

# *Nursing Department* *Course Description*

*Course Number : (0901301)*

*Course Name: Nutrition in health and illness*

*Number of credit hours: 3*

This course introduces nursing students to the interrelationships among nutrition, food and the environment as they impact health status. Emphasis is placed on the multiple factors that influence food intake. The role and function of nutrients in health promotion and wellness throughout the life cycle (maternal and infant nutrition) will be discussed. The major nutritional concerns for patients with cardiovascular, pulmonary, neurologic, renal, gastrointestinal, and endocrine alterations are identified, and management for these concerns is explored. In addition, information regarding administering nutrition support is included. The significance, pathophysiology, clinical manifestations, diagnostic studies, and collaborative care of malnutrition and obesity are presented, and the nurse's role in promotion of nutrition in these conditions is emphasized.

This course applies information on nutritional sciences, community nutrition, and life cycle needs for health maintenance to clinical nutrition needs in disease, and updated terminology.

This course discusses nutrition within the context of nursing, including nutrition assessment and how nutrition can be integrated into the nursing care process.