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## Course Specification

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|-------------------|----------------------|------------------------|
| Course Title      | Nutrition            |                        |
| Course Code       | Asw/Nur 124          |                        |
| Academic Year     | 1st year2nd semester |                        |
| Coordinator       |                      |                        |
| Teaching Staff    |                      |                        |
| Branch / Level    |                      |                        |
| Semester          | 2nd semeste          |                        |
| Pre-Requisite     |                      |                        |
| Course Delivery   | <b>Lecture</b>       | <b>15 x h lectures</b> |
|                   | <b>Practical</b>     | <b>-x h practical</b>  |
| Parent Department | pharmacology         |                        |
| Date of Approval  |                      |                        |

### 1. Course Aims

**The aims of this course are to:**

- Equip the students with essential knowledge related to food constituents, balanced diet, and impact of unbalanced diet on health status through assessment of nutritional status and understand basic diet therapy to manage client's nutrition according to health status as well as to comply with their nutritional regimen within their socio cultural environment.

### 2. Intended Learning outcomes (ILOs)

#### *A. Knowledge and understanding:*

**By the end of this course students should be able to:**

- A1. Acquire the scientific knowledge about principles of nutrition.
- A2. Identify the basic elements in nutrition (carbohydrates, fats, proteins vitamins and minerals).
- A3. Enumerates functions, sources and recommended daily allowances.
- A4. Enumerates functions, sources and recommended daily allowances.

A5. Describe the manifestations of unbalanced diet on health status.

A6. Discuss different ways to overcome the effect of unbalanced diet.

A7. Identify vulnerable groups and their needs.

***B. Intellectual skills:***

**By the end of this course, the students should be able to:**

A8. Develop nutritional assessment format.

A9. Analyze the data collected from nutritional assessment

A10. Assess the health status of the family and each family member including vulnerable groups.

A11. Differentiate between the different types of nutritional supplements in relation to carbohydrates, lipids, proteins, vitamins, minerals.

A12. Differentiate between fat

***C. Professional and practical skills:***

**By the end of this course, the students should be able to:**

A13. communicate bad news to patients & relatives in a compassionate ethical manner

A14. work productively in a team

***D. General and transferable skills:***

**By the end of this course, the students should be able to:**

D1. Search effectively in web sites relevant to clinical cases for certain subjects

### 3. Course Contents

| <b>Week</b>           | <b>Topics</b>   |
|-----------------------|---|
| 1 <sup>st</sup> week  | Cite historical perspectives contributing to the development of pharmacology through the present  |
| 2 <sup>nd</sup> week  | Utilize the nursing process and the five concepts of human functioning to assess appropriate/inappropriate responses to therapy.  |
| 3 <sup>rd</sup> week  | Identify the roles of the professional nurse in relation to medication administration and education in both acute care and community health settings.   |
| 4 <sup>th</sup> week  | Explain the correct measures to ensure the prevention of medication errors.   |
| 5 <sup>th</sup> week  | Describe the legal and ethical principles related to research and practice of medication administration in nursing.   |
| 6 <sup>th</sup> week  | classification of medications. Drugs for Immune System Modulation   |
| 7 <sup>th</sup> week  | Interpret effective communication in reports of the action, rationale for use, common and/or lifethreatening side effects, nursing implications, and client teaching issues for each major classification of medications.<br><br>Drugs for Immune System Modulation |
| 8 <sup>th</sup> week  | Nursing Role related to implications of Pharmacology through the application of the Nursing Process.  |
| 9 <sup>th</sup> week  | Recognize ethical issues related to drug administration.  |
| 10 <sup>th</sup> week | Nursing Role related to implications of Pharmacology through the application of the Nursing Process   |

#### 4. Teaching and Learning Methods

- lecture
- role play

#### 5. Student Assessment

| Assessment Method     | Assessment Length | Schedule | Proportion |
|-----------------------|-------------------|----------|------------|
| Written Examination   | 2hr               | 15 week  |            |
| Oral Assessment       | 30 min            | 14week   |            |
| Practical Examination |                   | -        |            |
| Semester work         |                   | -        |            |

#### 6. List of references

- Course notes:* 1. Adams, P., Holland, L. & Urban, C. (2011). Pharmacology for Nurses: a pathophysiologic approach. (3rd Ed) New Jersey: Prentice Hall. ISBN 13-978-0-13-508981-1.
2. Pearson. (2011): [www.mynursingkit.com](http://www.mynursingkit.com)
3. Wilson, B. et al (2012). Nurse's drug guide 2012 New Jersey: Prentice Hall. ISBN-10: 0-13-259867-X or ISBN-13: 978-0-13-255867-9
4. Palm Beach State College Syllabus for [NUR 2140 Syllabus](#) is posted online.

You may purchase your textbook(s) at any one of Palm Beach State College's campus bookstores or [online](#).

The Electronic [Essential Nursing Resources \(ENR\)](#) Video list is recommended & available in [MTIS](#) (Media Technology and Instructional Services) located on the first floor of the LLRC.

**Web Content Information:** This course has an Internet Component which is on the [BlackBoard Learn eLearning Campus](#). To pass this course, you must be able to access this web site.

It is the student's responsibility to have accessed this site no later than **the semester start date**. The web site has a security system which requires a *Sign on* and a *Password*. Only registered students will be able to access the course. On-line students are not permitted to attend “live lecture classes”.

*Essential Books:*

|                  | <b>Course Coordinator</b> | <b>Head of Department</b> |
|------------------|---------------------------|---------------------------|
| Name             | Prof.                     | Prof.                     |
| Name<br>(Arabic) | أ. د. محمد نجاتي محمد     | أ. د. محمد نجاتي محمد     |
| Signature        |                           |                           |
| Date             | / /2010                   | / /2010                   |