

Peer Nutrition Counseling



Week	Date	Topic	Notes
	8/22 - Pre-semester	Orientation. Tours: Oasis/SHC; intro to Point-n-Click, NCP ADIME notes format, ICD 10 Codes, time logs, portfolio, flowchart; office hours, leadership; role play (patients, counseling)	General & specifics Discuss other sites: MC, PC, Oasis, (VC, OC)
1	8/29	Review NCP, PES ADIME; recording/reporting PNC hours; more leadership sign ups; more patient interview practice (Case Study). New & follow-up patients; intro to Motivational Interviewing (MI)	Getting ready to see pts
2	9/5 <i>M 9/3 Labor Day</i>	Are you ready? First visit and beyond; NCP further discussion/ADIME practice; issues and concerns. More practice (mock interviews)	Begin seeing patients this week (T-F)
3	9/12	Spreading the word (PR/Marketing), flyers, brochures; NCP ADIME Patient reviews; discussions; follow up on Motivational Interviewing (MI and change talk)	
4	9/19	Reviews: patient sharing; more on portfolios Professional counseling strategies ; Motivational Interviewing (MI) (Change talk)	10:15-11:10: Dr. Silver, CSUN Psychologist
5	9/26	Becoming and remaining "fit"; body composition, fat measurement and analysis [Calipers, Futrex]; Discussion of NCP; patient reviews; discussions	
6	10/3	Sports Nutrition research	Speaker – Alan Aragon
7	10/10	More on determining body fat: How to measure, what the numbers mean; Patient reviews; discussions	Ppt presentation on Portfolios
8	10/17	Vegetarianism – The different types Specifics: What's in a Portfolio – How to put it together	
9	10/24	Eating Disorders; our role in helping people eat healthier; patient discussions	
10	10/31	Patient reviews; discussions; portfolio work in class	
11	11/7	Catching up; patient reviews; discussions; review of PES and ADIME – what we've learned so far	
12	11/14	Nutrition Care Process (NCP) presentation; Patient reviews; discussions	
13	11/21 <i>RF Thanks-giving</i>	NCP discussion; reflecting on your questions from the semester; patient reviews; discussions	
14	11/28	Quiz – In class, with notes More on counseling strategies; What we've learned Catching up; patient reviews; discussions	
15	12/5 <i>12/11 last day of instruction</i>	Celebration! Exit Survey of DPD program Portfolio presentations – and collection	12/7 last day of seeing patients