

# FROM APPS TO WEARABLES

## Teaching Nutrition in 2020

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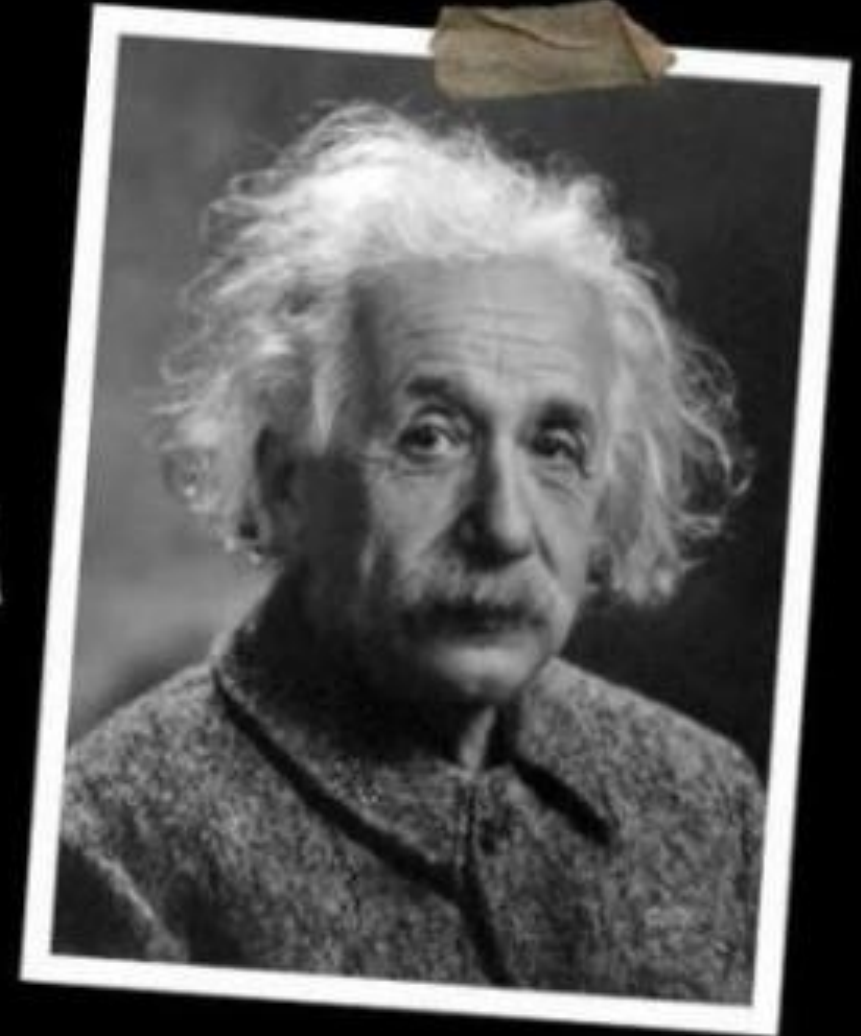
## LEARNING OBJECTIVES

- Review the resources used in teaching Nutrition to Chiropractic students including apps and wearables.
- Learn to engage the students using a video template tool such as “Biteable”. A short video will be shown during the presentation.
- Summarize the educational value of the Kahoot! Online learning system.



# ENGAGE, EDUCATE, EMPOWER

**"Education is not  
the learning of  
facts, but the  
training of the mind  
to think."  
-Albert Einstein**



# **Think NUTRITION, Not FOOD**

Food, Vitamin & Supplement Labels

[Label News 2020](#)

(Schumaker, 2020)

Menus

Paper & On-line

Nutrition News

Weekly by student



# JOURNAL CLUB



## Optimal Nutritional Status for a Well- Functioning Immune System is an Important Factor to Protect against Viral Infections

[LINK](#)

### “Vitamins & Trace Elements

A multivitamin and trace element supplement ... in addition to the consumption of a well-balanced diet.”

“Omega-3 fatty acids support an effective immune system, including by helping to resolve inflammation.”

(Calder, 2020, p.5)

Calder, P.C.; Carr, A.C.; Gombart, A.F.; Eggersdorfer, M. Optimal Nutritional Status for a Well-Functioning Immune System Is an Important Factor to Protect against Viral Infections. *Nutrients* 2020, *12*, 1181.

<https://www.mdpi.com/2072-6643/12/4/1181/htm>



# RESOURCES ONLINE

Apps – for mobile devices/phones

- Food plans, Fitness, Calorie counter
- Wearables & Implants
  - Continuous Glucose Monitor
  - Insulin Pump
- Drug, Vitamin, & Supplement Information & Interactions



# ASSESSMENTS



## NUTRITIONAL ASSESSMENT

**Seniors in the Community Risk Evaluation for Eating and Nutrition -  
Nutri-eSCREEN®**

Eating Habits Survey ≥ 50 y/o patient

<http://www.nutritionscreen.ca/escreen/>

(Dieticians of Canada, 2020)

## DISEASE RISK ASSESSMENT – DM, Cardiac, FRAX

Do I have PreDiabetes?

<https://doihaveprediabetes.org/take-the-risk-test/#/>

(The Advertising Council, 2019)





# REFERENCES, LINKS, & PATIENT EDUCATION

American Chiropractic Association

<https://www.acatoday.org/Education-Events/National-Chiropractic-Health-Month/Patient-Resources>

Academy of Nutrition and Dietetics

“EATRIGHT” Food Education – App “NutriGuides”

<https://www.eatright.org/food>

Physicians Committee for Responsible Medicine (PCRM)

<https://www.pcrm.org/good-nutrition/nutrition-for-clinicians>

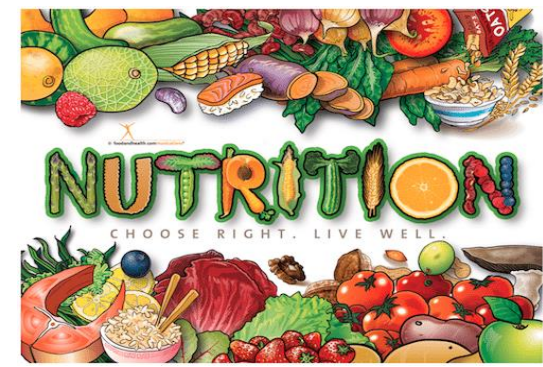
PCRM Nutrition Guide – App “PCRM Nutrition Guide for Clinicians”

<https://nutritionguide.pcrm.org/nutritionguide>

# Improve movement techniques.

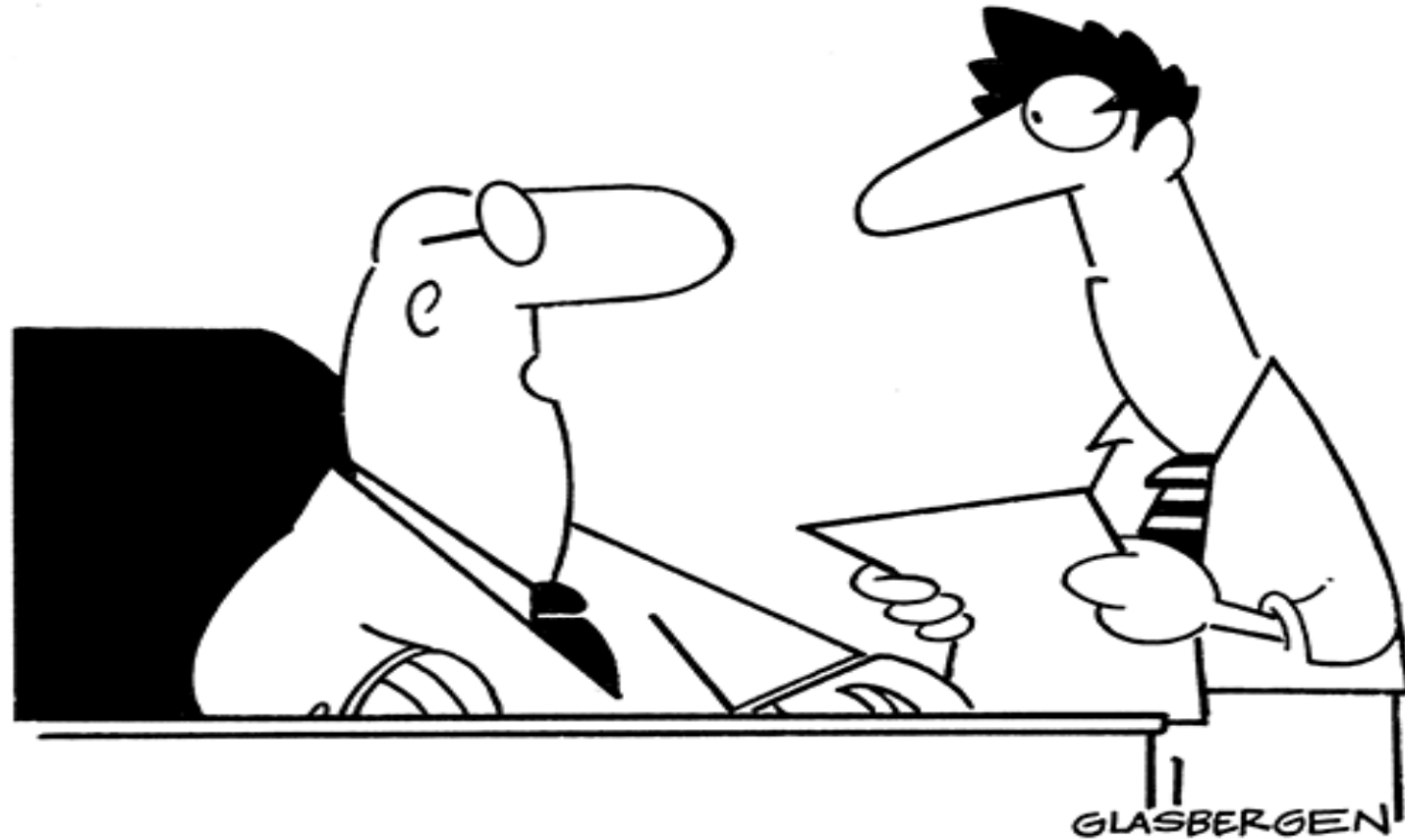
When picking up heavy items from the floor, kneel down on one knee, as close as possible to the item you are lifting, with the other foot flat on the floor to pick up the item. Always lift with the legs.

## REFERENCES – Evidence-based



- Center for Disease Control and Prevention (CDC) [LINK](#)
- US Department of Health and Human Services (HHS) [LINK](#)
- US Department of Agriculture (USDA) [Topics LINK](#)
- National Institute of Health, Office of Dietary Supplements (ODS)  
Fact Sheets [LINK](#)
- U.S. Food and Drug Administration (FDA) [LINK](#)
- The Nutrition Source, Harvard T. H. Chan School of Public Health [LINK](#)

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**“If you keep your head in the clouds, your feet  
on the ground and keep reaching for the stars  
while you roll with the flow, eventually  
you’ll need to see a chiropractor.”**

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(Glasbergen, 2020)

# STUDENT PRESENTATION

## Choose a Topic

- Diet or Food Plan
- App i.e. Fitness, Calorie counter
- Wearable i.e. Continuous Glucose Monitor, Insulin Pump, EKG

## Choose a Method

- Power Point Presentation
- “Biteable” video template tool

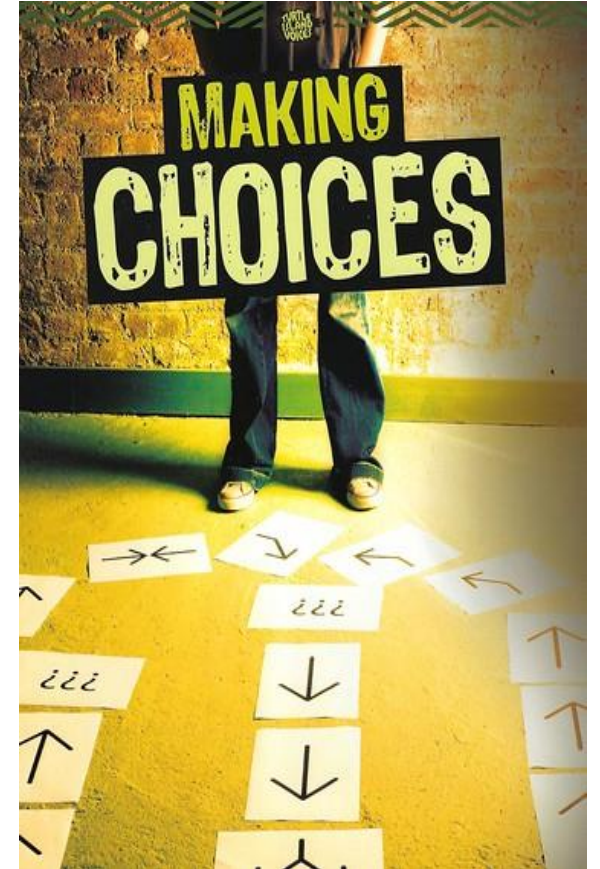
<https://biteable.com/>

(Biteable, 2020)

- “Kahoot! On-line Learning”

<https://kahoot.com/schools/>

(Kahoot!, 2020)





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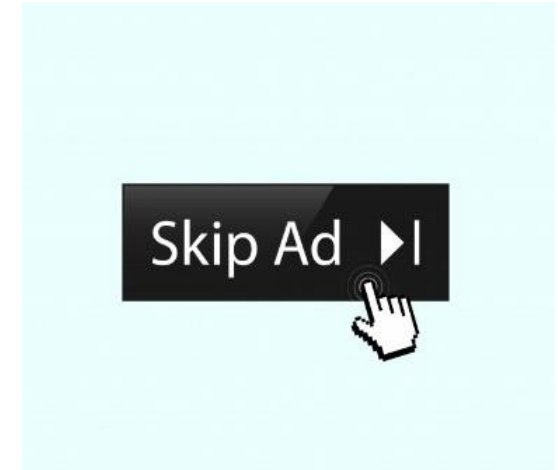


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# CREATIVE LEARNING

- Produce an original ad about a nutritional product or service
- Red Flag Alert for cases
- Weekly Kahoot!





# GUEST SPEAKER LIVING MEDICAL EXPERT

## Sharing The Steps & Answering Questions



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# CASE STUDIES

- Clinic Cases presented by Student
- Fictional Cases On Clinic Intake Form
- Lightning Rounds With Role Playing



Keiser University Spine Care Clinic,  
College of Chiropractic Medicine, West Palm Beach, Florida

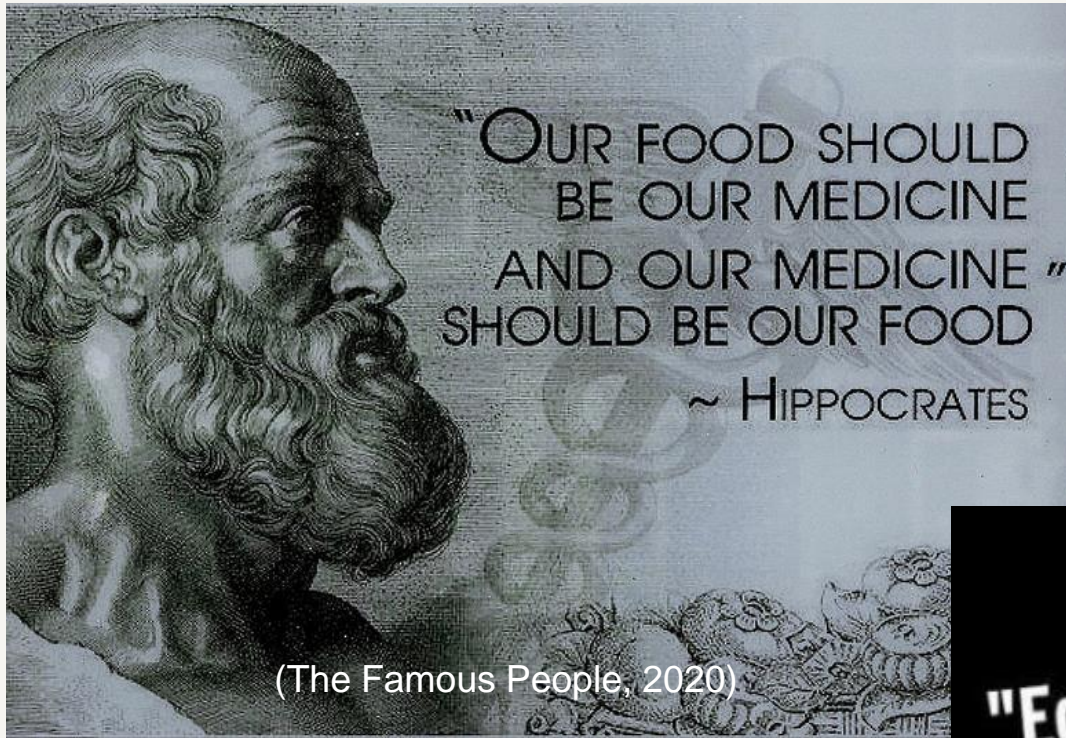
## Lightning Round - Case ACA 007



36 y/o M, BMI 18, outdoors camping guide, recently camped in the Great Smoky Mountains for 1 month, in for treatment of chronic back pain. He complains of extreme fatigue. He is on a plant-based diet and has not been taking any supplements for 4 months, his last visit here. Clinic records show he lost 10 lbs. over the past 4 months. He denies any falls or camping incidents.

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**Use health literacy language & shared decision making**  
**Chiro Dx complicated by Nutrition... with Nutrition plan of care**

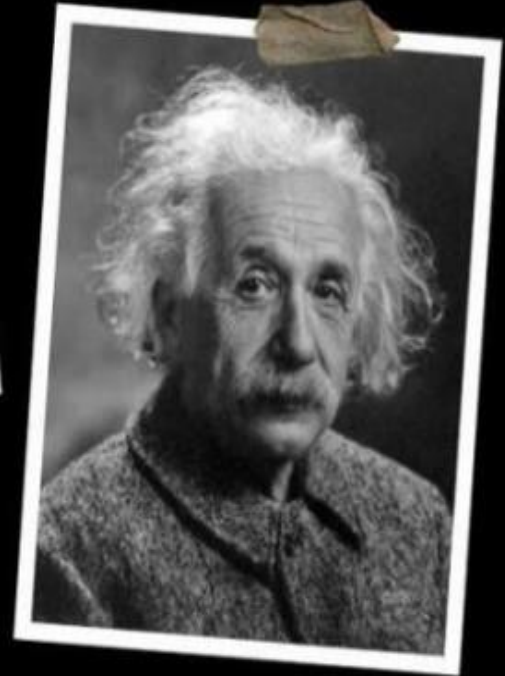


"OUR FOOD SHOULD  
BE OUR MEDICINE  
AND OUR MEDICINE"  
SHOULD BE OUR FOOD  
~ HIPPOCRATES

(The Famous People, 2020)



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the learning of  
facts, but the  
training of the mind  
to think."  
-Albert Einstein



(Dream Humanity, 2017, para.4)



**THANK  
YOU  
FOR  
YOUR  
ATTENTION**



## References

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# Questions? Comments!

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