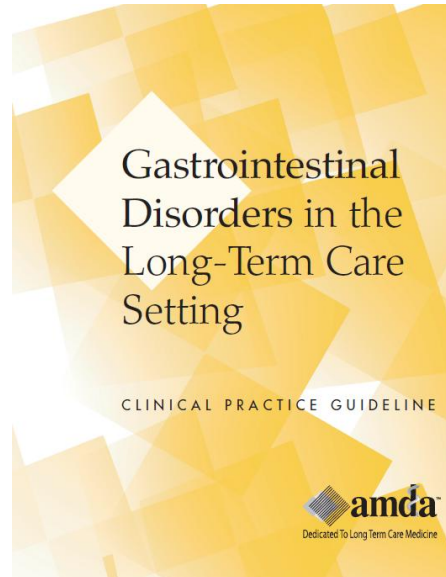


# AMDA Gastrointestinal Disorders in the Long-Term Care Setting Clinical Practice Guideline



## Continuing Professional Education Program *Self-Study Course for Registered Dietitian Nutritionists, Nutrition and Dietetics Technicians, Registered, and Certified Dietary Managers*

Written by Liz Friedrich, MPH, RD, CSG, LDN, FAND  
Edited by Becky Dorner, RDN, LD, FAND



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[www.beckydorner.com](http://www.beckydorner.com)  
[info@beckydorner.com](mailto:info@beckydorner.com)  
800-342-0285

546 Scotland Street  
Dunedin, FL 34698

**AMDA Gastrointestinal Disorders in the Long-Term Care Setting Clinical Practice Guideline:  
CPE Program for RDNs, NDTRs, and CDMs**

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## **Acknowledgements**

### **Continuing Professional Education Program Self-Study Course**

Written by Liz Friedrich, MPH, RD, CSG, LDN, FAND  
President of Friedrich Nutrition Consulting in Salisbury, NC

Edited by Becky Dorner, RDN, LD, FAND  
President, Becky Dorner & Associates, Inc.  
Dunedin, FL

### **Thank you to the following individuals for carefully reviewing this continuing professional education course:**

Mary Ellen Posthauer, RDN, CD, LD, FAND  
President, M.E.P. Healthcare Dietary Services, Inc.  
Evansville, IN

Rose Hoenig, RD, CSG, LD  
Consultant Dietitian  
Davenport, IA

Mary (Marne) E. Keeler, RDN, LD  
Director of Clinical Services, Abshire Dietary Consulting, LLC  
El Campo, TX

## **Accreditation Information**

Becky Dorner & Associates is a Continuing Professional Education (CPE) Accredited Provider (NU004) with the Commission on Dietetic Registration (CDR).

We maintain records of course completions for a period of 7 years.

**Registered Dietitian Nutritionists (RDN), Registered Dietitians (RD), Dietetic Technicians, Registered (DTR); Nutrition and Dietetic Technicians Registered (NDTR):** After successfully completing the self-testing portion of this continuing education package, a certificate of completion is provided for your portfolio. Place the certificate in your portfolio for your records. It is the individual's responsibility to update personal CDR portfolio records, keep all documentation including program description/syllabus, and certificates of completion in case of an audit to prove that every CPE program submitted is valid, appropriate or worthy of CPE for an RDN and/or NDTR.

**Certified Dietary Managers (CDMs):** CDMs may complete a program and self-report it in their Certifying Board for Dietary Managers (CBDM) record. It is the individual's responsibility to keep all documentation including proof of attendance, program description/syllabus, and certificates of completion in case of an audit to prove that every CE program submitted is valid, appropriate or worthy of CE for a CDM.

**Course Expiration Date: 10-8-20**

**Continuing Professional Education Hours: 1**

This course and test must be completed prior to this date. You will receive your certificate upon successful completion of the online test (see *Instructions for Obtaining Continuing Professional Education Certificate* on the following pages).

**AMDA Gastrointestinal Disorders in the Long-Term Care Setting Clinical Practice Guideline**

by The American Medical Directors Association, 2006.

*You should have received the copy of this material. It is your responsibility to review the material thoroughly prior to taking the continuing professional education self-assessment test.*

**Course Description**

Although aging has relatively minimal effects on GI function, age-related changes can cause or contribute to several GI disorders. Patients residing in long-term care facilities typically have numerous concurrent conditions and use numerous medications that may complicate the assessment and treatment of GI disorders. In addition, the presentation of many GI disorders in older people is atypical.

The AMDA Gastrointestinal Disorders in the Long-Term Care Setting Clinical Practice Guideline provides guidance on the prevention of, recognition of, assessment of, and treatment of several GI disorders for clinicians in long-term care settings.

**Objectives**

Upon completion of this program participants will:

1. State at least 3 age-related changes that can affect GI function.
2. List at least 3 signs and symptoms of gastrointestinal disorders
3. List at least 3 causes of diarrhea in older adults

**CDR Learning Level II**

**Learning Needs Codes and Practice Competencies**

**4190 Elderly Nutrition**

8.1 Interprets and applies current food and nutrition science and principles in dietetics practice

8.1.3 Integrates knowledge of macronutrients and micronutrients for absorption, digestion and metabolism throughout the life span in practice.

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8.1.4 Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.

10.2 Implements the Nutrition Care Process to ensure individual health goals are established, monitored and achieved while adhering to the Standards of Practice in Nutrition Care for RDNs

10.2.4 Integrates foundational dietetics knowledge with critical appraisal of assessment data to diagnose nutrition problems (using problem solving, etiology, signs and symptoms [PES] statements), which can be resolved or improved through treatment or nutrition intervention.

10.2.7 Prioritizes specific nutrition problem(s). 10.2.8 Establishes the plan of care, directly addressing the nutrition diagnosis in collaboration with the patient in defining the time, frequency and duration of the intervention.

10.4 Applies knowledge of the interrelationship and impact of pharmacotherapy, dietary supplements, functional foods and nutrients on health and disease in accordance with Scope of Practice and Standards of Professional Performance for RDNs.

10.4.4 Makes recommendations for the appropriate use of vitamin and mineral supplementation in the management of health and disease.

**5040 Long-term, intermediate, assisted living**

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**5220 Gastrointestinal disorders**

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10.4.4 Makes recommendations for the appropriate use of vitamin and mineral supplementation in the management of health and disease.

**Other Learning Needs Codes that might apply**

3080 Physical; blood pressure, pulse, bowel sounds

5410 Client protocols, clinical guidelines

**Additional Learning Needs Codes and Performance Indicators/Practice Competencies may also apply.**

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**Instructions for Obtaining Continuing  
Professional Education (CPE) Certificate**

Each participant must review the material provided, take and pass an online test (a grade of 70% is required), and complete a simple evaluation.

To obtain your CPE certificate for this course, please follow these instructions:

1. Review the course description, objectives, CDR Learning Needs Codes and Practice Competencies/Performance Indicators.
2. Carefully review the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter.
  - a. Click on “Test and CEU Certificate”, and fill in your name, facility name, and state.
  - b. Take the test. For multiple choice questions select the one best answer from the choices given. A passing grade of 70% or more is required. You may re-take the test as many times as needed. If you are interrupted and cannot finish the test, you can save the test and come back later to finish it.

Note: The test questions are also included at the end of this document if you would like to review them in advance of taking the test online.

3. Upon successfully completing the test, you will automatically be directed to the evaluation.
  - a. Simply enter your email address and complete the evaluation.
  - b. When finished, click “Submit Survey.”
4. Click on either “print” or “download your certificate” to generate the CPE Certificate with all of the course information including your name.
5. Remember to input the information on this course into your CDR (or CBDM) portfolio.



## Continuing Professional Education Self-Assessment Test

Mrs. Brewster is a 70 year old patient that was recently admitted to a skilled nursing facility. Her diagnoses include type 1 diabetes mellitus, neuropathy, gastroparesis, GERD, iron-deficiency anemia, osteoarthritis, and hypertension. She has frequent constipation. After a stroke she developed severe dysphagia and opted to have a PEG tube placed for what she hopes will be short-term until her swallowing function improves. While at the facility she will receive speech and occupational therapy.

Mrs. Brewster is 61 inches tall and weighs 123 pounds. She says she has lost weight over the past 6 months. She was admitted from the hospital NPO, on a tube feeding specifically formulated for diabetes at 50 mL/hour x 24 hours, with flushes of 30 mL before and after medications, 10 mL between medications, and 150 mL/shift, providing 1440 calories, 72 grams protein, 18 grams fiber, and at least 1600 mL free water.

Her medications include Lantus insulin (12 units 1 x daily), Novolin insulin 3 x daily (dose based on blood glucose levels) Lisinopril 1 x daily, FeSO<sub>4</sub> 325 mg/day, Prilosec 20 mg/day, Senna q HS, Reglan 10 mg 4 x daily, and Naproxen 250 mL BID.

1. Which of Mrs. Brewster's diagnoses could be contributing to her history of constipation?
  - a. Iron-deficiency anemia
  - b. Stroke
  - c. Hypertension
  - d. Diabetes
2. Since she was admitted to the facility Mrs. Brewster has been having 3-4 loose stools daily. Her roommate has *Clostridium.difficile* but Mrs. Brewster tested negative for the bacteria. A possible cause of her diarrhea is:
  - a. Over-hydration
  - b. Tube feeding formula
  - c. Reglan
  - d. Inadequate fiber intake
3. Mrs. Brewster has also had symptoms that include coughing. Which of her diagnoses might be contributing to those symptoms?
  - a. GERD
  - b. Gastroparesis
  - c. Diarrhea
  - d. Constipation

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4. After 6 weeks, Mrs. Brewster has been weaned off the tube feeding and is now eating well. She is having constipation, but avoids many foods and beverages because they exacerbate her GERD. What can be included in her daily diet to try to improve her constipation?
  - a. Cheese
  - b. Fruits and vegetables
  - c. Saccharin
  - d. Caffeinated beverages
  
5. Mrs. Brewster's most recent complete blood count indicates her iron stores are dropping. What is a possible cause?
  - a. Constipation
  - b. C. difficile infection
  - c. GI bleed
  - d. GERD
  
6. Which of Mrs. Brewster's medications could be contributing to her GI bleed?
  - a. Iron sulfate
  - b. Aleve
  - c. Lisinopril
  - d. Omeprazole
  
7. Which of Mrs. Brewster's gastrointestinal problems could be directly related to aging?
  - a. GERD
  - b. Constipation
  - c. Diarrhea
  - d. Gastroparesis