Module G: Introduction to Diet Therapy

1. Statement of Purpose

The various health care agencies use a variety of diets in the care of people. This module will build upon the student’s understanding of basic nutritional needs through the life span by introducing the concept of diet therapy - progressive, bland, and low sodium - the purpose and nursing care involved.

2. Terminology

<table>
<thead>
<tr>
<th>Term</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anorexia</td>
<td>Anorexia nervosa</td>
</tr>
<tr>
<td>Kwashiorkor</td>
<td>Malnutrition</td>
</tr>
<tr>
<td>Diet Therapy</td>
<td>Emaciation</td>
</tr>
<tr>
<td>Hematemesis</td>
<td>Projectile vomiting</td>
</tr>
<tr>
<td>Cachexia</td>
<td>Satiety</td>
</tr>
<tr>
<td>Marasmus</td>
<td>Eruetation</td>
</tr>
<tr>
<td>Nausea</td>
<td>Hunger</td>
</tr>
<tr>
<td>Satiety</td>
<td>Regurgitation</td>
</tr>
</tbody>
</table>

3. Classroom Content

3.1 Classroom Objectives

a. Contrast the factors causing anorexia, nausea, and vomiting including the physiological mechanisms involved in each.

b. Describe nursing interventions for clients of all ages experiencing anorexia, nausea, or vomiting.

c. Explain briefly how the following diets differ from regular diets:
   1) Clear liquid
   2) Soft
   3) Low sodium
   4) Full liquid
   5) Bland

d. Discuss the forms of intake and output and ways in which they are measured for clients of all ages.

e. Explain the correct method of charting intake and output on sample forms.

f. Analyze assessment data needed to adequately assess a person’s nutritional status.

g. Discuss a care plan for a client with a nutritional alteration.

3.2 Learning Activities

b. Know terminology

c. Read assigned chapters in Kozier, Fundamentals of Nursing

d. Read assigned chapters in Roth, Nutrition & Diet Therapy

e. Complete a 24-hour assessment of your diet. Compare it with the textbook recommendations.

f. Submit a written description of your feelings as the person feeding and
the feelings of the person being fed.
g. Review reading assignment from Module F
h. Complete CAI as assigned

3.3 References

a. Kozier, Fundamentals of Nursing
b. Roth, Nutrition & Diet Therapy

4. Clinical Objectives

none

5. Skills Laboratory Requirements

5.1 Required Skills: Administration of Non-Injectable Medications
a. Topical Medications
b. Medications to Mucous Membranes
c. Oral Medications
d. Sublingual Medications
e. Rectal Medications
f. Vaginal Medications/Douches
g. Eye Medications
h. Ear Medications
i. Inhalant Medications

5.2 Self-Review Skills
a. Medical Asepsis
b. Handwashing

5.3 Skills Terminology
a. See Lynn, Taylor’s Clinical Nursing Skills
b. See Kozier, Fundamentals of Nursing

5.4 Skills Laboratory Objectives

See Lynn, Taylor’s Clinical Nursing Skills

5.5 References
a. Lynn, Taylor’s Clinical Nursing Skills
b. Kozier, Fundamentals of Nursing
c. Videotapes and computer software as assigned