



Universidad del Sagrado Corazón

**DEPARTMENT OF NATURAL SCIENCES  
NURSING PROGRAM**

**SYLLABUS**

**TITLE:** Nutritional Implications in Nursing

**COURSE CODE:** ENF 118

**PREREQUISITES:**

On-site Education: ENF 101  
Distance Education: ENF 101

**COREQUISITE:**

On-site Education: None  
Distance Education: None

**CREDITS:** Three (3) credits, 45 hours

**DESCRIPTION**

The course contains nutritional aspects based on the nursing process for health maintenance during growth and development stages. It includes nursing interventions in health promotion and disease prevention, and with individuals presenting alterations in nutrition function of the health-disease continuum.

**JUSTIFICATION**

The nursing professional needs to offer socio-humanistic care, aware of their own nutritional patterns, as well as the holistic individual in their care. The individual is in continuous adaptation in a dynamic environment during the life cycle.

In health promotion, the nursing professional needs to know the situations of various ethnic and cultural groups as well as the general population groups. Must be able to apply knowledge and techniques of nutritional health and other areas of entrepreneurship such as; communication, leadership, and creativity within an innovation framework based on latest trends. To offer efficient and effective health care based on scientific concepts and social responsibility, for health complication and disease prevention.

The nursing professional is able to identify the effects of behavior patterns and how they affect health adaptation in order to carry out the role of educator and share information about latest trends, approaches, and concepts of physical activity and nutrition that promote health.

## **COMPETENCIES, LEVEL I**

At the end of this theoretical course, students will be able to:

1. Competently recognize nursing care offered to client, groups, family, and communities in structured health care environments. *Ess. IX*
2. Determine effective leadership skills when intervening with clients with maladaptive nutrition behaviors, demonstrating care safety and quality. *Ess. II*
3. Identify various sources of professional information, using technology to intervene with culturally diverse clients in various growth and development stages. *Ess. IV*
4. Interpret health policies to establish required primary care when intervening with clients with maladaptive behaviors of digestion, absorption, and metabolism. *Ess. V*
5. Employs effective communication and interprofessional collaboration skills when evaluating clients with nutritional disorders. *Ess. VI*
6. Identify necessary skills and knowledge in health promotion and disease prevention in clients with maladaptive nutrition behaviors. *Ess. VII*
7. Distinguish appropriate professional and compassionate actions when intervening with clients with maladaptive nutritional behaviors due to immune system disorders when carrying out Sister Callista Roy's nursing process. *Ess. VIII*
8. Identify scientific evidence from nutrition guidelines to apply it in health promotion and disease prevention when performing critical analysis. *Ess. III*

## **CONTENT**

- I. Health, nutrition, and the role of nursing
  - A. Nutrition and health
    1. Healthy people 2030
  - B. The future of health nutrition
    1. Nursing role in nutrition
    2. Nutritional assessment by nursing staff
    3. Basic nutritional assessment and factors affecting nutritional status

4. Interdisciplinary nutrition care
- C. Nutrition in the nursing process
  1. Nurse's responsibilities in nutritional care
  2. Education in nursing intervention
  3. Medical history and diagnoses
  4. Body mass index
  5. Changes in weight
  6. Diet intake
  7. NANDA, NIC, NOC of nursing process regarding nutrition

## II. Digestive system and nutrition

- A. Carbohydrates
  1. Classification, types, function
  2. Sources
  3. Dietary deficiencies and excesses
  4. Metabolism
  5. Carbohydrates in health promotion
  6. Whole foods intake
- B. Protein
  1. Types, function
  2. Sources
  3. Dietary deficiencies and excesses
  4. Protein in health promotion
  5. Protein for muscle building
- C. Fat
  1. Types, function
  2. Sources
  3. Dietary deficiencies and excesses
  4. Cholesterol
  5. Catabolism
  6. Anabolism
  7. Saturated fats
- D. Vitamins
  1. Types, function
  2. Sources
  3. Dietary deficiencies and excesses
  4. Vitamins in health promotion
  5. Supplements
- E. Minerals and water
  1. Mineral types, function and classification

2. Sources
3. Dietary deficiencies and excesses
4. Water intake recommendations
5. Minerals and water in health promotion

### III. Nutrition and physical activity

- A. Energy and balance
  1. Daily energy requirement
  2. Basal metabolic rate
  3. Physical activity
  4. Techniques and types of exercises
  5. Evaluation and weight management
  6. Anthropometric nutritional assessment according to health adaptations
  7. Fat distribution in the body
  8. Appropriate calories
  9. Guidelines for healthy eating
  10. Dietary guides
- B. *MyPlate* daily nutrition guide
  1. Consumer decisions
  2. Food labels
  3. Supplements and their regulation
  4. Organic food
  5. Lifestyle and nutritional security
  6. Additives
- C. Food and bacteria
  1. Resistant antibiotics
- D. Culture, religion, and influences on nutrition
  1. The effects of culture
  2. Food and religion

### IV. Nutrition in different life stages

- A. Dietary guidelines during pregnancy
- B. Supplements
- C. Physical activity and pregnant woman
- D. Nutritional disorders in the adaptation of the pregnant woman
- E. Breastfeeding nutrition
- F. Breastfeeding promotion
- G. Nursing interventions and nutritional assessments of infants and preschoolers
- H. Childhood and adolescence nutrition
  1. Dietary guidelines during each growing stage

2. Nutritional disorders in the adaptation process at different stages of childhood and adolescence
3. Nutritional assessment according to health adaptations at different stages of childhood and adolescence
4. Daily nutrition plan
5. Calories and nutrients
6. Contributing factors of overweight and obesity
- I. Adulthood and old age nutrition
  1. Dietary guidelines during each growing stage
  2. Nutritional disorders in the adaptation process at different stages of adulthood and old age
  3. *MyPlate* daily nutrition guide during adulthood and old age
  4. Nutritional recommendations
  5. Nutrition-related concerns in older adults
  6. Nutritional assessment according to health adaptations at different stages of adulthood and old age

## V. Hospital nutrition and systemic diseases

- A. Hospital nutrition
  1. Nutrition therapy for malnutrition
  2. Enteral nutrition
  3. Types and formulas
  4. Parenteral nutrition
  5. Nursing plan and interventions
  6. Nutritional disorders
  7. Overweight and obesity management
  8. Interventions to improve body weight
  9. Physical activity
  10. Gastric bypass
  11. Complications of the surgery
  12. Anorexia nervosa
  13. Bulimia nervosa
- B. Nutrition for patients with metabolic stress or respiratory distress
  1. Nutrition therapy for burned patients
  2. Acute Respiratory Distress Syndrome (ARDS)
  3. Nutritional assessment according to poor gastrointestinal adaptation
  4. Nursing process and interventions on dietary-therapeutic treatment
  5. Gastroesophageal Reflux
  6. Stomach disorders
  7. Gastrointestinal disorders

- 8. Crohn's disease
  - 9. Malabsorption syndrome
- C. Nutrition disorders due to liver, pancreas, and biliary disorders
  - 1. Nutritional therapy for pancreatic disorders
- VI. Nursing process for various health conditions
  - A. Nutrition disorders due to diabetes mellitus
    - 1. Nutrition therapy for diabetes
    - 2. Nutritional education
    - 3. Medicines
    - 4. Complications
    - 5. Types of diabetes
  - B. Nutrition disorders due to cardiovascular diseases
    - 1. Nutritional assessment for cardiovascular diseases
  - C. Nutrition disorders due to kidney diseases
    - 1. Nutritional assessment for kidney diseases
  - D. Nutrition disorders due to autoimmune diseases and other special conditions
    - 1. Nutritional assessment according to poor autoimmune adaptation disorders
    - 2. Cancer
    - 3. HIV and AIDS
    - 4. Guidelines on managing complications
    - 5. Supplements
    - 6. Weight management
    - 7. Nutrition and palliative care

## **METHODOLOGY**

### **DISTANCE EDUCATION**

Consultation  
 Textbook self study  
 Instruction manual answers  
 Supplementary readings  
 Investigation  
 Critical analysis  
 Mind mapping  
 Conferences, forums, chats  
 Collaborative learning  
 Individual assignments  
 Videos  
 Open questions  
 Special assignments

Care plan development  
Supplementary readings  
Information search exercises  
Exercise routines (Online coach)  
Physical activity challenges  
Nutritional challenges

## **LEARNING EVALUATION**

### **ON-SITE EDUCATION**

#### Theory

Patient-family education plan	10%	
Oral presentations (Forums)	5%	
Critical Analysis (Evidence-based practice)	15%	
Special assignments	15%	
Nursing process	15%	
Partial exams (5)		15%
Final exam	25%	
<b>Total</b>	<b>100%</b>	

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## **LEARNING ASSESSMENT**

Rubrics  
Chain notes  
Pre and post-test

## **BIBLIOGRAPHY**

### **TEXTBOOK**

Dudek, S. G. (2017). *Nutrition Essentials for Nursing Practice*. (8th ed.) Philadelphia,

PA: Lippincott Williams & Wilkins, ISBN: 978-1-4963-5610-9.

## REFERENCE BOOKS

Coburn, J.W. (2017). NSCA Manual. Fundamentals of Personal Training (2nd ed.)

Paidotribo, ISBN: 9788499106991.

From Luis Román, D.A. & Bellido, G.D. & others. (2013). *Dietoterapia, nutrición clínica y metabolismo* [Diet therapy, clinical nutrition, and metabolism], ISBN: 978-7978-964-0

Dudek, S. G. (2014). *Nutrition Essentials for Nursing Practice*. (7th ed.) Philadelphia, PA: Lippincott Williams & Wilkins.

Dunford M, & Doyle J Andrew. (2019). *Nutrition for Sport and Exercise* (4th Ed.) ISBN-13: 978-1337556767- ISBN-10: 1337556769.

Grodner, M., Escott-Stum, S., & Dorner, S. (2016). *Nutritional Foundations and Clinical Applications: A Nursing Approach* (6th ed.). St. Louis, MO: Mosby/Elsevier.

Salas-Salvadó, J. (2014). *Nutrición y dietética clínica* (3ra ed.) [Nutrition and clinical dietetics, 3rd ed.] Barcelona, Spain: Elsevier Masson.

Thompson J., & Manore, M. (2018). *Nutrition: An Applied Approach* (5th ed.). Boston, MA: Pearson ISBN13: 9780134516233 - ISBN10: 0134516230

## ELECTRONIC RESOURCES

Databases available in the Virtual Library:

- Nursing Reference Center (EBSCOhost) contains hundreds of articles, practice guides, evidence-based care plans, and other resources on nutrition and other nursing issues.
- Health & Wellness Resource Center (Gale Cengage Learning) focuses on practical information and contains publications aimed at patient education.
- CINAHL (EBSCO), PubMed Central (NLM / NIH), ProQuest Health & Medical Complete (ProQuest), and MEDLINE (EBSCOhost) are specialized databases where you can find articles from professional and academic journals on a variety of nursing topics, including nutrition.

## WEB RESOURCES



## **Healthy People 2030**

[www.health.gov/healthypeople/state/toolkit](http://www.health.gov/healthypeople/state/toolkit)

## **Food and Health Main Page**

<http://www.cnn.com/HEALTH/index.html>

## **American Academy of Nursing**

<http://www.ana.org/aan/index.html>

## **Sister Callista Roy**

<http://www.nanda.org/html/history1.html>

[http://wps.prenhall.com/chet\\_george\\_nurstheory\\_5/0,2535,88691-,00.html](http://wps.prenhall.com/chet_george_nurstheory_5/0,2535,88691-,00.html)

## **Care Plans with Callista Roy's model**

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&DbFrom=pubmed&Cmd=Link&LinkName=pubmed\\_pubmed&LinkReadableName=Related%20Articles&IdsFromResult=2355361&ordinalpos=1&itool=EntrezPubResPubResPubResPlus.ResPubResPlus.Resp](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&DbFrom=pubmed&Cmd=Link&LinkName=pubmed_pubmed&LinkReadableName=Related%20Articles&IdsFromResult=2355361&ordinalpos=1&itool=EntrezPubResPubResPubResPlus.ResPubResPlus.ResPubResPlus.Resp)

## **A urinary incontinence care plan**

<http://www.o-wm.com/article/2734>

## **Online Journal of Issues in Nursing**

**Error! Hyperlink reference not valid.** <http://www.nursingworld.org/OJIN>

## **LINKS TO OBTAIN NANDA, NIC, NOC.**

<http://www.aibarra.org/enfermeria.asp>

[http://perso.wanadoo.es/aniorte\\_nic/apunt\\_diagn\\_enfermer\\_6.htm](http://perso.wanadoo.es/aniorte_nic/apunt_diagn_enfermer_6.htm)

[http://perso.wanadoo.es/aniorte\\_nic/apunt\\_diagn\\_enfermer\\_6.htm#NOC](http://perso.wanadoo.es/aniorte_nic/apunt_diagn_enfermer_6.htm#NOC)

[http://perso.wanadoo.es/aniorte\\_nic/apunt\\_diagn\\_enfermer\\_6.htm#NIC](http://perso.wanadoo.es/aniorte_nic/apunt_diagn_enfermer_6.htm#NIC)

[http://perso.wanadoo.es/aniorte\\_nic/apunt\\_diagn\\_enfermer\\_6.htm#NANDA](http://perso.wanadoo.es/aniorte_nic/apunt_diagn_enfermer_6.htm#NANDA)

## **OTHER NUTRITION LINKS**

<http://www.choosemyplate.gov/myplate/index.aspx>

<http://www.zonadiet.com/tablas/>

<http://www.zonadiet.com/dietsys/dieta.htm>

Find more information resources related to the course topics on the library page  
<http://biblioteca.sagrado.edu/>

## **REASONABLE ACCOMMODATION**

To obtain detailed information on the process and the required documentation, you must visit the corresponding office. To guarantee equal conditions, in compliance with the ADA (1990) and the Rehabilitation Act (1973), as amended, all students who need reasonable accommodation services or special assistance must complete the process established by the Vice Presidency for Academic Affairs.

## **ACADEMIC INTEGRITY**

This policy applies to all students enrolled at Universidad del Sagrado Corazón to take courses with or without academic credit. A lack of academic integrity is any act or omission that does not demonstrate the honesty, transparency, and responsibility that should characterize all academic activity. Any student who fails to comply with the Honesty, Fraud, and Plagiarism Policy is exposed to the following sanctions: receive a grade of zero in the evaluation and/or repetition of the assignment in the seminar, a grade of F (\*) in the seminar, suspension, or expulsion as established in the Academic Integrity Policy effective in November 2022.

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