

NUTRITION AND DIET THERAPY

REVIEWER

Introduction to Human Nutrition

Nutrition plays a key role in disease prevention and health promotion. As providers of holistic care and valuable sources of health information, nurses must have adequate working knowledge about the nutritional needs of healthy and sick individuals. Many lifestyle and environmental factors influence health and well-being, nutrition is major, modifiable, and a powerful factor in promoting health, preventing and treating disease, and improving quality of life. Thus the study of Nutrition is indispensable for all healthcare professionals.

Factors Influencing Food Choice at Different Levels

1. Macro-Environment Level
 - Economic policies
 - Laws
 - Government Policy
 - Industry Relations
 - Media
 - Technology
 - Transportation
2. Micro-Environment Level
 - Local
 - Community
 - School Settings
 - Worksites
 - Restaurants & fast food outlets
3. Family Environment Level
 - Role
 - modeling
 - Feeding
 - Styles
 - Availability
 - Culture
 - Etc.

NUTRITION

"Nutrition is the study of food in relation to health of an individual, community or society and the process through which the food is used to sustain life and growth"

"Nutrition is the science of food, the nutrients and other substance therein, their action, interaction, and balance in relation to health and disease, and the processes by which an organism ingests, digest, absorbs,

transports, utilizes and excretes food substances."

"Nutrition is the study of food and how the body makes use of it. It deals not only with the quantity of food consumed but also with the process of receiving and utilizing it for growth and renewal of the body and for the maintenance of the different body functions"

Functions of Nutrition

Basic functions of nutrition is to maintain life by allowing an individual to grow and be in a state of optimal health.

Reasons why nutritional science is **applied to allied health courses**:

1. recognition of the role of nutrition in **preventing diseases or illnesses**.
2. concern for **adapting food patterns** and individual to their **nutritional needs** within the framework of their cultural , economic, and psychological situations and styles
3. awareness of the need in specified disease states to modify nutritional factors for **therapeutic purpose**

NUTRIENTS

- **chemical substances** found in food. They perform **diverse roles** in the body such as to **provide heat and energy , to build and repair body tissues and to regulate body processes**. Since nutrients are found primarily in natural foods, adequate intake of these is necessary to carry out physiological functions.

Nutrients Classifications

1. **Functions** - those that form tissues in the body are body-building nutrients, while those that furnish heat and energy are fats, carbohydrates, and protein.
2. **Chemical properties** - nutrients are either organic or inorganic
3. **Essentiality** - Nutrients are classified based on their significant contribution to the body's physiological functioning.
4. **Concentration**- nutrients are either in large amounts or in little amounts.

Review Of Nutrition And Diet Therapy

Lorraine Boykin-Stith



Review Of Nutrition And Diet Therapy:

Review of Nutrition and Diet Therapy Sue Rodwell Williams, 1973 *Review of Nutrition and Diet Therapy* Nutrition and Diet Therapy Sue Rodwell Williams, 1973 Nutrition and Diet Therapy Mary Ann Hogan, Daryle Wane, 2003

INTRODUCTION Welcome to the new Prentice Hall Reviews and Rationales Series This 9 book series has been specifically designed to provide a clear and concentrated review of important nursing knowledge in the following content areas Child Health Nursing Maternal Newborn Nursing Mental Health Nursing Medical Surgical Nursing Pathophysiology Pharmacology Nursing Fundamentals Nutrition and Diet Therapy Fluids Electrolytes often this is the person with the health problem but it may also be a significant other relative friend or another nurse Decide whether the stem is a true response stem or a false response stem With a true response stem the correct answer will be a true statement and vice versa Determine what the question is really asking sometimes referred to as the issue of the question Evaluate all answer options in relation to this issue and not strictly to the correctness of the statement in each individual option Eliminate options that are obviously incorrect then go back and reread the stem Evaluate the remaining options against the stem once more If two answers seem similar and correct try to decide whether one of them is more global or comprehensive If the global option includes the alternative option within it it is likely that the more global response is the correct answer THE NCLEX RN LICENSING EXAMINATION The NCLEX RN licensing examination is a Computer Adaptive Test CAT that ranges in length from 75 to 265 individual stand alone test items depending on individual performance during the examination Upon graduation from a nursing program successful completion of this exam is the gateway to your professional nursing practice The blueprint for the exam is reviewed and revised every three years by the National Council of State Boards of Nursing according to the results of a job analysis study of new graduate nurses practicing within the first six months after graduation Each question on the exam is coded to one Client Need Category and one or more Integrated Concepts and Processes Client Need Categories There are 4 categories of client needs and each exam will contain a minimum and maximum percent of questions from each category Each major category has subcategories within it The Client Need categories according to the NCLEX RN Test Plan effective April 2001 are as follows Safe Effective Care Environment Management of Care 7 13% Safety and Infection Control 5 11 % Health Promotion and Maintenance Growth and Development Throughout the Lifespan 7 13% Prevention and Early Detection of Disease 5 11 % Psychosocial Integrity Coping and Adaptation 5 11% Psychosocial Adaptation 5 11% Physiological Integrity Basic Care and Comfort 7 13% Pharmacological and Parenteral Therapies 5 11% Reduction of Risk Potential 12 18 % Physiological Adaptation 12 18% Integrated Concepts and Processes The integrated concepts and processes identified on the NCLEX RN Test Plan effective April 2001 with condensed definitions are as follows Nursing Process a scientific problem solving approach used in nursing practice consisting of assessment analysis planning implementation and evaluation Caring client nurse interaction s characterized by mutual respect and trust and directed

toward achieving desired client outcomes Communication and Documentation verbal and or nonverbal interactions between nurse and others client family health care team a written or electronic recording of activities or events that occur during client care Cultural Awareness knowledge and sensitivity to the client s beliefs values and how these might impact on the client s healthcare experience Self Care assisting clients to meet their health care needs which may include maintaining health or restoring function Teaching Learning facilitating client s acquisition of knowledge skills and attitudes that lead to behavior change More detailed information about this examination may be obtained by visiting the National Council of State Boards of Nursing website at <http://www.ncsbn.org> and viewing the NCLEX RN Examination Test Plan for the National Council Licensure Examination for Registered Nurses

HOW TO GET THE MOST OUT OF THIS BOOK

Chapter Organization Each chapter has the following elements to guide you during review and study

Chapter Objectives describe what you will be able to know or do after learning the material covered in the chapter

OBJECTIVES Review basic principles of growth and development Describe major physical expectations for each developmental age group Identify developmental milestones for various age groups Discuss the reactions to illness and hospitalization for children at various stages of development

Review at a Glance contains a glossary of key terms used in the chapter with definitions provided up front and available at your fingertips to help you stay focused and make the best use of your study time

Pretest this 10 question multiple choice test provides a sample overview of content covered in the chapter and helps you decide what areas need the most or the least review

Practice to Pass questions these are open ended questions that stimulate critical thinking and reinforce mastery of the chapter content

NCLEX Alerts the NCLEX icon identifies information or concepts that are likely to be tested on the NCLEX licensing examination Be sure to learn the information flagged by this type of icon

Case Study found at the end of the chapter it provides an opportunity for you to use your critical thinking and clinical reasoning skills to put it all together it describes a true to life client case situation and asks you open ended questions about how you would provide care for that client and or family

Posttest a 10 question multiple choice test at the end of the chapter provides new questions that are representative of chapter content and provide you with feedback about mastery of that content following review and study All pretest and posttest questions contain rationales for the correct answer and are coded according to the phase of the nursing process used and the NCLEX category of client need called the Test Plan

The Test plan codes are

- PHYS Physiological Integrity
- PSYC Psychosocial Integrity
- SECE Safe Effective Care Environment
- HPM Health Promotion and Maintenance

CD ROM For those who want to practice taking tests on a computer the CD ROM that accompanies the book contains the pretest and posttest questions found in all chapters of the book In addition it contains 10 NEW questions for each chapter to help you further evaluate your knowledge base and hone your test taking skills In several chapters one of the questions will have embedded art to use in answering the question Some of the newly developed NCLEX test items are also designed in this way so these items will give you valuable practice with this type of question

Companion Website CW The companion website is a

virtual reference for virtually all your needs The CW contains the following 50 NCLEX style questions 10 pretest 10 posttest 10 CD ROM and 20 additional new questions Definitions of key terms the glossary is also stored on the companion website for ease of reference In Depth With NCLEX features drawings or photos that are each accompanied by a one to two paragraph explanation These are especially useful when describing something that is complex technical such as equipment or difficult to mentally visualize Suggested Answers to Practice to Pass and Case Study Questions easily located on the website these allow for timely feedback for those who answer chapter questions on the web Nursing Notes Clinical Reference Card This laminated card provides a reference for frequently used facts and information related to the subject matter of the book These are designed to be useful in the clinical setting when quick and easy access to information is so important ABOUT THE NUTRITION AND DIET THERAPY BOOK Most nurses have limited experience in the field of nutrition while most nutritionists have limited experience in the field of nursing This book attempts to merge the knowledge of these two distinct disciplines into one reference source that addresses management of client nutrition in the context of the nursing practice Chapters in this book cover need to know information about nutritional science with direct application to the nursing process This book provides a comprehensive overview of nutritional principles and delves into building block elements macronutrients and micronutrients and basics of nutritional biochemistry to provide the reader with a clear concise explanation of nutritional principles Individual chapters focus on developmental areas of nutrition across the lifespan nutritional therapeutics nutritional support and therapeutic diets and nutritional supplements The last chapter examines the nutritional management of clients who experience multisystem disorders This book is intended for use as one resource in managing a client s nutritional status and should be used in conjunction with appropriate referrals and collaboration with registered dietitians to provide client care and determine specific nutritional outcomes Nutrition And Diet Therapy Reference Dictionary Rosalinda T. Laguna, Virginia S. Claudio, 1996 This reference provides information on all aspects of nutrition and nutrition dietary therapy Topics include nutrition and the immune system nutrition labelling chemical dependency AIDS and organ transplantation This edition includes 380 new terms and *Nutrition/diet Therapy Nursing Review* Lorraine Boykin-Stith, 1977 **World Review of Nutrition and Dietetics** Geoffrey Howard Bourne, 1971

Williams' Basic Nutrition and Diet Therapy - E-Book Staci Nix McIntosh, 2021-07-15 NEW Next Generation NCLEX case studies and question types are included in the text and on the companion Evolve website NEW Easy to follow writing style utilizes a more lively and direct conversation tone to make material easier to understand NEW Updated references reflect the studies and statistics published in the most current scientific literature NEW Incorporation of the new Nutrition Care Process model grounds you in the systematic approach to providing high quality nutrition care with regard to nutrition assessment diagnosis intervention and evaluation NEW Coverage of the new Physical Activity Guidelines for Americans ensures you are versed in the latest recommendations **Williams' Basic Nutrition & Diet Therapy, 16e, South Asia**

Edition-E-Book Staci Nix McIntosh, 2021-11-18 Stay up to date on all the latest in nutrition care with Williams Basic Nutrition Diet Therapy 16th Edition This market leading text provides concise need to know coverage of hot topics emerging trends and cutting edge research to ensure you are equipped to make informed decisions on patient nutrition in the clinical space And with its conversational writing style vivid illustrations and wide array of reader friendly features you can easily understand how the concepts in the book can be applied in clinical practice The text is broken out into four parts an introduction to the basic principles of nutrition science human growth and development needs community nutrition and clinical nutrition Case studies with accompanying questions for analysis in the clinical care chapters focus your attention on related patient care problems Cultural Considerations boxes discuss how a patient s culture can affect nutritional concepts in practice Clinical Applications and For Further Focus boxes highlight timely topics and analyze concepts and trends in depth Bulleted chapter summaries review highlights from the chapter and help you see how the chapter contributes to the book s big picture Diet therapy guidelines include recommendations restrictions and sample diets for major clinical conditions Drug Nutrient Interactions boxes highlight important safety information and cover topics such as nutritional supplements for athletics drugs interfering with vitamin absorption and over the counter weight loss aids Key terms and definitions clarify terminology and concepts critical to your understanding and application of the material NEW Easy to follow writing style utilizes a more lively and direct conversation tone to make material easier to understand NEW Updated references reflect the studies and statistics published in the most current scientific literature NEW Incorporation of the new Nutrition Care Process model grounds you in the systematic approach to providing high quality nutrition care with regard to nutrition assessment diagnosis intervention and evaluation

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