Nutrition is an integral part of health promotion, disease prevention and treatment across the lifespan (Buxton & Davies, 2013). Research indicates that nutritional education is lacking in pre-licensure nursing programs (Stotts, Englert, Crocker, Bennum, and Hoppe, 1987). Most pre-licensure programs require a prerequisite nutrition class, which provides only basic information with little clinical integration (Buxton & Davies, 2013).

Fragmented nursing concepts such as nutrition influence the learner’s ability to formulate linkages between theory and clinical practice (McGrath, 2015). Fragmentation occurs in traditional nursing curricula where content overlaps but fails to demonstrate appropriate leveling (McGrath, 2015). Research indicates that this problem persists into clinical practice, where most nurses were found to be deficient in basic nutritional knowledge (Buxton & Davies, 2013).

Fragmentation is avoided when content is integrated into the nursing curricula, as in competency based nursing education. However, many nursing schools continue to embrace a traditional curriculum. Nutritional content may be integrated into this type of curriculum as well. The following represents a sample of nutritional content with appropriate leveling in an ASN curriculum:

<table>
<thead>
<tr>
<th>Core Nursing Course</th>
<th>Bloom’s Taxonomy</th>
<th>Student learning Outcome (Didactic/Clinical)</th>
<th>Teaching Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundamentals</td>
<td>Remember</td>
<td>1. Examines personal dietary intake and nutrient content</td>
<td>1. Dietary Recall and self-reflection</td>
</tr>
<tr>
<td></td>
<td>Comprehend</td>
<td>2. Identify components required to meet optimal nutritional standards</td>
<td>2. Develops appropriate meal plan based on dietary recall and self-evaluation.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Identify appropriate nutritional support for optimal patient outcomes</td>
<td>3. Skills demonstration of nutritional support modalities; determine safe and effective feeding of diverse patients</td>
</tr>
<tr>
<td>Adult Health I</td>
<td>Application</td>
<td>1. Assesses influence of disease on nutrient absorption</td>
<td>1. Disease specific concept maps</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Identifies diagnostic tests which identify nutrient deficiencies</td>
<td>2. Examine patient laboratory data for discrepancies.</td>
</tr>
</tbody>
</table>
Appropriate nutrition is one of the most important long-term determinants of health. Nutrition is an integral component of all nursing programs. Leveling content is important to ensure progression of knowledge, which ultimately influences safe and effective care in nursing practice.

Title:
Integration and Leveling of Nutritional Principles in Traditional ASN Nursing Curricula

Keywords:
Leveling, Nursing Curricula and Nutrition

References:


Abstract Summary:
Appropriate nutritional content is a vital component in all nursing programs. This content may be integrated into traditional ASN curricula. Additionally, leveling of nutritional content is important to ensure progression of knowledge. Leveling fosters clinical reasoning, which ultimately influences safe and effective care in nursing practice.

Content Outline:
I. Introduction

Nutrition is an integral part of health promotion, disease prevention and treatment across the lifespan (Buxton & Davies, 2013). Research indicates that nutritional education is lacking in pre-licensure nursing programs (Stotts, Englert, Crocker, Bennum, and Hoppe, 1987). Most pre-licensure programs require a
prerequisite nutrition class, which provides only basic information with little clinical integration (Buxton & Davies, 2013).

II. Body

Fragmented nursing concepts such as nutrition influence the learner’s ability to formulate linkages between theory and clinical practice (McGrath, 2015). Fragmentation occurs in traditional nursing curricula where content overlaps but fails to demonstrate appropriate leveling (McGrath, 2015). Research indicates that this problem persists into clinical practice, where most nurses were found to be deficient in basic nutritional knowledge (Buxton & Davies, 2013).

Fragmentation is avoided when content is integrated into the nursing curricula, as in competency based nursing education. However, many nursing schools continue to embrace a traditional curriculum. Nutritional content may be integrated into this type of curriculum as well.

III. Conclusion

Appropriate nutrition is one of the most important long-term determinants of health. Nutrition is an integral component of all nursing programs. Leveling content is important to ensure progression of knowledge, which ultimately influences safe and effective care in nursing practice.
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