**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.

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| **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 Cancer  Cancer Diagnosis  Cancer Treatment  Identify Nursing Responsibilities Associated with Various Degrees of Cancer  Discuss Terminal Illness  Identify 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   Detection   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapter 19** | **Loss, Death, and End-of-Life Care** |  |  |
| Discuss types of loss  Identify the Grieving Process  Discuss fears associated with terminal illness  Discuss Nursing Care of Terminal/Dying Patients  Identify 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:**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapter 33/34** | **Cardiac Disorders** |  |  |
| Overview of Cardiac System  Diagnostic Tests and Procedures  Cardiac Drug Therapy  Discuss Oxygen Therapy  Identify Types of Pacemakers and Implantable Cardioverter Defibrillator  Identify Types of Cardiac Surgery  Discuss Common Cardiac Disorders  Discuss Complications of Common Cardiac Disorders  Discuss the role of the nurse in treating cardiac disorders  Discuss Cardiac Transplants  Discuss Inflammatory Disorders  Identify Valvular Diseases  Discuss Dysrhythmias  Hemodynamic Monitoring | Anatomy and physiology of the heart   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 35** | **Vascular Disorders** |  |  |
| Overview of the Vascular System  Diagnostic Tests  Discuss Common Therapeutic Measures  Surgical Procedures  Discuss Peripheral Vascular Disorders  Discuss Medications for Peripheral Disorders | Anatomy and physiology of the vascular system   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 36** | **Hypertension** |  |  |
| Discuss Types of Hypertension  Discuss 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 29/30** | **Hematologic Disorders** |  |  |
| Overview of the Blood Components  Discuss Diagnostic Tests  Identify Disorders of Red Blood Cells  Identify Disorders of Coagulation  Identify Treatments for Red Blood Cells Disorders | Anatomy and physiology of components of the Hematologic system   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 31/32** | **Immunologic Disorders** |  |  |
| Overview of the Immune System  Diagnostic Tests and Procedures  Disorders of White Blood Cells | Anatomy and Physiology of the Immune System   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 43/44** | **Musculoskeletal Disorders/Connective Tissue** |  |  |
| Overview of Connective Tissue  Diagnostic Tests  Disorders of Connective Tissue | Anatomy and Physiology of Connective Tissues   1. Blood Studies   1. CBC  2. ESR  3. C-reactive protein  4. VDRL  5. RF  6. Creatinine  7. ANA  8. Uric acid  9. WBC  B. Radiologic imaging   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 45** | **Fractures** |  |  |
| Types of Fractures  Classifications  Fracture Healing  Signs and Symptoms of Fractures  Discuss Medical Treatment  Identify Surgical Interventions  Therapeutic Measures  Complications 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapters 46/11** | **Amputations/falls** |  |  |
| Indications for  Amputations  Discuss Diagnostics Tests  Identify Medical and Surgical Intervention  Risk factors falls  Fall prevention techniques; nursing interventions  Types 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**  Discussion  White board  Overhead transparencies  Unit test/examination  Lecture/discussion  Power Point  Unite Test/Exam | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point  Read Chapter(s)  Achieve final grade 83% or higher. |
| **Chapter 41/42/14** | **Urologic Disorders/ Incontinence** |  |  |
| Overview of Urinary System  Diagnostic Tests for Urinary Disorders  Therapeutic Measures for Urinary Disorders  Identify Urinary Tract Infections, inflammations, and Disorders.  Consequences of Incontinence.  Therapeutic measures for incontinence. | Anatomy and Physiology of the Urinary System   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination  Lecture/Discussion  Power Point  Unit Test/Exam | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point  Read 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 Systems  Discuss Menstruation and Menopause  List Female Diagnostic Tests  Therapeutic Measures  Discuss Disorders of Female Reproduction | Anatomy and Physiology of Female Reproductive System   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapter 53/54** | **Male Reproductive Disorders** |  |  |
| Overview of Male Reproductive System  Identify Diagnostic Tests for Male Reproductive Disorders  Discuss Disorders of Male Reproduction | Anatomy and Physiology of Female Reproductive System   1. 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapter 55** | **Sexually Transmitted Diseases** |  |  |
| Diagnostic Tests  Sexually 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Diet Therapy (15 hours)** | | | |
| **Chapter 14** | **Nutrition Delivery** |  |  |
| Discuss Diets and Diet Modifications  Methods 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download instructor power point |
| **Chapter 16, 17, 18, 19, 20, & 21** |  |  |  |
| Chapter 16 - Discuss Weight Management  Chapter 17 – Discuss Diet in Diabetes Mellitus and Hypoglycemia  Chapter 18 –Discuss Diet in Cardiovascular Disease  Chapter 19 – Discuss Diet in Renal Disease  Chapter 20 – Discuss Diet in Digestive Diseases  Chapter 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**  Discussion  White board  Overhead transparencies  Unit test/examination | **Student will:**  Read chapters  Take notes in class  Take unit test and achieve a passing grade of 83% or higher  Remediation with nurse tutor  Download 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

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