



Course Outline for: NURS 2750 Nutrition and the Role of the Professional Nurse

A. Course Description

1. Number of credits: 2
2. Lecture hours per week: 2
3. Prerequisites: Acceptance into the Normandale nursing program
4. Corequisites: NURS 2700 or NURS 2720
5. 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. Date last reviewed/updated: January 2022

C. Outline of Major Content Areas:

1. Professional Development & Identity in relation to foundations of nutrition and nutritional health promotion.
 - A. Attributes and Roles of a Nurse
 - i. Professionalism
 - ii. Clinical Decision-Making & Judgment
 - iii. Self-care
 - B. Care Competencies
 - I. Holistic Nursing Process
 - ii. Collaboration
 - iii. Quality & Safety
 - iv. Teaching & Learning
 - C. Health Care Delivery
 - i. Evidence-based Practice
2. Physiologic Integrity in relation to foundations of nutrition and nutritional health promotion.

- A. Physiological Homeostasis & Regulation
 - i. Acid-Base Balance
 - ii. Fluid & Electrolyte Balance
 - iii. Metabolism
 - iv. Elimination
- B. Protection and Movement
 - i. Inflammation
 - ii. Infection
 - iii. Tissue Integrity
 - iv. Comfort
 - v. Mobility
 - vi. Rest
- 3. Psychosocial Integrity in relation to foundations of nutrition and nutritional health promotion.
 - A. Psychosocial Homeostasis & Regulation
 - i. Family Dynamics
 - ii. Motivation
 - iii. Adherence
- 4. Lifespan/Growth and Development
 - A. Determinants of Health
 - i. Functional Ability
 - ii. Genetics
 - iii. Nutrition
 - iv. Environment
 - v. Culture
 - vi. Individual Behavior
 - vii. Social & Economic Factors

D. Course Learning Outcomes

By the end of the course, the student will be able to:

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. Methods for Assessing Student Learning

Each semester, cognitive learning will be evaluated primarily by written examinations and quizzes, including alternative format and multiple-choice exams and learning activities (concept-based and case-based activities). In NURS 2750, each of the following parts must be completed as defined below. A minimum of 78% must be earned to successfully pass the course.

F. Special Information

Refer to nursing student handbook for additional details