Quality of Life of Patients with Exacerbation of Inflammatory Bowel Disease

NFSC 370L: Clinical Nutrition Lab

Skill Area: Medical Nutrition Therapy

Assignment Title: Research Article Review on Disease State

What I learned:
In this assignment, I learned how to use different scientific search engines and research clinical control trials. I learned how to determine if a study is credible, and the different types of studies, such as clinical control trials, case-control studies, and randomized-control trials.

Reflection to assignment:
This assignment made me realize how important medical nutrition interventions are with patients with Inflammatory Bowel Diseases. Crohn’s disease and Ulcerative Colitis are serious disease states, and the quality of life for the patient suffering from these diseases can be a lot happier if eating the proper diet.

Relevance to the profession:
Inflammatory Bowel Diseases are very common, and knowing how to treat a patient through dietary changes is highly effective in their recovery. Cases of IBD will be seen when counseling, working as an RD in a clinical setting, and even in food service if a patient has a severe case.