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# Learning Objectives

MedBridge

*Nourishing Wisdom for Elders in Health and Disease*

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## Course Objectives:

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional basics and the influence of nutrition on disease/pathology
- An awareness of the role nutrition plays in the aging individual, exercise and wellness.
- Specific knowledge about: exercise and nutritional prescription

## Chapter 1: Defining Aging & Disease & Nutritional Risks in the Elderly

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional basics and the influence of nutrition on disease/pathology

## Chapter 2: Malnutrition

- Understand the impact of malnutrition on health and disease
- Describe the causes of malnutrition and the affects they have on your Health as you age

## Chapter 3: Single Nutrient Deficiency

- An awareness of the role a single nutrient deficiency plays in the aging individual and the impact on disease and activity/exercise
- Understand the risk factors for a single nutrient deficiency
- Describe the consequences of a single nutrient deficiency

## Chapter 4: Obesity

- Understand the risk factors leading to obesity
- Describe the consequences of obesity on morbidity and mortality.
- Discuss exercise tolerance in an obese individual

## Chapter 5: Assessing Nutrition/Smart Choices & Exercise

- Understand the role that physical and occupational therapy may play in determining a nutrition problem and need for referral to a dietitian
- Describe how medications alter taste and interfere with absorption and metabolism and impact functional capacity
- Describe how nutrients might interfere with the absorption and utilization of certain medications and impact functional capacity

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- Be able to recommend healthy dietary choices for elders with disease