



Philadelphia University
Faculty of Nursing
First semester, 2018/2019

<u>Course Syllabus</u>	
Course Title: Nutrition	Course code: 0910230
Course Level: 3rd year	
Lecture Time: 3hrs/weeks Thursday: 08:10 -11:00 am	Credit hours: 3 credit hours (Lecture)

Academic Staff Specifics

Name	Rank	Office Number and Location	E-mail Address
Mrs. Hayat Abu-Shaikha MSN, RN.	Lecturer	3 rd floor	habushaikha@philadelphia.edu.jo

Course Description: This theoretical course will acquire students with adequate knowledge about the science of nutrition and its role in health maintenance and disease prevention or management.

The focus of this course is to provide students the main principles of the nutrition therapy needed in any field of practice and how to integrate nutrition therapy into the nursing process. Nurse student will recognize nutrition science as a solid tool that enable him\her to provide a holistic, evidence based and reliable client care through all stages of life.



Course Objectives: At the end of this course, students will be able to:

- * Recognize the foundation of normal nutrition, covering the macronutrients, vitamins, minerals, fluid and energy balance.
- * Identify the basic principles and concepts of nutritional science and applies them to a population group such as sports nutrition, allergy and culturally competent nutrition.
- * Apply the principles of nutrition to individual patient care and nutritional assessment through life cycle.
- * Discuss the concepts of diet therapy and clinical nutrition
- * Recognize how to practice nutrition therapy based on body systems and their disorders.

Learning Outcomes:

- **Knowledge and understanding**
 - To understand nutrition as an aspect of total health care
 - To realize nursing role for individual ,family and community nutrition
 - To differentiate between nutritional screening and assessment

- **Cognitive skills (thinking and analysis).**
 - Select the foods which the primary sources of CHO, fat and proteins
 - Identify the relationship between a health history and nutritional status.
 - Recognize the components of the daily food guide.
 - interpret abnormal lab results which indicate nutritional problems

- **Practical and subject specific skills (Transferable Skills).**
 - Select clinical signs which suggest malnourishment.
 - Measure body weight, height, triceps skin folds and mid arm circumference.
 - Calculate BMI
 - Use computers for research & written case study.

- **Attitude :**
 - To value the importance of nutritional screening during each client encounter
 - To appraise risk factor for malnutrition and formulate nursing intervention to reduce the risk
 - To value nursing role in identifying individuals at risk for malnutrition



Course Components

- **Nursing and nutrition care**

- **Principles of nutrition**

Carbohydrates, Proteins, Fats, Vitamins, Minerals , Fluid and Energy balance

- **Community nutrition and health promotion**

Nutrition recommendation and standers

Community nutrition

Nutrition in sports

- **Nutrition in the life cycle**

Nutritional assessment

Pregnancy and lactation

Infants ,children and adolescent

Adult and older adult

- **Clinical nutrition and diet therapy**

Nutrition care and support

Weight management

Cardiovascular disorders

Diabetes mellitus

Gastrointestinal disorders

Cancer

Immunodeficiency virus HIV

Food and drug interaction

dietary supplements in complementary care

Teaching methods:

Lectures

Group discussion

Audiovisual materials

Course evaluation:

First exam	20 %
Second exam	20%
Quizzes and assignments	20 %
Final	40 %
Total	100



Content of the exams

Exam	Content
First examination	<ul style="list-style-type: none">- Nursing and nutrition care- Principles of nutrition- Carbohydrates, Protein, Fats- Vitamins, Minerals Fluids- Energy balance
Second examination	<ul style="list-style-type: none">- Nutritional assessment- Pregnancy- Infant children and adolescent- Adult and older adult- Nutrition recommendation and standers- Nutrition care and support- Weight management
Final Exam	<ul style="list-style-type: none">- Cardiovascular and lipid disorders- Diabetes mellitus- Disorders of gastrointestinal tract, liver, pancreas, and gall bladder- Renal diseases- Physiological stress- Cancer and human immunodeficiency virus (HIV) Infections- Dietary supplements

** Make-up exams will be offered for valid reasons only with consent of the Dean. Make-up exams may be different from regular exams in content and format.*



Course Academic Calendar

Week	Content
1.	Orientation Nursing and nutrition care
2.	Nutrients and health Carbohydrates, Protein, Fats
3.	Nutrients and health Vitamins, Minerals, Fluids
4.	Energy balance Nutritional assessment
5.	Nutritional assessment Pregnancy
6.	First Exam Infant children and adolescent
7.	Adult and older adult
8.	Weight management Nutrition care and support
9.	Cardiovascular and lipid disorders Diabetes mellitus
10.	Disorders of gastrointestinal tract, liver, pancreas, and gall bladder
11.	second Exam
12.	Renal diseases Physiological stress
13.	Cancer and human immunodeficiency virus (HIV) infections
14.	Food and drug interaction dietary supplements in complementary care
15.	Revision
16.	Final Exam

Attendance Policy:

1. There will be 3 hours per a week on Thursdays
2. Students must attend the class at 08:10 am .attending beyond the class in first ten minute will be considered as being late and three times being late will consider as one absent .



3. The maximum amount of lectures student can miss is 5 lectures with or without acceptable excuses. If do so he/she will receive a written warning letter. Students who miss more than 6 lectures they will receive 35% as a final grade for the course.

Absence from lectures shall not exceed 15%. Students who exceed the 15% limit without a medical or emergency excuse acceptable to and approved by the Dean of the relevant college/faculty shall not be allowed to take the final examination and shall receive a mark of zero for the course. If the excuse is approved by the Dean, the student shall be considered to have withdrawn from the course

4. Any assignment will not received beyond deadline date , and every late student will receive zero mark in that assignment even it is well prepared .
5. In the class room every student must turn his \ her mobile off, not chewing gums, eating or drinking are not allowed , and every student breaks the role will fire out the class and consider absent for that day , and if he\she had any assignment he \she will have zero in that assignment for that day even it was well prepared .
6. Lectures are ways for explaining main concepts of the identified reference book, so exams will be both from lecture slides, references and discussion in the room class.

Documentation and Academic Honesty: (Example to be adopted & modified.)

Submit your home work covered with a sheet containing your name, number, course title and number, and type and number of the home work .

• Avoiding Plagiarism. (Example to be adopted & modified.)

1. Unacknowledged direct copying from the work of another person, or the close paraphrasing of somebody else's work, is called plagiarism and is a serious offence, equated with cheating in examinations. This applies to copying both from other students' work and from published sources such as books, reports or journal articles.
2. Paraphrasing, when the original statement is still identifiable and has no acknowledgement, is plagiarism. A close paraphrase of another person's work must have an acknowledgement to the source. It is not acceptable for you to put together unacknowledged passages from the same or from different sources linking these together with a few words or sentences of your own and changing a



few words from the original text: this is regarded as over-dependence on other sources, which is a form of plagiarism.

3. Direct quotations from an earlier piece of your own work, if not attributed, suggest that your work is original, when in fact it is not. The direct copying of one's own writings qualifies as plagiarism if the fact that the work has been or is to be presented elsewhere is not acknowledged.
4. Plagiarism is a serious offence and will always result in imposition of a penalty. In deciding upon the penalty the Department will take into account factors such as the year of study, the extent and proportion of the work that has been plagiarized, and the apparent intent of the student. The penalties that can be imposed range from a minimum of a zero mark for the work (without allowing resubmission) through caution to disciplinary measures (such as suspension or expulsion).

Textbook:

- 1- . Nutrition and diet therapy for nurses by Sheila Tucker (2011)

Additional References:

1. Molly,s.& Geetha, N.(2000). A textbook of nutrition for nurses. New Delhi: Jaypee Brothers medical publishers.
3. Dudek, s. (2007). Nutrition essentials for Nursing practice. (5th ed.).New York: Lippincott Williams& Wilkins