Food Therapy Nutritional Balance:

A Team-Based Learning Experience

Presented at 20th Annual International Conference on TCVM

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**Instructive Goals:**

To improve confidence in making diets for pets using computer-based nutritional analysis. To provide opportunity to use and become familiar with computer-based nutritional balancing in typical TCVM presentations.

**General Plan:**

Brief introduction and review of the lab process. All students are expected to read the materials provided online at <http://dog2doc.com/chi-files/Chi%20Food%20Lab%20November/> prior to class to familiarize them with TCVM food therapy principles and some of the basics of the Nutribase software. In addition, they should download an navigate some of the basic features of Nutribase prior to coming to the lab. A full, functioning version of the software can be downloaded for free from the Nutribase web site (<https://www.nutribase.com/>). There will also be 2 videos about TCVM food therapy approaches and about use and navigation of Nutribase which will be linked from dog2doc.com in October 3-4 weeks before class for members to view.

At the start of class there will be a short 5-10 question quiz on the materials which will be taken as individuals. Then, the participants will be divided into groups who will work together for the rest of the laboratory. Once groups are formed, the quiz will be taken again as a group. The groups will then be assigned a case description and they will be asked to develop an appropriate diet to treat the underlying TCVM clinical signs. They will build the diet and perform balance of the diet working with the Nutribase software.

Once the groups have completed the assignment, they will present their case and diet (along with balance provisions) to the other groups. Finally, the groups will be asked to assess the other members of their group by dividing points among them. This process will be explained prior to the exercise.

**LAB Assessment:**

Each student will receive their individual scores, group scores, an instructor-assigned score based upon their presentation, and their score form the member assessments. The scoring system will be explained during the lab exercise.