

Covenant School of Nursing
Instruction Module 1 Learning Guide
Topic: Nutrition

Learning Goals/Outcomes
Upon completion of this lesson, you will be able to: <ul style="list-style-type: none">• Discuss the major methods of nutritional assessment• Establish a plan of care to meet the nutritional needs of a patient• Develop a better understanding of nutrition as it relates to skin integrity and wound healing• Apply knowledge of nutrition and assessment to utilize the Braden Score
Pre-Class Preparation
<ul style="list-style-type: none">• Potter, P., Perry, A., Stockert, P., & Hall, A. (2021). <i>Fundamentals of Nursing</i> (10th ed.) Chapter 45 – Nutrition, pp. 1101-1149, St. Louis, MS: Elsevier.• Review PowerPoint Slides• <i>Ensure knowledge and understanding of pp. 1053-1058, Scientific Knowledge Base, Anatomy and Physiology of the Digestive System, and Dietary Guidelines as we will not cover these in class</i>
Learning Activities
Classroom Activities: <ul style="list-style-type: none">• Discussion of Nutrition in Health Care• Practice Braden Scale Scoring Laboratory and Clinical Activities: <ul style="list-style-type: none">• Braden Scale Assessment in clinical Online/Out-of-Class: None
Evaluation Methods
<ul style="list-style-type: none">• Unit Exam• Clinical Paperwork

Texas DEC's	QSEN Competencies
<p>Knowledge: IA: 4; IB: 4, 7b, c; IC: 2 IIA: 1b, 2b; IIB: 1, 2, 4, 5, 7, 10; IIC: 1a, 2 a, b, 3, 6; IID: 1a, b, c, e, 2, 3a; IIE: 3b, 13; IIF: 1, 2 IIIA: 4; IIIB: 1.a, b, 2; IIID: 1c;</p> <p>Clinical Judgments and Behaviors 1A: 2; IB: 2a, 3a, b, c, 8.; ID: 1. IIA: 2a; IIB: 1, 2, 3a, b, 5, 6, 7, 9; IIC: 1, 3b, 7; IID: 1, 2c; IIE: 7c, 9, 10, 12b; IIF: 1a, 2a, b IIIA: 4; IIIB: 2, 3a; IIIC: 2a; IIID: 2, 3; IIIF: 1</p>	<p>Patient Centered Care, Evidence Based Practice, Safety</p>
IM Student Learning Outcomes	NCLEX Test Plan
<p>1, 5, 7, 8</p>	<ol style="list-style-type: none"> 1. Safe and Effective Care Environment <ol style="list-style-type: none"> a. Management of Care <ol style="list-style-type: none"> i. Establishing Priorities ii. Performance Improvement 2. Health Promotion and Maintenance <ol style="list-style-type: none"> a. Health Promotion/Disease Prevention b. Health Screening c. Lifestyle Choices 3. Physiological Integrity <ol style="list-style-type: none"> a. Basic Care and Comfort <ol style="list-style-type: none"> i. Elimination ii. Nutrition and Oral Hydration b. Pharmacologic and Parental Therapies <ol style="list-style-type: none"> i. Total Parental Nutrition c. Reduction of Risk Potential <ol style="list-style-type: none"> i. Potential for Alterations in Body Systems ii. System Specific Assessments d. Physiological Adaptation <ol style="list-style-type: none"> i. Alterations in Body Systems ii. Fluid and Electrolyte Imbalances
Concepts	Faculty
<p>Elimination – Fluid and Electrolyte Balance – Metabolism – Nutrition – Tissue Integrity</p>	<p>Stunkard</p>
<p>Date originated: 2/17/2020</p>	<p>Revision Dates:</p>

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