

NUTRITION IN HEALTHCARE - 490046

Nutrition in Healthcare is a one-credit course that is designed to introduce students to content regarding food composition and nutrition research and development as it relates to healthcare. A review will be conducted regarding the connection of diet and nutrition and the effects on body systems. Students will compare and contrast the relationship between nutrition diagnoses and a medical diagnosis. Instruction and learning activities are provided in a classroom laboratory setting using hands-on experiences with the equipment, materials and technology appropriate to the course content and in accordance with current practices.

Career and technical student organizations are integral, co-curricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Students will:

Principles of Normal Nutrition

1. Understand the chemical and physical properties of food.
 - Demonstrate a general understanding of the chemical and physical properties and basic chemical composition of foods
2. Analyze the function of nutrients, phytochemicals, and antioxidants in the human diet.
 - Review basic physiological functions affected by nutrients, phytochemicals, and antioxidants and the consequence of deficiencies
 - Understand the nutrients and types of foods necessary to maintain normal functioning
3. Determine the connectedness of body systems and the effect of diet and nutrition on each system.
 - Describe basic functions for life such as ingestion, digestion, absorption, metabolism, and excretion
 - Review the variety of enzymes and chemicals that aid in basic life functions
 - Analyze the nutrient and caloric needs at various stages of life: infancy, childhood, adolescence, adulthood, pregnancy, and geriatric

Assessment Data

4. Identify nutrition status indicators based on screening and assessment analysis.
 - Analyze the purpose, appropriateness, and types of nutrition screening
 - Review the variety of risk factors, values, and limitations of nutrition screening
 - Evaluate the methodology of various screenings and practice the documentation for an evaluation

- Understand the significance of anthropometric data, biochemical, clinical, dietary intake, economic, and social factors
- Interpret data collected from a nutrition screening and assessment

Diagnosis

5. Compare and contrast the relationship between a nutrition diagnosis and medical diagnosis.
 - Understand the implications of a nutrition diagnosis and the relation to a medical diagnosis
 - Identify the nutrition diagnosis of common conditions: problem (diagnostic label), etiology (cause/contributing risk factors), and signs and symptoms (defining characteristics)

Planning and Intervention

6. Identify a spectrum of nutritional interventions for treating medical conditions and individuals with diverse needs.
 - Understand the role of Medical Nutrition Therapy for treating conditions to include but not limited to cardiovascular, gastrointestinal, renal, endocrine, oncologic, wounds, malnutrition
 - Identify nutrition care for health promotion and disease prevention
 - Calculate daily nutrient recommendations, including energy, macronutrients, and micronutrients, for individual dietary planning based on the Dietary Reference Intakes (DRIs)
 - Compare and contrast the wide variety of nutrient databases, such as U. S. Food and Drug Administration (FDA), MyPlate Food Guide, and U. S. Department of Agriculture (USDA) Nutrient Database
 - Conduct research and develop personalized care plans based on resources.
- Develop a nutrition education plan based on assessment data

Outcome and Evaluation

7. Identify method for monitoring progress and continued measurement of outcome indicators.
 - Develop evaluation process for a nutrition education plan to include communication, methods of instruction, evaluation of educational outcomes, formative and summative assessments, and documentation

Career Opportunities in Nutrition Science

8. Research career opportunities within the field of nutrition science.
 - Review educational requirements and certifications available for careers in nutrition
 - Explore the relationship of careers in nutrition and the employment outlook within the field of nutrition science, such as Registered Dietitian, Diabetes Educator, Oncology Nutrition Educator, Nutrition Therapist in Eating Disorders, Nutraceuticals and Pharmaceuticals, Public Health Researcher, and Nutritionist