

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

| <b>Learning Goals/Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| Upon completion of this lesson, you will be able to: <ul style="list-style-type: none"><li>• Discuss the major methods of nutritional assessment</li><li>• Establish a plan of care to meet the nutritional needs of a patient</li><li>• Develop a better understanding of nutrition as it relates to skin integrity and wound healing</li><li>• Apply knowledge of nutrition and assessment to utilize the Braden Score</li></ul>                                                                                                                                                                                            |
| <b>Pre-Class Preparation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <ul style="list-style-type: none"><li>• Potter, P., Perry, A., Stockert, P., &amp; Hall, A. (2021). <i>Fundamentals of Nursing</i> (10<sup>th</sup> ed.) <b>Chapter 45 – Nutrition</b>, St. Louis, MS: Elsevier.</li><li>• Review PowerPoint Slides</li><li>• <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></li></ul>                                                                                                                                                     |
| <b>Learning Activities</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Classroom Activities: <ul style="list-style-type: none"><li>• Discussion of Nutrition in Health Care</li></ul> Laboratory and Clinical Activities: <ul style="list-style-type: none"><li>• Nutrition Assessment in clinical</li></ul> Online/Out-of-Class: <ul style="list-style-type: none"><li>• Go to My Evolve<ul style="list-style-type: none"><li>Select Clinical Skills: Skills for Nursing Collection</li><li>Select Course Content</li><li>Select Essentials Collection</li><li>Select and complete the following modules:<ul style="list-style-type: none"><li>--Assisting with Meals</li></ul></li></ul></li></ul> |
| <b>Evaluation Methods</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <ul style="list-style-type: none"><li>• Unit Exam</li><li>• Clinical Paperwork</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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