

## **COURSE OUTLINE** **Therapeutic Nutrition**

### **Course Description**

NR 110. Therapeutic Nutrition. 3 hours credit. This course will enable the student to apply fundamentals of nutrition to the promotion and maintenance of health and dietary support in the treatment of clients with common health disorders. The student will learn about the six classes of nutrients, digestion, metabolism, weight management, nutrition throughout the lifecycle, and the interaction between diet, health, and disease.

### **Course Relevance**

Nutrition and diet therapy is a common component of the maintenance of health and the care and treatment of individuals with common physical disorders. Assessment, administration and evaluation of nutritional needs of patients are a shared responsibility of the health care team. This course fulfills the Nutrition requirement for the Butler Nursing program.

### **Required Materials**

Lutz, C. (2011). *Nutrition and diet therapy*. (5<sup>th</sup> ed.). Philadelphia, PA: F.A. Davis Company

### **Learning Outcomes**

The intention is for the student to be able to:

1. Assess a client's nutritional status.
2. Apply basic principles of therapeutic nutrition in development of a care plan.
3. Communicate and collaborate nutrition needs and interventions with clients and the health care team.
4. Recognize and address nutrition misinformation and misperceptions.

### **Learning PACT Skills that will be developed and documented in this course**

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

#### **Personal Development Skills**

1. Personal management
  - Through the use of methods learned the student will be able to use his/her own personal information to assess nutritional status, intake, and needs.

### **Major Summative Assessment Task(s)**

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Completing a nutritional assessment for a simulated client.
2. Developing a therapeutic diet for a prevalent disease.

## **Course Content**

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
  - A. Nutritional assessment
  - B. Critical thinking – decision making
  - C. Communication
- II. Themes – Key recurring Themes that run throughout this course:
  - A. Interaction of health, diseases (or conditions), diet, and nutrition
  - B. Evidence based nutrition interventions
  - C. Growth and development and their relationship to diet and nutrition
  - D. Facts and fallacies related to diet and nutrition
- III. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Cultural, social, and religious factors that affect diet and nutrition
  - B. Nutrition misinformation in the media
- IV. Concepts – Key concepts that must be understood to address the issues:
  - A. Nutrient functions and requirements for optimal health
  - B. Methods to assess nutritional status, intake, and needs.
  - C. Nutrition interventions
  - D. Body systems, digestion, and absorption
  - E. Growth and development

## **Learning Units**

- I. Introduction to nutrition
  - A. Nutrients
  - B. Factors that affect food choices
  - C. Recommended dietary allowance (RDA)
  - D. Dietary guidelines and food pyramid
  - E. Nutrition labels
  - F. Hunger
- II. Digestion, absorption, and transport
  - A. Relationship of body systems to nutrition
  - B. The processes of digestion and absorption of nutrients
  - C. Problems and interventions for abnormalities in normal digestion and absorption
- III. Carbohydrates
  - A. Types and food sources
  - B. Functions
  - C. Recommendations for intake
- IV. Lipids (fat)
  - A. Types and food sources
  - B. Functions
  - C. Recommendations for intake
- V. Protein

- A. Complete and incomplete, vegetarian diets
  - B. Functions
  - C. Recommendations for intake
- VI. Vitamins (fat and water soluble)
- A. Functions, deficiency, and toxicity
  - B. Food sources
  - C. Recommendations for intake
- VII. Minerals and water
- A. Functions, deficiency, and toxicity
  - B. Food sources
  - C. Recommendations for intake
  - D. Fluid balance and dehydration
- VIII. Metabolism, energy balance, and body composition
- A. Anabolism and catabolism
  - B. Energy intake and expenditure
  - C. Methods to determine energy needs
  - D. Methods to determine healthy body weight
  - E. Characteristics of a good weight control program
  - F. Nutrition and health effects of alcohol
- IX. Weight management and physical fitness
- A. Weight management
  - B. Eating disorders: anorexia nervosa and bulimia nervosa
  - C. Fitness and sports
- X. Disease and therapeutic nutrition
- A. Cardiovascular (hyperlipidemia, hypertension, heart failure)
  - B. Gastrointestinal
  - C. Endocrine (diabetes, hypoglycemia)
  - D. Renal
  - E. Hepatic
  - F. Respiratory
  - G. Cancer
  - H. Alternate routes for nutrition: tube feedings and parenteral nutrition
- XI. Pregnancy and breastfeeding
- A. Nutrition needs
  - B. Body changes
- XII. Infancy through adolescence
- A. Breast milk, prepared formulas, and solid foods
  - B. Childhood growth, development, and feeding
  - C. Allergies and food intolerances

XIII. Adulthood and diet and health

- A. Nutrition needs
- B. Nutritional concerns

XIV. Food, nutrient, and drug interactions

- A. Medications
- B. Herbs
- C. Supplements

XV. Food preservation and safety

- A. Food borne illnesses
- B. Food additives

**Learning Activities**

Learning activities will be directed toward achieving the intended course outcomes through independent study of materials (class, text, web-based materials, and professional journals), completion of assignments and quizzes, and participation in discussion.

**Grade Determination**

The student will be graded on assessment tasks, class participation and discussion, as well as other methods of evaluation determined at the discretion of the instructor.