

# Inver Hills Community College

## **NURS 2750: Nutrition and the Role of the Professional Nurse**

### **A. COURSE DESCRIPTION**

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

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. Prerequisites: Admission to the nursing program, concurrent enrollment in NURS2700 or NURS2720 and BIOL2202 (unless successfully completed BIOL2202 previously).

**B. COURSE EFFECTIVE DATES:** 08/26/2013 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Nurses' Role in Promoting Nutritional Health (20%)
2. Sources and functions of essential nutrients (5%)
3. Food labels and interpretations (5%)
4. Influences on Nutritional Health (20%)
5. Therapeutic diets and their impacts on health (20%)
6. Food allergies and implications to patient safety (5%)
7. Nutritional self-care for the nurse (5%)
8. Nutrition and weight management through the lifespan (20%)

### **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