

CAPITAL AREA SCHOOL OF PRACTICAL NURSING
NUTRITION ESSENTIALS
SYLLABUS
Class # 101
1st Quarter FALL 2008
Time 1230-1600

Dianne Hacker RN, MSN
E-mail dhacker@caspn.org
Phone 585-2160 X 207
Office Hours
By appt. and as needed

PLACEMENT OF COURSE: FIRST QUARTER

THEORY HOURS: 46

COURSE DESCRIPTION:

This course introduces the basic principles of nutrition and their application in person centered care. We are reviewing disease prevention and the general enhancement of life through nutrition. There is more public awareness of the role of nutrition and health promotion. Nurses need intelligent answers. The content progresses from simple to complex utilizing the nursing process to provide holistic care.

Basic Nursing Fundamentals and Anatomy and Physiology are taught concurrently.

TEXTBOOKS:

- 1. Dudek, Susan G. Nutrition Essentials for Nursing Practice 5th Edition, Lippincott, 2007.**
- 2. Anderson, K./Anderson, L./Glantz: MOSBY'S MEDICAL, NURSING AND ALLIED HEALTH DICTIONARY, Mosby, 6th edition, 2005.**

REFERENCES:

- 1. Dewitt's, Fundamental Concepts and Skill for Nurse, 2nd Edition, 2005, Saunders.**
- 2. Herlihy B, The Human Body in Health and Illness, 3rd Edition 2007, Saunders.**
- 3. Assessment Technologies Institute, LLC (2007). Nutrition for Nursing. Version 3.0. Overland Parks, KS: ATI.**

THEORY OBJECTIVES:

- 1. Discuss the relationship of food, nutrition, and health.**
- 2. Describe the body's use of nutrients.**
- 3. Identify the primary functions of the essential nutrients.**
- 4. Describe the food guide pyramid.**
- 5. Identify the role of the practical nurse in providing nutrition.**
- 6. Identify the use of the nursing process in nutrition.**
- 7. Describe common diets in a health care facility.**
- 8. Discuss the importance of nutrient controlled diets in health care delivery.**
- 9. Discuss Nutrition throughout the life cycle.**
- 10. Discuss Community nutrition including food safety, cultural patterns, weight management and physical fitness.**
- 11. Discuss Clinical nutrition including diabetes, heart disease, renal and cancer.**
- 12. Utilize the nursing process to provide nutritional needs.**

METHODS OF TEACHING:

1. Lecture-Discussion
2. Audiovisual Aids
3. Written Tests
4. Special assignments

METHODS OF EVALUATION: As per grading system

CLASSROOM PERFORMANCE:

- A. Classroom behavioral expectations are based on respect and an atmosphere conducive to learning.
- B. Students are required to achieve a final grade of at least a “C” in each theory course.
- C. The following letter grade system is used in classroom theory:

A - Academic Excellence	93 - 100%
B - Above Average	86 - 92%
C - Average	77 - 85%
D - Failing	70 - 76%
F - Failing	0 - 69%

E. Evaluation Tools:

- 1) approx. 12 written exams totaling approx. 500 possible points including 100 point final exam and 60 point ATI PROCTORED EXAM .
- 2) Special assignments: diet analysis, presentations, etc.
- 3) ATI PROCTORED EXAM:
Those scoring at level two will receive the total possible points awarded for the exam (10% of total course points). Those scoring at level one will receive 8% of total course points and those scoring below level one 7.7% of total course points, but only after having successfully completed remediation of ATI content material. If remediation is not completed the student will receive a 0 for the ATI exam. Those students who exceed level two on the exam will receive the total possible points awarded and a bonus of 1% of total course points. Students are expected to utilize the web based practice test and booklet provided to prepare for this proctored exam.
- 4) Students will receive forms to evaluate classroom instruction and instructor.
Evaluation forms are given to provide feedback to each nursing instructor.

F. Make-up Test:

A student who misses a test or who is absent the day of a test must be prepared to take the test the next day before school starts or after school with an appointment being made prior to the make-up test. Appointments may be made by either calling or in person to the Front desk or the Administrative Assistant. Tests not taken upon return to class will have a five (5) percent penalty for each class/clinical day until the test is made up.

All policies are to be followed as outlined in the CASPN Student Handbook.

DH 08/08