

Reading List – Orientation Week/Refresher Week 2025-26

<p>1. Dypshagia Practice Guidance Toolkit Practice Evidence Based Nutrition</p>	<p>Read Time: 60 min PEN can be accessed through U Manitoba Library. Note that only 5 people can access PEN at one time so please plan ahead. If you are able to download the items you require and read them offline please use this approach so that others may also access the database. To access through PEN, sign in to UM Library, search for "practice evidence based nutrition". This will bring up the database. Select this item from the library list. Once this item is open search for the title listed above. Review the following sections of the toolkit: 1. Background, 2. Summary of Recommendations and Evidence</p>
<p>2. Evaluation of Nutrition Status Using the Subjective Global Assessment: Malnutrition, Cachexia, and Sarcopenia https://search.lib.umanitoba.ca/permalink/01UMB_INST/mme3uv/cdi_webofscience_primary_000603141300001CitationCount</p>	<p>Read time: 60 minutes Objectives: After reading this paper you should be able to explain 1. What is SGA ?, 2. What is it's purpose/when is it used?, 3. Define malnutrition, cachexia and sarcopenia and explain the role of SGA in distinguishing between these conditions and explain why this is important.</p>
<p>3. Clinical Nutrition Handbook https://professionals.wrha.mb.ca/nutrition/clinical-handbook/#997-1042-a-b</p>	<p>Read the following sections: 1. Body weight, body mass index, and waist circumference 2. Guidelines for Charting ADIME and FOCUS 3. Interpretation of common nutrition-related lab values 4. Nutrition diagnosis tips 5. Predictive equations for determining energy requirements 6. Protein requirements 7. SI metric units 8. Subjective Global Assessment Read time: 1.5 hours</p>
<p>4. Practice Direction- Social Media https://www.collegeofdietitiansmb.ca/wp-content/uploads/2024/05/16.10-Social-Media.pdf</p>	<p>As Student Dietitians it is required that you be familiar with and abide by CDM social media policies and guidelines. Read time: 5 minutes</p>

<p>5. IDDSI Introduction 101 https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA</p>	<p>viewing time: 1 hour This video introduces you to the various modified diet textures under the IDDSI framework. Watch this video with the intent to understand the different textures and the purpose or indications for each texture. While IDDSI is recognized as best practice, it is important to understand that not all institutions will be using this terminology. You will need to adapt to the terminology used at the sites in which you are placed.</p>
<p>6. Systemic Racism in Canadian Healthcare: The Tragedy of Brian Sinclair and Joyce Echaquan https://www.youtube.com/watch?v=4WxMSMQ_Grs</p>	
<p>7. In Plain Sight: Addressing Indigenous-specific racism and discrimination in B.C. Health Care https://baseline.bchumanrights.ca/report/in-plain-sight-addressing-indigenous-specific-racism-and-discrimination-in-b-c-health-care/</p>	<p>This is a 74 page document. Be sure to plan ahead and set aside time to familiarize yourself with this content.</p>