

Minnesota State University Moorhead

NURS 275: Nutrition & the Role of the Professional Nurse

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course introduces the student to the role of the nurse in promoting and supporting nutritional health. Emphasis is on the role nutrition plays in health promotion/prevention of illness, recovery from acute illness and/or management of chronic illness. Students learn to access evidence to support healthy nutritional choices that reduce risk factors for disease and/or illness across the lifespan. Students explore how culture, ethnicity, socio-economic status, nutritional trends and controversies, and integrative therapies influence the nutritional health of the client.

B. COURSE EFFECTIVE DATES: 01/08/2020 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Attributes and Roles of a Nurse
 - i. Professionalism
 - ii. Clinical Decision-Making & Judgment
 - iii. Self-care
2. Care Competencies
 - I. Holistic Nursing Process
 - ii. Collaboration
 - iii. Quality & Safety
 - iv. Teaching & Learning
3. Healthcare Delivery
 - i. Evidence-based Practice
4. Physiological Homeostasis & Regulation
 - i. Acid-Base Balance
 - ii. Fluid & Electrolyte Balance
 - iii. Metabolism
 - iv. Elimination
5. Protection and Movement
 - i. Inflammation
 - ii. Infection
 - iii. Tissue Integrity
 - iv. Comfort
 - v. Mobility
 - vi. Rest
6. Psychosocial Homeostasis & Regulation
 - i. Family Dynamics
 - ii. Motivation
 - iii. Adherence
7. Determinants of Health
 - i. Functional Ability
 - ii. Genetics
 - iii. Nutrition
 - iv. Environment
 - v. Culture
 - vi. Individual Behavior
 - vii. Social & Economic Factors

D. LEARNING OUTCOMES (General)

1. Apply theories and concepts from the arts and sciences to provide prevention-based nutritional care of clients.
2. Incorporate evidence, clinical judgment and client preferences in planning nutritional care of the client.
3. Identify the impact of socio cultural, economic, legal and political factors influencing nutritional health.
4. Discuss the unique nursing perspective in inter-professional teams to optimize client nutritional health.
5. Assess protective and predictive factors, including genetics, which influence the nutritional health of individuals, families and communities.
6. Assume accountability, through reflection, for personal nutritional self-care behaviors.
7. Identify integrative modalities and their role in nutritional health.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted