

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

Learning Goals/Outcomes
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> • Discuss methods of nutritional assessment • Identify factors that can influence a person's nutritional status • Discuss medical nutrition therapy in relation to medical conditions • Discuss how to implement diet counseling and patient teaching in relation to patient preferences
Pre-Class Preparation
<ul style="list-style-type: none"> • <i>Fundamentals of Nursing</i> (11th ed.) Chapter 45 – Nutrition • Lewis's Medical Surgical Nursing (12th ed) Chapter 44 beginning of chapter, stop at specialized nutritional support
Learning Activities
<p>Classroom Activities:</p> <ul style="list-style-type: none"> • Discussion of Nutrition in Health Care <p>Laboratory and Clinical Activities:</p> <ul style="list-style-type: none"> • Nutrition Assessment in clinical <p>Online/Out-of-Class:</p> <ul style="list-style-type: none"> • Go to My Evolve <ul style="list-style-type: none"> Select Clinical Skills: Skills for Nursing Collection Select Course Content Select Essentials Collection Select and complete the following modules: <ul style="list-style-type: none"> --Assisting with Meals
Evaluation Methods
<ul style="list-style-type: none"> • Unit Exam • Clinical Paperwork

Texas DECS	QSEN Competencies
<p>Knowledge:</p> <p>IA: 4; IB: 4, 7b, c; IC: 2</p> <p>IIA: 1b, 2b; IIB: 1, 2, 4, 5, 7, 10;</p> <p>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>Patient Centered Care, Evidence Based Practice, Safety</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>IM Student Learning Outcomes</p>	<p>NCLEX Test Plan</p>
<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
<p>Concepts</p>	<p>Faculty</p>
<p>Elimination – Fluid and Electrolyte Balance – Metabolism – Nutrition – Tissue Integrity</p>	<p>Severs</p>
<p>Date originated: 2/17/2020</p>	<p>Revision Dates: 3/20/2024</p>