

**Ralph R Willis Career and Technical Center
School of Practical Nursing
Basic Nutrition**

OUTLINE		TIME	TESTING
Chapter 26	Concepts of Basic Nutrition & Cultural Considerations	8	1
Chapter 27	Diet Therapy & Assisted Skills	8 8	1
Care Plan	Care Plan	3	
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		27	2

10 Hours Integrated into Medical-Surgical Nursing

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Placement:	Semester 2
Course Hours:	39
Theory Hours:	16
Skills:	8
Care Plan	3
Testing	2
Integrated MS:	10
WVEIS:	

Textbooks

1. deWitt, Susan C. / O'Neal, Patricia; **FUNDAMENTAL CONCEPTS AND SKILLS FOR NURSING** Saunders/Elsevier; 4th. edition; 2014.
2. deWitt, Susan C. / O'Neal, Patricia; **STUDY GUIDE FOR FUNDAMENTAL CONCEPTS & SKILLS FOR NURSING**, Philadelphia, Elsevier/Saunders; 4th. edition; 2014
3. deWitt, Susan C. / O'Neal, Patricia; **Virtual Clinical Excursions Pacific View Regional Hospital FOR FUNDAMENTAL CONCEPTS & SKILLS FOR NURSING**, Philadelphia, Elsevier/Saunders;.4th. edition; 2014
4. HESI

Course Description

This is a beginning course for the practical nursing student. This course is designed to teach the fundamentals of nutrition based on basic nutrition principles. Scientific standard recommendations of levels of nutrient intake for a healthy population are discussed. Sources and functions of carbohydrates, proteins, fats, vitamins and minerals are also studied. Awareness of nutritional preferences of different ethnic groups, and nutritional requirements throughout the life span are discussed. Nutritional requirements associated with specific disease process is integrated throughout medical-surgical course.

Course Objectives

At the end of this course the student will:

1. Demonstrate knowledge of nutrition (macro- and micronutrients, nutrient requirements for optimal health), and appropriate nutrition for different life stages.
2. Demonstrate knowledge of critical thinking skill about nutritional issues and controversies.
3. Describe cultural influences on nutritional practices.
4. Discuss components of a basic nutritional assessment.
5. Identify patients at risk for nutritional deficits.
6. Implement dietary requirements associated with disease process.

Clinical Practicum

Completed in Acute and Long-Term Care.

Methods of Teaching

1. Lecture, discussion, role playing emphasizing critical thinking
2. Videos
3. PowerPoint
4. Computer-assisted instruction- VCE – Case Studies
5. Demonstration
6. Individual and Group Conference
7. Written Exams
9. Clinical Lab Practice/ Clinical Setting
10. Evaluations

Student Responsibilities

1. Read assigned chapter.
2. Refer to and follow student monthly calendar for exam dates.
3. Attend lectures and demonstrations.
3. Complete activities as assigned.
5. Participate in class/lab activities.
6. Discuss critical thinking activities associated with the lesson.
7. Refer and follow the policies as outlined and discussed in the Student Handbook.
8. Pass exams with a grade of 80% or higher.

Methods of Evaluation

1. The following letter grade system is utilized for theory:
A 93 - 100
B 86 - 92
C 80 - 85
F 79 - 0
2. The following grading calculation is utilized for theory:
Exams 80% Quizzes 20%
3. Evaluation Tools:
 - a. Oral Presentations
 - b. Written Exams
 - c. Laboratory Skills
 - d. Homework Assignments
 - e. Computer Exams
 - f. Clinical Skills
4. Make-up Exam:
A student who misses an exam must be prepared to take the exam upon immediate return or as designated by the instructor. Students will automatically have **5% deducted**. Students not making up exam on designated make-up day will receive a **(0) zero**.
5. Quizzes:
Students who are absent during a quiz will receive a Zero. Quizzes are NOT made up.
6. See student monthly calendar for schedule of exam dates.
7. See Student Handbook for clinical grading guidelines.

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Chapter 26 **Concepts of Basic Nutrition and Cultural Considerations**
8 hr.
Testing 1hr.

Lesson Content:

- I. Keys Terms

- II. Overview of Structure and Function of the Gastrointestinal System
 - A. Which Structures Are Involved In The Gastrointestinal (Digestive) System?
 - B. What Are The Functions Of The Organs Of The Gastrointestinal System?
 - C. What Changes In The digestive System Occur With Aging?

- III. Dietary Guidelines
 - A. USDA My PLATE

- IV. Protein
 - A. Functions Of Protein
 - B. Food Sources Of Protein
 - C. Dietary References Intakes Of Protein
 - D. Protein Deficiency
 - E. Protein Excess

- V. Vegetarian Diets

- VI. Carbohydrates
 - A. Functions Of Carbohydrates
 - B. Simple Carbohydrates
 - C. Complex Carbohydrates (Starches)
 - D. Recommendations For Intake
 - E. Fiber

- VII. Fats (Lipids)
 - A. Functions Of Fat
 - B. Food Sources Of Fat

- VIII. Vitamins

- IX. Minerals

- X. Water

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- XI. Factors That Influence Nutrition
 - A. Age
 - B. Illness
 - C. Emotional Status
 - D. Economic Status
 - E. Religion
 - F. Culture
 - G. Food Safety

- XII. Cultural Influences On Nutrition
 - A. African American
 - B. Hispanic American
 - C. Asian American
 - D. Middle Eastern American
 - E. Nutrition Counseling

- XIII. Nutritional Needs Throughout the Life Span
 - A. Infants
 - B. Toddlers and Preschool Children
 - C. School-Age Children
 - D. Adolescents
 - E. Adults
 - F. Older Adults

- XIV. Application of The Nursing Process
 - A. Assessment (Data Collection)
 - B. Nursing Diagnosis
 - C. Planning
 - D. Implementation
 - E. Evaluation

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Lesson Objectives:

After completion of this chapter the student will:

1. Review the structure and function of the gastrointestinal system.
2. Use the components of the USDA My Plate website to assist patients in planning their diets.
3. List medical conditions that may occur as a result of protein, calorie, vitamin, or mineral deficiency or excess.
4. Discuss the function of proteins, carbohydrates, fats, vitamins, minerals, and water in the human body.
5. Identify food sources of proteins, carbohydrates, fats, vitamins, and minerals.
6. Identify a variety of factors that influence nutrition.
7. Explore cultural influences on nutritional practices.
8. Compare nutritional needs throughout life's stages.

Clinical Practice:

1. Identify patients at risk for nutritional deficits.
2. Complete a nutritional assessment on an assigned patient.
3. Use therapeutic communication with a patient while discussing needed diet modification.
4. Develop a teaching plan for the patient for whom a therapeutic diet is prescribed.

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Chapter 27 **Diet Therapy and Assisted Feeding**

8 hr.

Testing 1hr.

Lesson Content:

- I. Keys Terms

- II. The Goals of Diet Therapy

- III. The Postoperative Patient

- IV. Health Issues Related To Nutrition
 - A. Anorexia Nervosa
 - B. Bulimia
 - C. Obesity
 - D. Pregnancy
 - E. Substance Abuse

- V. Disease Processes That Benefit From Diet Therapy
 - A. Cardiovascular Disease
 - B. Diabetes Mellitus
 - C. HIV/AIDS

- VI. Assisted Feeding
 - A. Nasogastric and Enteral Tubes
 - B. Percutaneous Endoscopic Gastrostomy Tubes
 - C. Feeding Tubes and Pumps
 - D. Total Parenteral Nutrition

- VII. Application of The Nursing Process
 - A. Assessment (Data Collection)
 - B. Nursing Diagnosis
 - C. Planning
 - D. Implementation
 - E. Evaluation
 - F. Documentation

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Lesson Objectives:

After completion of this chapter the student will:

1. Identify the nurse's role related to diet therapy and special diet.
2. Compare and contrast a full liquid diet with a clear liquid diet.
3. Explain the different dietary modification levels: pureed, mechanically altered, advanced, and regular.
4. Describe health issues related to nutrition.
5. List disease processes that may benefit from diet therapy.
6. Verbalize the rationale for assisted feedings and tube feedings.
7. List the steps for the procedure to insert, irrigate, and remove a nasogastric tube.
8. Discuss the procedure for tube feeding.
9. Identify the medical rationale and nursing care for a patient receiving peripheral parenteral nutrition (PPN) and parenteral nutrition (TPN).
10. Understand the possible complications associated with modified diets, tube feedings, PPN, and TPN.

Clinical Practice:

1. Use therapeutic communication with a patient who needs a special diet.
2. Develop a teaching plan for nutritional therapy.
3. Demonstrate insertion, irrigation, and removal of a nasogastric tube.
4. Demonstrate feeding a patient through a nasogastric tube.
5. Know your facility's policies, procedures, and protocols for nutrition-related problems and complications with tube feedings.

Skills & Steps:

Clinical Lab

8 hr.

1. Skill 27-1 Assisting a Patient with Feeding
2. Skill 27-2 Inserting a Nasogastric Tube
3. Skill 27-3 Using a Feeding Pump
4. Skill 27-4 Administering a Nasogastric, Duodenal, or Percutaneous Endoscopic Gastrostomy Tube Feeding.
5. Steps 27-1 Nasogastric Tube Irrigation
6. Steps 27-2 Nasogastric Tube Removal

Care Plan

3 hr.

Students will submit a Care Plan on Nutrition for a grade.

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Nutrition Integrated with Medical Surgical Nursing

**Med-Surg Ch. 3
1 hr.**

Electrolyte and Acid-Base Balance

Lesson Content:

- I. Nutritional Therapies
 - A. Foods High in Sodium
 - B. Common Foods High in Potassium

Lesson Objectives:

Upon completion of this chapter the student will:

- 1. List foods that are high in sodium.
- 2. List foods that are high in potassium.

**Med-Surg Ch. 5 Care of Postoperative Surgical Patients
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Foods High in Vitamin C.
 - B. Foods High in Protein.

Lesson Objectives:

Upon completion of this chapter the student will:

- 1. List foods that are high in Vitamin C.
- 2. List foods that are high in Protein.

**Med-Surg Ch. 12 Care of Patients with Immune and Lymphatic Disorders
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Improving Food Intake for the AIDs Patient

Lesson Objectives:

Upon completion of this chapter the student will:

- 1. Discuss measures that improve food intake for the AIDs patient.
- 2. State foods that should be avoid in the patient with AIDs.

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**Med-Surg Ch. 14 Care of Patients with Disorders of the Upper Respiratory System
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Assisting the Partial Laryngectomy Patient with Eating

Lesson Objectives:

Upon completion of this chapter the student will:

1. State the guidelines for teaching a patient with a partial laryngectomy to swallow.

**Med-Surg Ch. 15 Care of Patients with Disorders of the Lower Respiratory System
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Nutritional Suggestions for the Chronic Obstructive Pulmonary Disease (COPD) Patient.

Lesson Objectives:

Upon completion of this chapter the student will:

1. Discuss guidelines tips to help improve nutritional intake for the chronic obstructive pulmonary disease patient.

**Med-Surg Ch. 16 The Hematologic System
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Nutrients Needed for Building Red Blood Cells (Erythropoiesis)

Lesson Objectives:

Upon completion of this chapter the student will:

1. State food sources for each nutrient that is needed to build red blood cells.
2. State nutrients needed to build red blood cells.
3. Discuss nutrients roles in erythropoiesis.

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**Med-Surg Ch. 17 Care of Patients with Hematologic Disorders
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Common Foods High in Iron.
 - B. Common Foods High in Folic Acid.

Lesson Objectives:

Upon completion of this chapter the student will:

- 1. List common foods high in iron.
- 2. List common foods high in folic acid.

**Med-Surg Ch. 19 Care of Patients with Hypertension and Peripheral Vascular Disease
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Decreasing Sodium in the Diet

Lesson Objectives:

Upon completion of this chapter the student will:

- 1. State foods low in sodium.
- 2. Discuss ways to decrease sodium intake in daily diet.

**Med-Surg Ch. 20 Care of Patients with Cardiac Disease
1 hr.**

Lesson Content:

- I. Nutritional Therapies
 - A. Guidelines for a Heart Healthy Diet
- II. Health Promotion Points
 - A. American Heart Association Diet and Lifestyle Recommendations

Lesson Objectives:

Upon completion of this chapter the student will:

- 1. State nutritional guidelines for a heart healthy diet.

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2. Discuss nutritional guidelines recommended by the American Heart Association.

**Med-Surg Ch. 21 Care of Patients with Coronary Artery Disease and Cardiac Surgery
1hr**

Lesson Content:

- I. Nutritional Therapies
 - A. Ways to Lower Fat and Cholesterol in the Diet

Lesson Objectives:

Upon completion of this chapter the student will:

1. Discuss nutritional guidelines for lowering fat and cholesterol in the diet.