

Health Promotion and Maintenance

Nutrition Across the Lifespan: Client Teaching About Breastfeeding

- Help mothers initiate breastfeeding within one hour of birth.
- Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
- Give infants no food or drink other than breast-milk, unless medically indicated.

Nutrition Across the Lifespan: Teaching About Breastfeeding

- Practice rooming in – allow mothers and infants to remain together 24 hours a day.
- Encourage breastfeeding on demand.
- Give no pacifiers or artificial nipples to breastfeeding infants.

Sources of Nutrition: Folate Intake During Pregnancy

- All pregnant women should take get at least 600 micrograms (mcg) of folic acid daily, according to The American College of Obstetricians and Gynecologists
- Folic acid is a B vitamin. Our bodies use it to make new cells. Think about the skin, hair, and nails. These – and other parts of the body – make new cells each day
- Folic acid is the synthetic (that is, not generally occurring naturally) form of folate that is used in supplements and in fortified foods such as rice, pasta, bread, and some breakfast cereals.

Barriers to Adequate Nutrition: Promoting the Use of Nutritional Supplements

- Calcium and vitamin D help keep bones strong and reduce bone loss.
- Folic acid decreases the risk of certain birth defects.
- Omega-3 fatty acids from fish oils might help some people with heart disease.
- A combination of vitamins C and E, zinc, copper, lutein, and zeaxanthin (known as AREDS) may slow down further vision loss in people with age-related macular degeneration (AMD).

Sources of Nutrition: Evaluating Client Understanding of a Low-Saturated Fat Diet

- reduce sodium to 2000mg/day or less
- monitor fluid intake and restrict to 2L/day if necessary
- increase protein intake to 1.12g/kg
small, frequent meals that are soft, easy to chew foods are ideal

Basic Care and Comfort

Cultural, Ethnic, and Religious Influences: Deficient Nutrients in a Vegan Diet

- Vitamin B12 is needed to make DNA, red blood cells, certain neurotransmitters and myelin, the protective sheath that insulates nerves.
- Calcium is essential for bone growth and maintenance and heart, muscle, and nerve function. A diet deficient in calcium increases the risk for osteoporosis, bone fracture and heart failure.
- Iodine. The main sources of iodine are usually eggs, dairy and seafood, but for vegans, the iodine content of their diet depends on the iodine content in plants... and that depends on how much iodine is present in the soil the plants are grown in.

- Iron. In a typical Western diet, the main sources of iron are meats, fish, and wholegrain cereals.

Enteral Nutrition: Nursing Care for a Client Who Has a Gastrostomy Tube

- The stoma should be cleaned with mild soap and water twice a day.
- The site should not be submerged in water (bath or swimming) until the gastrostomy site/skin wound is healed.
- Please check with your health professional prior to swimming.
- It is very important to dry around the tube and under the external bumper.

Food Safety: Teaching a Client Who Is Prescribed a Monoamine Oxidase Inhibitor

- MAO inhibitors should be avoided with other antidepressants such as paroxetine, fluoxetine, amitriptyline, nortriptyline, bupropion; pain medications like methadone, tramadol, and meperidine; dextromethorphan, St. John's Wort, cyclobenzaprine, and mirtazapine.
- Such combinations lead to high serotonin levels which may lead to confusion, high blood pressure, tremor, hyperactivity, coma, and death.
- Monoamine oxidase also breaks down tyramine, a chemical present in aged cheese, wines, and other aged foods. Since MAOIs inhibit monoamine oxidase, they decrease the breakdown of tyramine from ingested food, thus increasing the level of tyramine in the body.
- Excessive tyramine can elevate blood pressure and cause a hypertensive crisis.

Gastrointestinal Disorders: Caring for a Client Who Has Dysphagia

- Provide oral care prior to eating
- Refer these patients to a speech therapist
- Dietary modifications are based on specific swallowing limitations
- Allow adequate time for eating, use adaptive eating devices, and encourage small bites
- Pills should be taken with 8 ounces of fluid to prevent med staying in the esophagus
- Avoid thin liquids and sticky foods

Ingestion, Digestion, Absorption, and Metabolism: Priority Assessment for a Client Who Has a New Prescription for Atorvastatin

- It is important to note that statins are not recommended for pregnant patients or people with active or chronic liver disease.
- Also, statins can cause serious muscle problems. Some statins interact negatively with other drugs, so it is important that your doctor knows all the medicines that you are taking.
- Patients should closely follow the instructions included on the prescription label to ensure effectiveness of the medicine.

Nutrition Across the Lifespan: Providing Teaching to the Parents of a Toddler

- Take advantage of the fact that 1-year-olds enjoy putting everything in their mouths.
- Use this year to offer many new, varied foods. By age 2, most children are reluctant to try new foods.
- Serve foods with a variety of colors, textures, flavors, and temperatures. This helps provide good nutrition.
- When introducing a new food, offer only a small amount the first time.

- Do not give your toddler foods that are too hard, tough, or sticky.

Nutrition Assessment/Data Collection: Identifying the Effect of Calorie Reduction on Weight Loss

- Calorie restriction means reducing average daily caloric intake below what is typical or habitual, without malnutrition or deprivation of essential nutrients.
- These eating patterns are being studied as possible ways to maintain good health and live longer. They are *not* temporary weight-loss plans.
- Time-restricted feeding—Meals are consumed within a limited number of hours (such as 6-8 hours) each day, with nothing consumed during the other hours.

Pharmacological and Parenteral Therapies

Total Parenteral Nutrition: Planning Client Care

- Check the expiration date. Do not use it if it is past the expiration date.
- Check the bag for leaks. Do not use it if there are any leaks.
- Check the color of the TPN solution. Do not use the TPN if it is cloudy or has solid pieces floating in it.
- Store the TPN solution in the refrigerator when you are not using it. Let the solution warm to room temperature before you use it.

Reduction of Risk Potential

Cardiovascular and Hematologic Disorders: Identifying Risk for Coronary Heart Disease

- Being overweight or obese
- Family history and Ethnicity African American, Alaska Natives, Asian-Americans, Pacific Islanders
- High blood pressure, obesity, diabetes mellitus
- Risk for men is age 45, Risk for women is age 55

Nutrition Assessment/Data Collection: Assessing Short-Term Effectiveness of Total Parenteral Nutrition

- Some of the complications associated with the insertion of the TPN catheter include an accidental and inadvertent pneumothorax, hemothorax or hydrothorax when the TPN catheter perforates the vein and fluid enters the pleural space.
- Infection is probably the most commonly occurring complication associated with total parenteral nutrition. This complication can be prevented and minimized by using total parenteral nutrition only when necessary, by discontinuing the total parenteral nutrition as soon as possible, and by using strict sterile technique during its insertion, care, and maintenance.
- Hyperglycemia can occur as the result of the high dextrose content of the total parenteral nutrition solution as well as the lack of a sufficient amount of administered insulin.

Diabetes Mellitus: Teaching About Manifestations of Hyperglycemia

- Fruity-smelling breath.
- Nausea and vomiting.
- Shortness of breath.
- Dry mouth.

- Weakness.
- Confusion.
- Coma.
- Abdominal pain.

Pressure Ulcers, Wounds, and Wound Management: Identifying Medications That Increase Risk for Wound Dehiscence

- Long-term use of corticosteroid medicines.
- Other medical conditions, such as diabetes, kidney disease, cancer, immune problems, chemotherapy, or radiation therapy.
- Other factors are sutures are too tight, new injury to the area, weak tissue or muscle at the wound area, and Incorrect suturing at time of surgery

Physiological Adaptation

Cancer and Immunosuppression Disorders: Food Recommendations for Adverse Effects of Radiation Therapy

- A registered dietitian nutritionist might suggest, for example, that you add more milk, cheese and eggs to your daily eating plan. Or increase your servings of beans, lean meats, fish and poultry.
- Choosing foods that are soft and easy to chew may make it easier to get the nutrients you need. Consider moistening foods with sauces and broth, eating room-temperature food and drinking with a straw.
- Sucking on ice chips and using a saltwater rinse also may help soothe your mouth.
- Avoid sodas, sparkling waters, and other carbonated beverages.

Cancer and Immunosuppression Disorders: Interventions for Diarrhea Caused by Radiation Therapy

- As soon as your diarrhea starts, switch to a diet of clear liquids, such as water, apple juice, clear broth, and ice pops.
- Avoid milk products, as lactose intolerance may be part of your diarrhea.
- When you have diarrhea, you may need to drink eight to 12 cups of liquid a day.
- As your diarrhea starts to improve, add foods low in fiber to your diet, such as bananas, rice, applesauce, and toast.

Gastrointestinal Disorders: Nutritional Teaching for a Client Who Has Dumping Syndrome

- Eat six to eight small meals daily to avoid eating too much at a time. You may be able to tolerate larger portions over time, but keep servings small at first.
- Have a protein food with each meal and snack such as meat, poultry, fish, eggs, milk, cheese, yogurt, nuts, tofu, or peanut butter.
- Do not drink liquids with meals. Drink 30 to 60 minutes before or after meals. Eventually you may tolerate small amounts of liquid with meals.
- Try adding a serving of fat to meals and snacks such as butter, margarine, gravy, vegetable oils, and salad dressings. Fats slow stomach emptying and may help prevent dumping syndrome.