative), overall conclusive statements, research objectives, chronological order, etc.
- Identify trends, reoccurring themes and research methodology.
- Connect the selected studies throughout the body of the review and link them to concluding statements.

Conclusion (2-4 paragraphs):

- **This is a key section to demonstrate critical thinking.** Summarize the major contributions of the articles review. When considered together, what is your treatment recommendation for the patient? Answer the question for your clinical team, should "x" treatment be considered for a new protocol at the care facility? If so, for whom, and based on which body of evidence? Relate the findings to the original focus identified in the introduction. In short, make a recommendation for nutrition practice based on the strength of the evidence you found in the literature. Draw conclusions based on the evidence.

- Strength of the Evidence for a Conclusion. Use the AND grading criteria to assess the strength of evidence https://www.andeal.org/content.cfm?content_id=11Links to an external site. Is the evidence strong (clinically significant) and consistent for most populations? Can you generalize the findings? Or, is the evidence limited -- from studies of weak design, specific populations, inconsistent results, or limited quantity of studies? Consider the quality and quantity of studies and subjects, consistency of findings across studies, magnitude of effect (e.g. did the nutrition intervention lower HgbA1c 0.1 or 3 pts? How does it compare to diabetes medication?), and generalizability of findings.
- Connect the information in a concise and discerning manner – provide insight into the relationship between your topic and the literature reviewed. What are some next steps for research? As related to your research question, what additionally could be suggested as an area of further investigation to work towards consensus or evidence-based guidance on the specific topic?

References

List all resources, i.e., books, journal articles, internet websites, etc., in the standardized citation style of the American Medical Association 11th edition

Video instructions: https://www.youtube.com/watch?v=mSzGTIb7KuA

Reference List Guide: https://libguides.usc.edu/c.php?g=1029472&p=8076397Links to an external site.

Purdue OWL Tips: https://owl.purdue.edu/owl/research_and_citation/ama_style/index.html (Do not use the citation generator. That is an add and frequently creates incorrect AMA style citations)

4: Create a Case & Evidence-Based Practice Presentation

Learning Objectives:

After creating and delivering a case study & evidence-based practice presentation the intern will demonstrate understanding of:

- The disease state, related medical nutrition therapy, and strength of emerging evidence for nutrition interventions.
- The Nutrition Care Process and appropriate use of the various steps as related to quality nutrition care.

Based on the selected patient experience from Step 1 and the literature reviewed in Step 3, write a case study review presentation that examines nutritional care implications as related to the disease state and the selected patient.

Include the following in your presentation:	
Introductory overview of topic or disease state	Provide a brief introduction to the disease state chosen, what the research problem is related to MNT and why you chose it. Cover the following briefly on slides and present a narrative to provide greater depth. • What disease state will you provide research and recommendations on? • What was your research question? Why did you choose this topic? • Why is this topic important to research? • Give a quick overview summary of the findings from your literature review (2-3 sentences). How will your research, case study and recommendations advance clinical MNT practice for this disease state? *Cite your references in text and on the References slide*
Literature Review	Include a summary of your review of literature from Step 2. Throughout the presentation show how the patient was treated and refer back to the literature you found. Can you recommend any changes to the nutrition treatment approach based on your literature review to enhance evidence-based practice? *Cite your references in text and on the References slide*
Introduction to case study subject	Introduce the patient and the medical diagnosis. Describe your patient in terms of: • Age, gender, race, marital status, occupation, social/cultural history • Diagnosis and related treatments or hospitalizations (include dates, i.e., when was the diagnosis made, when was the procedure completed, etc.) Elaborate pertinent problems – presenting major problems for which patient sought medical attention and requires medical nutrition therapy. Include such information as admitting date, patient's condition upon admission, and sequence of events leading to current illness.
Pathophysiology	Explain the disease/disorder or situation • Pathophysiology as related to patient's condition • Symptoms • Etiology

	• Morbidity/mortality/prognosis if relevant *Cite your references in text and on the References slide*

NCP: Assessment	Organize the nutrition assessment data into the five categories of the Nutrition Care Process:
	
	• Food/Nutrition-Related History
	  ○ Food and nutrient intake
	  ○ Food and nutrient administration
	  ○ Medication and herbal supplement use
	  ▪ Discuss implications of polypharmacy
	  ▪ Discuss potential drug/nutrient interactions
	  ○ Knowledge/beliefs/attitudes
	  ○ Behavior
	  ○ Factors affecting access to food and food/nutrition related supplies
	  ○ Physical activity and function
	  ○ Nutrition-related patient/client-centered measures
	• Biochemical Data, Medical Tests and Procedures - Laboratory data and medical tests and procedures
	• Anthropometric Measurements -Height, weight, BMI, growth pattern indices/percentile ranks, weight history
	• Nutrition-Focused Physical Findings - Evaluation of body systems including muscle and subcutaneous fat wasting, oral health, ability to suck/swallow/breathe, appetite, affect
	• Client History
	  ○ Personal history
	  ○ Patient/client/family medical/health history
	  ○ Social history
	
	Use appropriate assessment/monitoring and evaluation terminology. Compare the patient/client value to the appropriate reference standard and cite a reference for the standard used

NCP: Diagnosis	Write one or two PES statements. Use the correct format which is *Problem* (use the nutrition diagnosis terminology label) as related to *Etiology* (this is the root problem) as evidenced by *Signs/Symptoms*. When formulating the PES statement, remember that malnutrition diagnoses are top priority, followed in order by intake domain (NI), other Clinical (NC), or Behavioral-Environmental (NB) domains.
NCP: Intervention	Explain how the nutrition intervention was aimed at the etiology named

	in the P-E-S statement. Write the **Nutrition Prescription**. This is the individualized recommended dietary intake and should be based on current reference standards and dietary guidelines, which depend on health condition and nutrition diagnosis. Organize the intervention strategy used by one or more of the four categories: • Food and/or Nutrient Delivery • Nutrition Education • Nutrition Counseling • Coordination of Nutrition Care
NCP: Monitoring/ Evaluation	Report on the progress made. Were goals/expected outcomes met? Remember the monitoring and evaluation terminology is the same as for the assessment and organize it into the applicable categories (do not include client history). These are: • Food/Nutrition-Related History Outcomes • Biochemical Data, Medical Tests, and Procedure Outcomes • Anthropometric Measurement Outcomes • Nutrition-Focused Physical Finding Outcomes
Conclusion	Summarize your patient case study, including how MNT can improve symptoms or etiology of the chosen disease state, why your research is important, and how it contributed to the MNT care process. Articulate at least two important learning points that have personally contributed to your professional development as an entry level clinician.
References	Include citations for all referenced materials in each slide and a list on the final slide.

Seek help if you need it:

Mary Anne Hansen, MSU EHHD Librarian: 406.994.3162 or mhansen@montana.edu

MSU Writing Center: http://www.montana.edu/writingcenter/Links to an external site.

5: Deliver Presentation to Professional Audience with Evaluation

Learning Objectives:

Upon completing a professional presentation, the intern will be able to demonstrate and articulate:

- Critical thinking skills related to patient care
- An understanding of the Nutrition Care Process and the progressive steps associated with quality care.

The intern will gain experience in concisely preparing and delivering a professional presentation to an audience composed of peers and health professionals.

1. **Prepare a 20-minute presentation** on the disease state and patient selected in Step 1. Presentation should include an overview of the literature review that you completed as well presenting your case study patient (complete overview of NCP/ADIME).
2. Use the assignment evaluation rubric to guide your preparation. The MDI Director will evaluate the written literature review and your presentation slides.
3. **Preceptors will evaluate using the "Clinical Case & Evidence-Based Practice Presentation"** Assignment Evaluation in Trajecsys.
4. **Include this QR code on your last slide so the audience can complete the eval before they leave the presentation. You can also provide this link in a follow up email https://www.trajecsys.com/programs/ev_anonymous.aspx?secret=91a3f650-aa63-451e-83ae-7de089f1e8deLinks to an external site.**

Make your presentation GREAT! PRACTICE MAKES PERFECT!!

Presentation Tips – adapted from Selena Ahmed, PhD

1. **Secure a space and confirm the date with your preceptor.** Check out the meeting room and available technology before your presentation day.
2. **Begin with Content.** Practice organizing an exceptional presentation with solid content. Solid content will be the foundation of your presentation and will give you confidence in your delivery.
3. **Framing Your Presentation**
    - After you have a solid foundation of content, construct an engaging and organized framework to present key take-home points to your audience.
    - **Title:** Be creative with your title. It should excite your audience, drawing them into the presentation.
    - **Start with a Hook:** A hook is something compelling that captures the audience's attention and directly relates to your presentation. A relevant hook can make a presentation while an irrelevant hook can break a presentation. A hook can be in the form of an image, question, story (very quick and to-the-point, 3-5 sentences), or 3 quick quiz questions.

- **Introduction - State the objective:** Introduce your topic in an engaging manner. State the what and the why. The purpose of the presentation should be clear and start by telling the audience why your topic is relevant to them. Get them excited to attend your presentation.
    - One sentence. It should be concise and specific.
        - Example 1: The objective of this talk is to examine the use of pancreatic enzymes for the tube fed pancreatic cancer patient.
        - Example 2: Our talk today will illustrate the shortcomings of current clinical guidance in eating disorder screening for adolescents with type 1 diabetes and the evidence supporting more widespread screening. Gently clasp your hands in front of you just above your belly button to send a professional image to the audience. Crossed arms can suggest that you are closed off and hands in your pockets can suggest too casual of an air for a professional presentation.
- **Be prepared for questions.** All presenters on a given day will be expected to ask a question of another presenter group. If you want to be sure that you are prepared for your first question, you can plant a question with a friend in the audience.
- **References**. List all resources, i.e., books, journal articles, internet websites, personal interviews, etc., in a standardized citation style of the American Medical Association. Assistance can be found on the MSU Library webpage, https://guides.lib.montana.edu/dieteticsLinks to an external site.

4. **Delivery.** Presentation delivery is a façade which hinges on having a solid foundation of content and a logical framework. This is where you can add flare and take your presentation to the next level.
    - Dress professionally. Wear something that you are comfortable and feel confident wearing that is professional and looks fabulous.
    - Eliminate anxiety: Use breathing to slow down heart rate and tune into your body. Moderate caffeine intake before a presentation if you feel that this contributes to anxiety.
    - Stand strong. Take a solid stance where your feet are firmly grounded, belly tightened, and head high. Envision yourself with something regal on your head to help you keep your head held high and strong. Maintain your solid stance throughout the presentation.
    - Start with a smile. Stand in front of the audience for a few seconds before starting your presentation. Give eye contact for a few people and they will start smiling back. This sets a great positive tone and allows the audience to get used to you before starting.
    - Gently clasp your hands in front of you just above your belly button to send a professional image to the audience. Crossed arms can suggest that you are

closed off and hands in your pockets can suggest too casual of an air for a professional presentation.

Suggestions for visual aids If you use PowerPoint/Canva, make your slides clear, simple, and easily visible – avoid overly distracting backgrounds.

- 12-15-minute presentation
- Use large fonts, no more than 7 lines per slide
- Make slides readable by your audience and not distracting from what you are saying - complete sentences are discouraged.
- Be prepared! Have adequate supporting information to describe each slide verbally, either with note cards or from memory.
- Pictures are worth a thousand words!
- **Cite all pictures appropriately**, meaning Copyright-free or Creative Commons Resources. Be sure to read written conditions of each before using.

Success Criteria

Preceptor and audience evaluations of the presentation

Clinical Case Study Presentation Intern Feedback & Eval sample **attached separately**