**COURSE TITLE: CARE OF ADULT PATIENT II**

**PLACEMENT: LEVEL II**

**TOTAL HOURS: 95 80 - Care of Adult Patient II**

 **15 – Diet Therapy**

**Course Description:** This course consists of theory and clinical experience in nursing care of adult patients with moderately complex medical and surgical disorders, including musculoskeletal, cardiac, urinary and reproductive disorders. It identifies the physical as well as psychological needs of patients with cancer and the dying patient. Integrated in this course are dietary modifications and pharmacology related to the treatment of these disorders.

**Methods of Instruction:** To implement the program, the instructor will utilize the following methods of instruction:

 1. Lecture and discussion

 2. Audiovisual aids

 3. Use of smartboard, bulletin board, and easel. 4. Assignment of related readings and discussion

 5. Computer-based assignments/Internet access

**Methods of Evaluation:**

 1. Class participation

 2. Written assignments

 3. Quizzes

 4. Examinations - satisfactory achievement of all examinations (83%)

 5. Achievement of the course objectives

 6. Student evaluation of course

**Texts:**

Lutz, Nutrition & Diet Therapy, F.A. Davis, 7th Edition, 2019

Linton, Introduction to Medical Surgical Nursing, Elsevier, 7th Edition, 2020

Linton, Introduction to Medical Surgical Nursing Study Guide, Elsevier, 7th Edition, 2020

Saunders Nursing Drug Handbook 2022

**References:**

Lutz, Nutrition & Diet Therapy, F.A. Davis, 7th Edition, 2019

Linton, Introduction to Medical Surgical Nursing, Elsevier, 7th Edition, 2020

USDA My Pyramid.gov @ [www.mypyramid.gov](http://www.mypyramid.gov)

Taber's Cyclopedia Medical Dictionary; F. A. Davis, 24th Edition, 2021

Olsen, Medical Dosage Calculations, Pearson, 11th Edition, 2016

Hopkins, Lab Notes, FA Davis, 3rd Edition, 2015

**Objectives:** At the completion of this course, the student practical nurse will:

1. Describe the predominant characteristics of cancer and its treatments
2. Identify the common methods of diagnosis and treatment of cancer
3. Identify the behavior characteristics of each stage of Dying: Denial, Anger, Bargaining,

 Depression, and Acceptance.

1. Identify the physical, emotional, social and spiritual needs that are common to the dying patient.
2. Describe the nursing responsibilities associated with diagnostic testing of patients with

 cardiovascular disorders.

1. Describe the risk factors for cardiovascular disorders
2. Differentiate between the assessments findings for chronic and acute arterial and venous disorders.
3. Discuss the risk factors, signs and symptoms, diagnosis, treatment, and complications of hypertension
4. List various blood disorders and their treatments
5. Describe the pathophysiology, signs and symptoms, medical diagnosis, and medical treatment

 for selected disorders of the immune system.

1. Discuss symptoms and causes of various musculoskeletal disorders and their treatments
2. Identify disorders of the urinary system including diagnostic tests, nursing care, treatment and

 Drug therapy.

1. Describe problems affecting the male and female reproductive system including diagnostic tests,

 nursing care, treatment and drug therapy.

1. Identify disorders of the urinary system including diagnostic tests, nursing care, treatment and

 drug therapy.

1. Utilize the nursing process in meeting the physical, psychological and social needs of clients

 with these disorders in the clinical area.

1. Identify ways the basic diet is modified for therapeutic purposes.
2. Identify ways in which foods, nutrients, drugs, and dietary supplement can interact.
3. Discuss the importance of diet in weight management, Diabetes Mellitus, Cardiovascular,

 Renal disease, Digestive disease and Cancer.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **UNITS OF INSTRUCTION:** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Care of Adult Patient II** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Nursing Care of the Patient with Cancer** |  |  |  |  |  |  |
|  | **Nursing Care of the Dying Patient/Terminally Ill** |  |  |  |  |  |
|  | **Nursing Care of the Cardio-Vascular Patient** |  |  |  |  |  |  |
|  | **Nursing Care of Patient with Hypertension** |  |  |  |  |  |  |
|  | **Nursing Care of Hematologic Disorders** |  |  |  |  |  |  |
|  | **Nursing Care of Immunologic Disorders** |  |  |  |  |  |  |
|  | **Nursing Care of Patient with Musculoskeletal Disorders/Connective Tissue Disorders/Fractures/Amputations** |
|  | **Nursing Care of a Patient with Urologic Disorders** |  |  |  |  |  |
|  | **Nursing Care of Patients with Female and Male Reproduction Disorders** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Review and Examinations:** |  |  |  | **TOTAL** |  | **80 Hours** |
|  |  |  |  |  |  |  |  |  |  |
| **UNITS OF INSTRUCTION:** |  |  |  |  |  |  |  |  |
|  | **Diet Therapy** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **Diet Modifications** |  |  |  |  |  |  |  |  |
|  | **Food & Drug Interactions** |  |  |  |  |  |  |  |
|  | **Weight Management** |  |  |  |  |  |  |  |  |
|  | **Diet in Diabetes Mellitus & Hypoglycemia** |  |  |  |  |  |  |
|  | **Diet in Cardio-Vascular Disease** |  |  |  |  |  |  |  |
|  | **Diet in Renal Disease** |  |  |  |  |  |  |  |  |
|  | **Diet in Digestive Disease** |  |  |  |  |  |  |  |
|  | **Diet and Cancer** |  |  |  |  |  |  |  |  |
|  | **Review and Examinations:** |  |  |  | **TOTAL** |  | **15 Hours** |
| **LEVEL II - 17 Weeks - 517 HOURS** |  |  |  |  |  | **THEORY** | **CLINICAL** |
|  |  |  |  |  |  |  | **HOURS** |  | **EXPERIENCE** |
|  |  |  |  |  |  |  |  |  |  |
|  | **Care of Adult Patient II** |  |  |  |  |  | **95** |  |  |
|  | **Maternal Child Health** |  |  |  |  |  | **65** |  |  |
|  | **Nursing Fundamentals II** |  |  |  |  |  | **70** |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **230 Hours** |  | **287 Hours** |
|  | **\*Final grade determined by the following percentage:** |  |  |  |  |  |
|  |  **Care of Adult Patient II = 80%** |  |  |  |  |  |  |  |
|  |  **Diet Therapy = 20%** |  |  |  |  |  |  |  |
|  |  | **100%** |  |  |  |  |  |  |  |

| **Unit Chapter Objective** | **Chapter Content** | **Teacher Activity** | **Student Activity** |
| --- | --- | --- | --- |
| **Chapter 7** | **Cancer** |  |  |
| Identify Characteristics of CancerCancer DiagnosisCancer TreatmentIdentify Nursing Responsibilities Associated with Various Degrees of CancerDiscuss Terminal IllnessIdentify Oncological Emergencies and Treatments | 1. Differentiate between benign and malignant tumors
2. Classification of tumors
3. Site
4. Stage
5. Appearance
6. Differentiation
7. Risks factors
8. Carcinogens
9. Seven warning signs of cancer (c-a-u-t-i-o-n)
10. Cancer prevention and early

Detection1. Physical examination
2. Diagnostic test
3. Laboratory studies
4. Surgery
5. Radiation (internal & external)
6. Chemotherapy
7. Identify antineoplastic drugs and their classifications
8. Side effects of chemo
9. Biotherapy
10. Bone marrow and stem cell transplant
11. Alternative therapies
12. Physical care
13. Psychosocial needs
14. Spiritual needs
15. Nutritional needs
16. Risks for infection/injury, etc.
17. Recovery & rehabilitation
18. Resources available
19. Treatment for terminally ill patients
20. Hypercalcemia
21. Syndrome of inappropriate ADH
22. DIC
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapter 19** | **Loss, Death, and End-of-Life Care** |  |  |
| Discuss types of lossIdentify the Grieving ProcessDiscuss fears associated with terminal illnessDiscuss Nursing Care of Terminal/Dying PatientsIdentify Issues Related to Terminal Illness and Death | 1. Change in self-image
2. Developmental changes
3. Loss of possessions
4. Loss of significant other
5. Stages of grieving
6. Dr. Elisabeth Kubler-Ross five stages
* Denial
* Anger
* Bargaining
* Depression
* Acceptance
1. B.C. Martocchio five clusters of grief
2. T.A. Rando three phases of mourning
3. Signs and symptoms of grieving
4. Fears
5. Pain
6. Loneliness
7. Meaninglessness
8. Clinical signs of impending death
9. Physical changes after death
10. Clinical assessment
11. Nursing interventions
12. Care of body after death
13. Organ donation
14. CPR
15. Advanced directives
 | **Lecture:**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapter 33/34** | **Cardiac Disorders** |  |  |
| Overview of Cardiac SystemDiagnostic Tests and ProceduresCardiac Drug TherapyDiscuss Oxygen TherapyIdentify Types of Pacemakers and Implantable Cardioverter DefibrillatorIdentify Types of Cardiac SurgeryDiscuss Common Cardiac DisordersDiscuss Complications of Common Cardiac DisordersDiscuss the role of the nurse in treating cardiac disordersDiscuss Cardiac TransplantsDiscuss Inflammatory DisordersIdentify Valvular DiseasesDiscuss DysrhythmiasHemodynamic Monitoring | Anatomy and physiology of the heart1. ECG
2. Holter monitors
3. Implantable loop recorders
4. Echocardiograms
5. Stress test
6. MRI
7. MUGA scan
8. Myocardial Perfusion Imaging
9. CAT scan
10. Cardiac Catherization
11. Electrophysiology study
12. Laboratory tests
13. Glycosides
14. Antianginals
15. Antidysrhythmics
16. ACE inhibitors
17. Diuretics
18. Anticoagulants
19. Antiplatelet
20. Fibrinolytic
21. Lipid-lowering drugs
22. Analgesics
23. Pulse oximeter monitoring
24. Types of oxygen
25. Nursing care of patient with a pace maker and implantable defibrillators
26. Preoperative and Postoperative Care
27. Coronary Heart Disease (CHD)
28. Arteriosclerosis
29. Atherosclerosis
30. Angina
31. Myocardial infarction (MI)

 1. Signs and symptoms
2. Medical diagnosis
3. Medical treatments
4. Percutaneous coronary intervention
5. Coronary Artery Bypass Graft Surgery (CABG)
6. Acute MI
7. Heart Failure
8. Decreased Cardiac output
9. Excess fluid volume
10. Cardiomyopathy
11. Donor/Recipient
12. Rejection
13. Infectious Endocarditis
14. Pericarditis
15. Mitral Stenosis
16. Mitral Regurgitation
17. Mitral Valve Prolapse
18. Aortic Stenosis
19. Interpreting ECG strip
20. Rate/Rhythm
21. P Waves
22. PR Interval
23. QRS Complex
24. ST segment
25. T Waves
26. QT Interval
27. Common dysrhythmias
28. Atrial
29. Ventricular
30. Heart blocks
31. Central venous catheter
32. Pulmonary artery catheter

  | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 35** | **Vascular Disorders** |  |  |
| Overview of the Vascular SystemDiagnostic Tests Discuss Common Therapeutic MeasuresSurgical ProceduresDiscuss Peripheral Vascular DisordersDiscuss Medications for Peripheral Disorders | Anatomy and physiology of the vascular system1. Ultrasonography
2. Pressure measurements
3. Exercise tolerance
4. Angiography
5. Exercise
6. Stress management
7. Pain management
8. Smoking cessation
9. Elastic stockings
10. Intermittent pneumatic compression
11. Positioning
12. Thermotherapy
13. Embolectomy
14. Percutaneous Transluminal Angioplasty (PTA)
15. Endarterectomy
16. Sympathectomy
17. Vein Ligation and Stripping
18. Sclerotherapy
19. Laser Therapy
20. Peripheral Artery Disease (PAD)
21. Thromboangitis obliterans (Buergers)
22. Rayaunds
23. Aneurysms
24. Aortic Dissection
25. Varicose Vein Disease
26. Venous thrombosis
27. Chronic Venous Insufficiency
28. Lymphangitis
29. NSAIDS
30. Anticoagulants
31. Vasodilators
32. Thrombolytic agents
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 36** | **Hypertension** |  |  |
| Discuss Types of HypertensionDiscuss Hypertensive Crisis | 1. Primary (Essential) & Secondary Hypertension
2. Signs and symptoms
3. Physical examination
4. Diagnostic tests and procedures
5. Medical treatment
6. Life style modification
7. Pharmacologic therapy
8. Diet therapy
9. Medical Diagnosis
10. Medical Treatment
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 29/30** | **Hematologic Disorders** |  |  |
| Overview of the Blood ComponentsDiscuss Diagnostic TestsIdentify Disorders of Red Blood CellsIdentify Disorders of CoagulationIdentify Treatments for Red Blood Cells Disorders | Anatomy and physiology of components of the Hematologic system1. Lab values
2. Bone marrow biopsy
3. Chronic anemia
4. Polycythemia
5. Aplastic anemia
6. Autoimmune Hemolytic anemia
7. Iron deficiency anemia
8. Pernicious anemia
9. Sickle cell anemia
10. Thrombocytopenia
11. DIC
12. Hemophilia
13. Blood transfusion or blood removal
14. Medication/Supplement
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 31/32** | **Immunologic Disorders** |  |  |
| Overview of the Immune SystemDiagnostic Tests and ProceduresDisorders of White Blood Cells | Anatomy and Physiology of the Immune System1. Laboratory values
2. Lymphangiography
3. Spleen scan
4. Gallium scan
5. Skin test
6. Bone marrow transplant
7. Neutropenia
8. Non-Hodgkin Lymphoma
9. Hodgkin Disease
10. Leukemias
11. Immune responses
12. Idiopathic thrombocytopenic purpura
13. Thrombotic thrombocytopenic purpura
14. Autoimmune diseases
15. HIV
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 43/44** | **Musculoskeletal Disorders/Connective Tissue** |  |  |
| Overview of Connective Tissue Diagnostic TestsDisorders of Connective Tissue | Anatomy and Physiology of Connective Tissues1. Blood Studies

1. CBC2. ESR3. C-reactive protein4. VDRL5. RF6. Creatinine7. ANA8. Uric acid9. WBC B. Radiologic imaging1. Osteoarthritis
2. Signs and symptoms
3. Drug therapy
4. Surgical treatment
5. Rheumatoid arthritis
6. Signs and symptoms
7. Medical Diagnosis
8. Drug therapy
9. Surgical treatment
10. Osteoporosis
11. Signs and symptoms
12. Medical diagnosis
13. Drug therapy
14. Gout
15. Signs and symptoms
16. Medical diagnosis
17. Drug therapy
18. Scleroderma
19. Signs and symptoms
20. Medical diagnosis
21. Medical treatment
22. Dermatomyositis and Polymyositis
23. Signs and symptoms
24. Medical diagnosis
25. Drug therapy
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 45** | **Fractures** |  |  |
| Types of FracturesClassificationsFracture HealingSigns and Symptoms of FracturesDiscuss Medical TreatmentIdentify Surgical InterventionsTherapeutic MeasuresComplications of Fractures | 1. Complete
2. Incomplete
3. Greenstick
4. Open
5. Closed
6. Stages 1 through 5
7. Discuss symptoms of a fracture
8. Diagnostic tests and procedures
9. Cast, splint or immobilize
10. Traction
11. Electrical stimulations
12. Fixations (open & closed)
13. Replacements
14. Assistive devices
15. Physical therapy
16. Infections
17. Fat embolism
18. Deep vein thrombosis
19. Compartment syndrome
20. Shock
21. Joint stiffness and contractures
22. Malunion, nonunion, and delayed union
23. Posttraumatic arthritis
24. Avascular necrosis
25. Complex regional pain syndrome
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapters 46/11** | **Amputations/falls** |  |  |
| Indications for AmputationsDiscuss Diagnostics TestsIdentify Medical and Surgical InterventionRisk factors fallsFall prevention techniques; nursing interventionsTypes of Restraints | 1. Trauma
2. Disease
3. Tumors
4. Congenital defects
5. Vascular studies
6. Pulse volume recording
7. Thermography
8. Doppler ultrasound
9. Biopsy
10. Open amputation & closed amputation
11. Post-operative care
12. Replantation
13. Emergency treatment
14. Restraints (Physical, Chemical)
15. OBRA
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examinationLecture/discussionPower PointUnite Test/Exam | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power pointRead Chapter(s)Achieve final grade 83% or higher. |
| **Chapter 41/42/14** | **Urologic Disorders/ Incontinence** |  |  |
| Overview of Urinary SystemDiagnostic Tests for Urinary DisordersTherapeutic Measures for Urinary DisordersIdentify Urinary Tract Infections, inflammations, and Disorders.Consequences of Incontinence.Therapeutic measures for incontinence. | Anatomy and Physiology of the Urinary System1. Urine tests
2. Blood tests
3. Radiographic tests
4. Computer Tomography and Magnetic Resonance Imaging
5. Invasive procedures
6. Urodynamic studies
7. Catheterization
8. Ureteral catheter
9. Nephrostomy tube
10. Urinary stent
11. Urologic surgery
12. Medications
13. Urethritis
14. Cystitis
15. Pyelonephritis
16. Acute glomerulonephritis
17. Polycystic kidney disease
18. Renal calculi
19. Urologic/Kidney trauma
20. Cancers of the urinary system
21. Renal failure
22. Acute
23. Chronic
24. Dialysis
25. Renal transplant
26. Risk Factors
27. Lab/Diagnostics
28. Therapeutic Measures
29. Drug therapy
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examinationLecture/DiscussionPower PointUnit Test/Exam | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power pointRead Assigned Chapter(s)Take unit test and achieve a passing grade of 83% or higher. |
| **Chapter 51/52** | **Female Reproductive Disorders** |  |  |
| Overview of Female Reproductive SystemsDiscuss Menstruation and MenopauseList Female Diagnostic TestsTherapeutic MeasuresDiscuss Disorders of Female Reproduction | Anatomy and Physiology of Female Reproductive System1. Obstetric-Gynecologic history
2. Pelvic exam
3. Cultures
4. Biopsies
5. Colposcopy
6. Culdoscopy
7. Laparoscopy
8. Dilation and Curettage (D&C)
9. Mammography
10. Breast biopsy
11. Douching
12. Cauterization
13. Heat application
14. Drug therapy
15. Surgical procedures
16. Uterine bleeding
17. Infections
18. Fibrocystic changes
19. Pelvic Inflammatory disease
20. Benign growths
21. Endometriosis
22. Cysts
23. Fibroids tumors
24. Cystocele and Rectocele
25. Uterine Prolapse
26. Vaginal Fistulas
27. Cancer
28. Breast
29. Vaginal
30. Ovarian
31. Cervical
32. Vulvar
33. Infertility
34. Menopause
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapter 53/54** | **Male Reproductive Disorders** |  |  |
| Overview of Male Reproductive SystemIdentify Diagnostic Tests for Male Reproductive DisordersDiscuss Disorders of Male Reproduction | Anatomy and Physiology of Female Reproductive System1. Laboratory studies
2. Radiologic imaging studies
3. Infectious and inflammatory conditions
4. Benign prostatic hyperplasia (hypertrophy)
5. Surgical treatments
6. Invasive treatments
7. Prostatic Cancer
8. Medical treatments
9. Surgical treatments
10. Erectile dysfunction (Impotence)
11. Peyronie Disease
12. Priapism
13. Phimosis and paraphimosis
14. Infertility
15. Penile Cancer
16. Testicular Cancer
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapter 55** | **Sexually Transmitted Diseases** |  |  |
| Diagnostic TestsSexually Transmitted Infections | 1. Serologic Tests
2. Smears, swabs, and cultures
3. Chlamydial Infection
4. Gonorrhea
5. Syphilis
6. Herpes Simplex
7. Trichomoniasis
8. Human Papillomavirus
9. Bacterial Vaginosis
10. Human Immunodeficiency Virus Infection
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Diet Therapy (15 hours)** |
| **Chapter 14** | **Nutrition Delivery** |  |  |
| Discuss Diets and Diet ModificationsMethods of Nutrient Delivery | 1. Nutrient diets (increased or decreased)
2. Calories (restricted or increased)
3. Textures or consistency
4. Fiber (restricted or increased)
5. Fluids (increased or decreased)
6. Clear liquid
7. Full liquid
8. Soft diets
9. Pureed diets
10. General or regular diets
11. Disease specific formula
12. Enteral nutrition
13. Continuous
14. Intermittent
15. Bolus
16. Parenteral nutrition
17. Oral delivery
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapter 15** | **Interactions: Food & Nutrients Versus Medications and Supplements** |  |  |
| Discuss Food and Drug Interactions | 1. Grapefruit and its effect on calcium channel blockers/benzodiazepines
2. Cranberry juice and its effect on anticoagulant
3. Milk and its effect on tetracycline
4. Foods that contain Tyramine and its effects on MAOIs.
5. Dietary protein and its effects of Levodopa
6. Sodium intake and increased fluid intake and its effect on lithium
7. Folic acid and its effects on aspirin
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |
| **Chapter 16, 17, 18, 19, 20, & 21** |  |  |  |
| Chapter 16 - Discuss Weight ManagementChapter 17 – Discuss Diet in Diabetes Mellitus and HypoglycemiaChapter 18 –Discuss Diet in Cardiovascular DiseaseChapter 19 – Discuss Diet in Renal DiseaseChapter 20 – Discuss Diet in Digestive DiseasesChapter 21- Discuss Diet and Cancer | 1. Obesity
2. Eating Disorders
3. Anorexia Nervosa
4. Bulimia
5. Binge-eating disorder
6. Macronutrient distribution of protein, carbohydrate and fat.
7. Exchange list
8. My-plate for diabetics
9. Sodium controlled diet
10. Reducing saturated fat intake
11. Discuss DASH diet
12. Foods containing omega 3 fatty acids
13. Dietary Components
14. Calories
15. Protein
16. Sodium
17. Potassium
18. Phosphorus, vitamin D, and calcium
19. Fluid
20. Saturated fat and cholesterol
21. Iron, vitamins, and minerals
22. Purines
23. Foods to avoid
24. Soft pureed meals
25. Small frequent meals
26. Medication avoidance
27. Reduce fat
28. Increase/decrease fiber
29. Clear liquids
30. Minimize carbonated beverages, caffeine & alcohol
31. Low FODMAP diet
32. Hydration
33. Avoid red or processed meats
34. Restrict alcohol
35. Avoid salt preserved foods
36. Importance of fruits, vegetables, and whole grains
37. Taste alterations in advanced stages
38. Soft foods that provide nutrition
39. Cold foods
40. Use of drinking straws
41. Avoid irritants
42. Adequate hydration
43. Sugarless candy, chewing gum and popsicles
44. Balanced diet for side effects of treatment
 | **Lecture**DiscussionWhite boardOverhead transparenciesUnit test/examination | **Student will:**Read chaptersTake notes in classTake unit test and achieve a passing grade of 83% or higherRemediation with nurse tutorDownload instructor power point |

**Bibliography**

# Albenesi, B. et al Exploring Nurses’ Involvement in Artificial Nutrition and Hydration at the End of Life: A Scoping Review.” JPEN 2020

Flett, K. “Outpatient Course and Complications Associated with Home Oxygen Therapy for Mild Bronchitis” Pediatrics, 2014

Internet Access to Articles