



NR228-Nutrition, Health & Wellness Learning Plan

PURPOSE

This learning plan expands upon the key concepts identified for the course and guides faculty in teaching the prelicensure BSN curriculum in all locations. Each unit's concepts are linked (in the 3rd column) to the Chamberlain Care philosophical concepts that relate most prominently to that unit. The course content is further linked to the **NCLEX-RN Test Plan's Client Needs Categories (in Brown font)** from which NCLEX test items are derived. Readings and assignments contained within the newly aligned course shells support learners mastery of this content and the course outcomes.

NCLEX TEST PLAN

These Client Needs Categories/Subcategories* of the NCLEX-RN Test Plan link to NR228 as annotated in the course content outline below.

1. Safe and Effective Care Environment

- Management of Care
- Safety and Infection Control

2. Health Promotion and Maintenance

3. Psychosocial Integrity

4. Physiological Integrity

- Basic Care and Comfort
- Pharmacological and Parenteral Therapies
- Reduction of Risk Potential
- Physiological Adaptation

*There are **five (5) Integrated Processes** that are fundamental to the practice of nursing, and they are integrated throughout the Client Needs categories and subcategories. They are ***Nursing Process, Caring, Communication & Documentation, Teaching/Learning, and Culture & Spirituality.***

CONTENT OUTLINE

Unit 1	Living a Healthy Lifestyle	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p> <ol style="list-style-type: none"> Determine the role of nutrition in health promotion and wellness. (CO 1/<i>NCLEX-2</i>) Examine factors that influence nutrition. (CO 2/<i>NCLEX-3, 4-Physiological Adaptation</i>) Discuss how alterations in the digestive process can affect nutrition. (CO 1/<i>NCLEX-4-Reduction of Risk Potential, Physiological Adaptation</i>) 	<p>A. Role of Nutrition</p> <ol style="list-style-type: none"> Health Promotion <ol style="list-style-type: none"> A balancing act Wellness and Nutrition <p>B. Digestion Process</p> <ol style="list-style-type: none"> Organs Glands Enzymes Chemical and Physical Digestion <p>C. Eating Well - <i>NCLEX Integrated Process of Teaching/Learning</i></p> <ol style="list-style-type: none"> Recommended Dietary Allowances MyPlate.gov Food Safety <ol style="list-style-type: none"> Consumer Information Labels Biotechnology Handling Preparation Nutrition Team Regulating Agencies <ol style="list-style-type: none"> Food and Drug Administration US Department of Agriculture Professional Organizations <ol style="list-style-type: none"> World Health Organization American Nutrition Association <p>D. Living Well – <i>NCLEX Nursing Assessment – Physiological data, psychosocial, sociocultural, spiritual, economic, and life style factors; NCLEX Integrated Process of Teaching/Learning, Caring, Culture and Spirituality</i></p> <ol style="list-style-type: none"> Factors Influencing Nutrition <ol style="list-style-type: none"> Socioeconomic Cultural Age Gender Physiologic Psychosocial Others Energy Balance <ol style="list-style-type: none"> Eating Habits Exercise Habits Physical Fitness 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Holistic Health</p> <p>Discuss the concepts of holistic health as a strategy for living well through nutritional balance and life style.</p> <p>Professional Identity Formation</p> <p>Understand the role of nutrition in wellness that is essential to nursing's professional identity through the exploration of basic digestion, factors influencing nutrition, and national dietary initiatives.</p> <p>NANDA-Nursing Diagnosis: <i>NANDA Domain 11: Safety/Protection-Class 4-Environmental hazards</i></p> <ul style="list-style-type: none"> <i>Contamination</i> <i>Risk for contamination</i> <i>Risk for poisoning</i>
Unit 2	Carbohydrates, Fluids, and Electrolytes	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p> <ol style="list-style-type: none"> Discuss carbohydrates and their relationship 	<p><i>NCLEX Integrated Process of Teaching/Learning</i></p> <p>A. Carbohydrates</p> <ol style="list-style-type: none"> Types <ol style="list-style-type: none"> Simple Complex Sources and Use 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Care-Focused: Recognize the normal processes of nutritional components to</p>

<p>with health promotion and wellness (COs 1, 2/<i>NCLEX-2, 4-Reduction of Risk Potential</i>)</p> <p>2. Discuss fluids and electrolytes and their relationship with health promotion and wellness (CO 1/<i>NCLEX-2, 4-Physiological Adaptation</i>)</p> <p>3. Explore the critical functions of water in health and wellness (COs 1, 3/<i>NCLEX-2, 4-Physiological Adaptation</i>)</p>	<p>3. Role in health promotion and wellness</p> <p>B. Fluid and Electrolytes</p> <ol style="list-style-type: none"> 1. Water 2. Absorption Process 3. Electrolytes <ol style="list-style-type: none"> iii. Fluid Replacement 	<p>enable the application of holistic and person-centered care to clients.</p> <p>Person-Centered Care: Understands the impact of individual nutritional elements to holistic nursing practice and person-centered care.</p> <p><i>NANDA Nursing Diagnosis</i></p> <p><i>NANDA Domain 1: Health Promotion</i></p> <p><i>Class 2-Health management</i></p> <ul style="list-style-type: none"> • <i>Ineffective health management</i> • <i>Readiness for enhanced health management</i> <p><i>NANDA Domain 2: Nutrition</i></p> <p><i>Class 1- Ingestion</i></p> <ul style="list-style-type: none"> • <i>Imbalanced nutrition: Less than body requirements</i> <p><i>Class 3 - Absorption</i></p> <p><i>Class 4 - Metabolism</i></p>
Unit 3	Fats, Fatty Acids, and Proteins	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p> <p>1. Discuss fats and fatty acids and their relationship with health promotion and wellness (COs 1, 2, <i>NCLEX-2, 3, 4-Reduction of Risk Potential</i>)</p> <p>2. Discuss proteins and their relationship with health promotion and wellness (COs 1, 2/<i>NCLEX-2,3,4-Reduction of Risk Potential</i>)</p>	<p><i>NCLEX Integrated Process of Teaching/Learning</i></p> <p>A. Fats</p> <ol style="list-style-type: none"> 1. Types <ol style="list-style-type: none"> i. Saturated ii. Unsaturated 2. Sources and Use 3. Role in health promotion and wellness 4. Obesity <p>B. Proteins</p> <ol style="list-style-type: none"> 1. Types <ol style="list-style-type: none"> i. Complete ii. Incomplete 2. Sources and Use 3. Role in health promotion and wellness 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Care-Focused: Recognize the normal processes of nutritional components to enable the application of holistic and person-centered care to clients.</p> <p>Person-Centered Care: Understands the impact of individual nutritional elements to holistic nursing practice and person-centered care.</p> <p><i>NANDA Nursing Diagnosis</i></p> <p><i>NANDA Domain 1: Health Promotion</i></p> <p><i>Class 2-Health management</i></p> <ul style="list-style-type: none"> • <i>Ineffective health management</i> • <i>Readiness for enhanced health management</i> <p><i>NANDA Domain 2: Nutrition</i></p> <p><i>Class 1- Ingestion</i></p> <ul style="list-style-type: none"> • <i>Imbalanced nutrition: Less than body requirements</i> <p><i>Class 3 - Absorption</i></p> <p><i>Class 4 - Metabolism</i></p>
Unit 4	Vitamins, Minerals, and Anti-Oxidants	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p>	<p><i>NCLEX Integrated Process of Teaching/Learning</i></p> <p>A. Vitamins</p>	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p>

<p>1. Discuss vitamins and minerals and their relationship with health promotion and wellness (COs 1, 2/<i>NCLEX-2,3,4-Reduction of Risk Potential</i>)</p> <p>2. Discuss antioxidants and their relationship with health promotion and wellness (COs 1, 2/<i>NCLEX-2,3,4-Reduction of Risk Potential</i>)</p> <p>3. Choose foods that contain particular nutritional components (COs 1, 2, 4/<i>NCLEX-2,3,4-Reduction of Risk Potential</i>)</p>	<p>1. Types</p> <ol style="list-style-type: none"> Fat soluble Vitamin A Vitamin D Vitamin E Vitamin K Water Soluble Vitamin B Vitamin C <ol style="list-style-type: none"> Sources and uses Role in health promotion and wellness <p>B. Minerals</p> <ol style="list-style-type: none"> Calcium Magnesium Phosphorus Iodine Iron Zinc Selenium Fluoride <p>C. Antioxidants</p>	<p>Care-Focused: Recognize the normal processes of nutritional components to enable the application of holistic and person-centered care to clients.</p> <p>Person-Centered Care: Understands the impact of individual nutritional elements to holistic nursing practice and person-centered care.</p> <p>NANDA-Nursing Diagnosis: <i>NANDA Domain 1: Health Promotion</i> <i>Class 2-Health management</i></p> <ul style="list-style-type: none"> <i>Ineffective health management</i> <i>Readiness for enhanced health management</i> <p><i>NANDA Domain 2: Nutrition</i> <i>Class 1 - Ingestion</i></p> <ul style="list-style-type: none"> <i>Imbalanced nutrition: Less than body requirements</i> <p><i>Class 3 - Absorption</i> <i>Class 4 - Metabolism</i></p>
Unit 5	Nutrition Through the Ages; Nursing Process and Diet Therapy	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p> <p>1. Outline the role of the professional nurse for assisting people of all ages to engage in Nutrition and fitness for health promotion and wellness (CO 2/<i>NCLEX-1-Management of Care, 2, 3, 4-Basic Care and Comfort, Reduction of Risk Potential, Physiological Adaptation</i>)</p> <p>2. Develop a plan to address health promotion and wellness through nutrition for an individual or group of people (COs 1, 2/<i>NCLEX-1-Management of Care, 2, 3, 4-Basic Care and Comfort, Reduction of Risk Potential, Physiological Adaptation</i>)</p>	<p>A. Nursing Process</p> <ol style="list-style-type: none"> What is it? Nutritional Assessments Chamberlain Care application to the nursing process and nutrition <p><i>NCLEX Integrated Process of Nursing Process- The essential core of practice for the registered nurse to deliver holistic, patient-focused care.</i></p> <p><i>NCLEX Nursing Assessment - Physiological data, psychosocial, sociocultural, spiritual, economic, and life style factors</i></p> <p>B. Nutrition and Disease Prevention</p> <p>C. Lifespan differences</p> <ol style="list-style-type: none"> Prenatal Nutrition Infants and Toddlers <ol style="list-style-type: none"> Self-feeding Introduction of food variety School Age <ol style="list-style-type: none"> School meal programs Obesity Adolescents <ol style="list-style-type: none"> Peer influence Substance Use Young and Middle Adult <ol style="list-style-type: none"> Stress 	<p>Application of Chamberlain Care Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Care-Focused: Explain the application of the nursing process in promoting the nutritional health and well-being of self, colleagues, and patients.</p> <p>Person-Centered: Give examples of how nurses apply professional nursing roles in response to the patient's nutritional preferences, needs, and values.</p> <p>NANDA-Nursing Diagnosis: <i>NANDA Domain 2: Nutrition</i> <i>Class 1-Ingestion</i></p> <ul style="list-style-type: none"> <i>Readiness for enhanced breastfeeding</i> <i>Obesity</i> <p><i>NANDA Domain 6: Self-Perception</i> <i>Class 1-Self-concept</i></p> <ul style="list-style-type: none"> <i>Disturbed personal identity</i> <i>Readiness for enhanced self-concept</i> <p><i>Class 2-Self-esteem</i></p> <ul style="list-style-type: none"> <i>Risk for situational low self-esteem</i> <p><i>Class 3-Body image</i></p> <ul style="list-style-type: none"> <i>Disturbed body image</i>

<p>3. Examine factors which influence nutrition (COs 2, 4/<i>NCLEX-3, 4-Physiological Adaptation</i>)</p>	<p>b. Physical Activity</p> <p>6. Older Adult</p> <ol style="list-style-type: none"> Normal physiologic changes of aging Loss 	<p><i>NANDA Domain 9: Coping/stress tolerance Class 2-Coping responses</i></p> <ul style="list-style-type: none"> Stress overload related to multiple co-existing stressors Death anxiety Grieving Chronic sorrow <ul style="list-style-type: none"> Application of Chamberlain Care interventions <ul style="list-style-type: none"> Expert caring Engaged care
Unit 6	Nutrition and Chronic Illness	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p> <p>1. Identify the benefits of nutritional therapy in the treatment of immunosuppression (CO 3/<i>NCLEX-2, 4-Pharmacological and Parenteral Therapy, Reduction of Risk Potential, Physiological Adaptation</i>)</p> <p>2. Discuss nutrition therapy role in the treatment of Diabetes Mellitus (COs 1, 4/<i>NCLEX-2, 4-Pharmacological and Parenteral Therapy, Reduction of Risk Potential, Physiological Adaptation</i>)</p> <p>3. Summarize the benefits of lifestyle changes in obesity (COs 1, 3/<i>NCLEX-2, 3, 4-Reduction of Risk Potential, Physiological Adaptation</i>)</p> <p>4. Correlate risk reduction factors with nutritional treatment of cardiovascular health issues (COs 1, 4/<i>NCLEX-4-Reduction of Risk Potential, Physiological Adaptation</i>)</p>	<p><i>NCLEX Integrated Process of Teaching/Learning, Caring, Culture, and Spirituality</i></p> <p>A. Disorders of Metabolism and Stress</p> <ol style="list-style-type: none"> Nutrition therapy in Diabetes Mellitus <ol style="list-style-type: none"> Type 1 <ol style="list-style-type: none"> Glucose Levels Nutrition Therapy Type 2 <ol style="list-style-type: none"> Glucose Levels Nutrition Therapy Nutrition Therapy in Obesity <ol style="list-style-type: none"> Reduced Calorie Diets <ol style="list-style-type: none"> Fads Lifestyle Change Bariatric Therapy Impact of Stress <ol style="list-style-type: none"> Application of Chamberlain Care interventions Agency Recommendations <ol style="list-style-type: none"> American Diabetes Association National Institutes of Health <p>B. Disorders of the Cardiovascular System</p> <ol style="list-style-type: none"> Nutrition Therapy in Coronary Heart Disease and Hypertension <ol style="list-style-type: none"> Risk Factors Weight Control Physical Activity Lipids Sodium Stress Reduction Dietary Prescriptions and Agency Recommendations <ol style="list-style-type: none"> National Institutes of Health US Department of Health and Human Services <ol style="list-style-type: none"> Dietary Approaches to Stop Hypertension Food Labels <p>B. Disorders of the Gastrointestinal System</p> <ol style="list-style-type: none"> Nutrition Therapy for People with Intake and Absorption Issues 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Person-Centered Care: Understand the disorders of metabolism and stress associated with nutrition to provide informed nursing care that meets the unique needs of individuals with these health challenges.</p> <p><i>NANDA-Nursing Diagnosis:</i></p> <p><i>NANDA Domain 1: Health Promotion-Class 4-Metabolism</i></p> <ul style="list-style-type: none"> Risk for unstable blood glucose level Risk for impaired liver function <p><i>NANDA Domain 2: Nutrition Class 1-Ingestion</i></p> <ul style="list-style-type: none"> Obesity <p><i>NANDA Domain 2: Nutrition Class 3-Absorption</i></p> <p><i>NANDA Domain 2: Nutrition Class 4-Metabolism</i></p> <p><i>NANDA Domain 9: Coping/stress tolerance-Class 2-Coping responses</i></p> <ul style="list-style-type: none"> Stress overload related to multiple co-existing stressors <ul style="list-style-type: none"> Application of Chamberlain Care interventions <ul style="list-style-type: none"> Expert caring Engaged care <p><i>NANDA Domain 4: Activity/Rest-Class 4-Cardiovascular/pulmonary responses</i></p> <ul style="list-style-type: none"> Risk for impaired cardiovascular function

<p>5. Explain nutrition therapy for select gastrointestinal problems (COs 1, 2/NCLEX-4-Physiological Adaptation)</p>	<ul style="list-style-type: none"> i. Peptic Ulcer Disease <ul style="list-style-type: none"> a. Dumping Syndrome b. Smoking c. Caffeine d. Bland Foods ii. Inflammatory Bowel Disease iii. Celiac Disease iv. Lactose Intolerance v. Vitamin and Nutrient Deficiencies vi. Nutrition Therapy <ul style="list-style-type: none"> a. Caffeine b. Gas Producing Foods c. Fiber Intake d. Enteral Feedings <p>C. Immunosuppression</p> <ul style="list-style-type: none"> 1. Cancer 2. HIV 	
Unit 7	Food for Thought	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to:</p> <ol style="list-style-type: none"> 1. List food regulatory agency roles. (CO 2/NCLEX-1-Management of Care) 2. Compare various food safety measures. (CO 1/NCLEX-1-Safety and Infection Control) 3. Review research and literature supporting nutrition and physical activity. (CO 4/NCLEX-1-management of Care) 4. Discuss the nutritional needs of people around the world. (COs 1, 3, 4/NCLEX-2, 3, 4-Basic Care and Comfort) 	<p>A. Nutrition Standards (NCLEX Integrated Process of Teaching/Learning)</p> <ol style="list-style-type: none"> 1. Recommended Dietary Allowances 2. MyPlate.gov 3. Fad Diets 4. Food Safety <ul style="list-style-type: none"> i. Consumer Information ii. Labels iii. Biotechnology iv. Handling v. Preparation 5. Nutrition Team 6. Regulating Agencies <ul style="list-style-type: none"> i. Food and Drug Administration ii. US Department of Agriculture 7. Professional Organizations <ul style="list-style-type: none"> iii. World Health Organization iv. American Nutrition Association 8. Chamberlain Care Model Applications (NCLEX Integrated Process of Caring) <p>B. Factors Influencing Nutrition (NCLEX Integrated Process of Teaching/Learning, Caring, Culture and Spirituality)</p> <ol style="list-style-type: none"> 1. Socioeconomic 2. Culture 3. Age 4. Gender 5. Physiologic 6. Psychological 7. Others <p>C. Current Trends in Nutrition</p> <p>D. Diets Around the World</p> <ol style="list-style-type: none"> 1. World Health Organization 2. American Red Cross <p>E. Complementary Alternative Health Care Practices</p> <ol style="list-style-type: none"> 1. CAHCP categories 	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Person-Centered: Apply nutritional standards to holistic nursing care that informs practice and protects the patient.</p> <p>Holistic Health: Discuss the concepts of holistic health in relation to nutritional wellness and health promotion planning for individuals, families, and communities.</p> <p>NANDA-Nursing Diagnosis: NANDA Domain 11: Safety/Protection-Class 4-Environmental hazards</p> <ul style="list-style-type: none"> • Contamination • Risk for contamination • Risk for poisoning <p>NANDA Domain 1: Health Promotion-Class 2-Health management</p> <ul style="list-style-type: none"> • Deficient community • Risk-prone health behavior • Ineffective health maintenance • Ineffective health management • Ineffective protection <p>Application of Chamberlain Care interventions</p> <ul style="list-style-type: none"> • Expert caring • Engaged care

	2. Impact on nutrition	
Unit 8	Putting It All Together	Application of Chamberlain Care
<p>Upon completion of this module, the student will be able to the following:</p> <p>1. Analyze the nutritional resources available for specific populations (COs 1, 2, 3 and 4/<i>NCLEX-1-Management of Care, 2, 3, 4-Basic Care and Comfort</i>)</p>	<p>A. Important Concepts</p> <ol style="list-style-type: none"> 1. Healthy People 2020 2. Food & Nutrition role on Health & Wellness <p>B. Prepare for cumulative final exam</p> <p><i>NCLEX Integrated Process of Nursing Process, Caring, Communication and Documentation, Teaching/Learning, and Culture and Spirituality</i></p>	<p>Chamberlain Care provides a framework for student learning by addressing the following concepts in this unit:</p> <p>Extraordinary Nursing: Explore how nursing's partnership with Healthy People 2020 fosters the greatest good, health, and well-being of persons who are the recipients of nursing care.</p> <p>NANDA-Nursing Diagnosis:</p> <p><i>NANDA Domain 1: Health Promotion-Class 2-Health management</i></p> <ul style="list-style-type: none"> • <i>Readiness for enhanced health management</i> <p><i>NANDA Domain 5: Perception/Cognition-Class 4-Cognition</i></p> <ul style="list-style-type: none"> • <i>Readiness for enhanced knowledge</i> <p><i>NANDA Domain 5: Perception/Cognition-Class 5-Communication</i></p> <ul style="list-style-type: none"> • <i>Readiness for enhanced communication</i>