

Integration and Leveling of Nutritional Principles in a Traditional ASN Nursing Curriculum

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Background Information

- Nutrition is an integral part of health promotion, disease prevention and treatment across the lifespan.
- Students limited by concrete thinking hinders their development of clinical reasoning.
- This problem persists in clinical practice.

Objectives

- Discuss integrating nutritional principles throughout an ASN curricula.
- Discuss the influence of fragmentation of nutritional concepts in ASN curricula.
- Discuss how nutritional concepts enhance clinical reasoning in ASN curricula.

Benefits of Leveling Nutritional Principles

Faculty

- Integration of nutritional principles facilitates critical thinking by linking theory and practice.
- Leveling promotes deeper learning by building on previous knowledge.
- Fragmentation occurs in traditional nursing curricula where content overlaps but fails to demonstrate appropriate leveling.

Students

- Knowledge retention facilitates critical appraisal of patient needs in the clinical setting.
- Nutritional principles are identified in both Health promotion and Maintenance and Basic Care and Comfort (6-12%).
- Leveling nutritional concepts throughout could increase ability to formulate linkages between theory and practice.



Potential Outcomes

- Nutritional concepts synthesis
- Enhanced clinical reasoning
- Improved NCLEX® scores
- Enhanced patient outcomes



Student Learning Outcomes

Fundamentals:

Remember & Comprehend

- Examine personal dietary intake and nutrient content.
- Identify components required to meet optimal nutritional standards.
- Identify appropriate nutritional support for optimal patient outcomes.

Adult Health I:

Application

- Assesses influences of disease on nutrient absorption.
- Identifies diagnostic tests which identify nutrient deficiencies.

Adult Health II:

Analysis

- Analyze patient data and develop nutritional plan based on disease processes.
- Interdisciplinary collaboration to ensure optimal patient outcomes.
- Demonstrates EBP in nutritional education.

Implementation Strategies

Fundamentals:

Remember & Comprehend

- Dietary recall and self reflection.
- Develops appropriate meal plan based on dietary recall and self evaluation.
- Skills demonstration of nutritional support modalities.

Adult Health I:

Application

- Disease specific concept maps.
- Examine patient laboratory data for discrepancies.
- Formulate an appropriate teaching plan.

Adult Health II:

Analysis

- Comprehensive nutritional assessment.
- Ensure appropriate patient consults.
- Providing patient specific nutritional teaching.