

Midland College
Syllabus
VNSG 1116 Nutrition (1-1-0)

General Course Information

Course Description

Introduction to nutrients and the role of diet therapy in growth and development and in the maintenance of health.

WECM End of Course Outcomes

Identify the basic nutrients; discuss the role of nutrients in growth and development and health maintenance; and identify diet therapy associated with disease processes.

Student Learning Outcomes and Core Competencies

The following course student learning outcomes (SLO's) are based on the Differentiated Essential Competencies (DECs) identified by the Texas Board of Nursing for the nursing roles of Member of the Profession (MOP), Provider of Patient-Centered Care (PPCC), Patient Safety Advocate (PSA), and Member of the Health Care Team (MHCT). Upon successful completion of the course, the student will:

1. Describe the relationship between diet and various disease processes. (PPCC-A)
2. Incorporate culture, religion, and ethnicity influences on nutrition. (PPCC-E)
3. Identify the nurse's role related to nutritional therapy and special dietary needs. (MOP-B)
4. Examine the care of the patient experiencing alterations in nutrition, including application of clinical reasoning, nursing process, and evidence-based practice. (PSA-B)
5. Discuss the implementation of basic nursing skills related to nutrition in a variety of health care settings. (PPCC-D)

Course Outline/Schedule

Detailed course outline/schedule will be provided to the students at the start of class.

Unit 1: Principles of Nutrition

Chapter 1: Sources of Nutrition

Chapter 2: Indigestion, Digestion, Absorption, and Metabolism

Chapter 3: Nutrition Assessment/Data Collection

Chapter 4: Guidelines for Healthy Eating

Chapter 5: Food Safety

Chapter 6: Cultural, Ethnic, and Religious Influences

Chapter 7: Nutrition across the Lifespan

Unit 2: Clinical Nutrition

Chapter 8: Modified Diets

Chapter 9: Enteral Nutrition

Chapter 10: Total Parenteral Nutrition

Unit 3: Alterations in Nutrition

Chapter 11: Barriers to Adequate Nutrition

Chapter 12: Cardiovascular and Hematologic Disorders

Chapter 13: Gastrointestinal Disorders

Chapter 14: Renal Disorders

Chapter 15: Diabetes Mellitus

Chapter 16: Cancer and Immunosuppression Disorders

Text, References, & Supplies

- ATI Nutrition for Nursing 10.0
- DeWit, Susan. (2022). *Fundamental Concepts and Skills for Nursing*. 6th Edition, Elsevier. St. Louis, Missouri.

Course Competencies

A = (100-90)

B = (89.9-80)

C = (79.9-75)

D = (74.9-60)

F = (59.9 or below)

- Passing grade for this course is 75%. There are no rounding of grades. Students who fail this course may not progress in the VN program.

Unit Exams: 50%
Final Exam: 20%
Assignments: 7.5%
Canvas Quiz: 7.5%
Nutrition Project: 15%

Nutrition Worksheets:

Students are required to complete assigned worksheets that will be distributed during class. No late work will be accepted, see the Vocational Nursing Student Handbook. See Vocational Nursing Student Handbook for required methods of turning in assignments and also regarding requirements for submitted work (example- font, no handwritten assignments, no screenshots of homework, no working together)

Canvas Quiz (each week):

There will be a weekly quiz on canvas, along with the assigned due date. This will account for a homework grade, which is 15% of overall grade. No late work will be accepted, see the Vocational Nursing Student Handbook.

Student Contributions and Class Policies

Student Contributions

1. VNSG 1116 meets for 2 lecture/lab hours per week. For every week, it is the responsibility of the student to be prepared before coming to class by reading the assigned chapters in the textbook and completing required weekly assignments. Refer to course calendar for course content and weekly assignments/due dates.
2. The student is responsible for bringing textbooks and required materials to class.
3. Student is expected to comply with the policies outlined in the Midland College Student Handbook, and the Vocational Nursing Student Handbook.

Class Policies

1. In order to meet the goals of VNSG 1116, the student must attend class, and participate in all learning activities. If a tardy/absence is unavoidable, student must contact instructor to let them know. Please refer to Vocational Nursing Student Handbook – Didactic Attendance.
2. Unit exams that are missed due to an absence will result in a make-up exam that will be scheduled at discretion of the instructor. In the event the makeup exam is not taken in these timelines, the student will receive a zero (0). Please refer to Vocational Nursing Student Handbook – Exams & Standardized Tests

3. No assignment is optional. No late work will be accepted. The grade will be recorded as a zero (0). All work must be original. Please refer to the Student Handbook on policies regarding Cheating/Plagiarism. Please refer to Vocational Nursing Student Handbook – Assignments & Grading
4. The instructor will dismiss a student from class for disruptive and inappropriate conduct. Please see Vocational Nursing Student Handbook – Student Conduct.
5. All cell phones are to be turned off during class. Any use of cell phones during class is considered disruptive behavior, and student will be dismissed from class. Watches with internet access are not permitted during exams, quizzes, or review. Recorders during lecture are permitted by instructor approval only. Please see Vocational Nursing Student Handbook – Personal Electronic Communication Equipment/College Computers.
6. There is a zero tolerance for academic dishonesty. Penalty for academic dishonesty is an automatic failing grade of “F” in the course and dismissal from the program.
7. Unit exams cover a random sample of the materials studied in each unit of study. Test questions will be presented as multiple choice and alternative formats, similar to questions from the NCLEX exam. Students may receive a broad/general review prior to the exam. Material presented by any variety of teaching method (audio-visual media, class presentation, independent study, required readings, and computer lab assignments) may be included in exams. Exams are typically taken on Canvas/ATI. Please see Vocational Nursing Student Handbook – Exams & Standardized Tests.

Americans with Disabilities Act (ADA) Statement:

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must visit www.midland.edu/accommodation and complete the Application for Accommodation Services located under the Apply for Accommodations tab. Services or accommodations are not automatic, each student must apply and be approved to receive them. All documentation submitted will be reviewed and a “Notice of Accommodations” letter will be sent to instructors outlining any reasonable accommodations.

Title IX

Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individual has been designated to handle inquiries regarding the non-discrimination policies: Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 131, Midland, TX 79705, (432) 685-4781. For further information on notice of non-discrimination, visit the ED.gov Office of Civil Rights website, or call 1-800-421-3481

Licensure Eligibility Notification

Completion of Midland College degrees and/or certificates does not guarantee eligibility to take a certification/registry/licensure examination. The eligibility of each person is determined on an individual basis by the regulatory body of the specific discipline. If you have a conviction of a crime other than a minor traffic violation, physical or mental disability/illness, hospitalization/treatment for chemical dependency within the past five years, current intemperate use of drugs or alcohol or a previous denial of a licensure or action by a licensing authority, you will need to contact the specific regulatory body for an individual ruling. Some programs require a criminal background check and urine and drug screen.

Health Science Division Information

Students are encouraged to contact the instructor anytime. Making an appointment will guarantee availability at a specific time.

Instructor Information

Name: Jayme Awtry, MSN, RN

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Email: jawtry@midland.edu

Office Hours: See posted office hours located outside office

Program Director

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