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## **Nursing 3115 01B: Clinical Nutrition**

COURSE SYLLABUS: Fall 2021

### **INSTRUCTOR INFORMATION**

Instructor: Kimberly Parks MSN, APRN, CNM  
Adjunct Faculty

Office Location: TAMUC- Nursing and Health Science Bldg.  
Office Hours: Varied; Call for appointment

Office Phone: 903-886-5315  
Office Fax: 903-886-5729  
Cell: 903-366-1912

University Email Address: [kimberly.parks@tamuc.edu](mailto:kimberly.parks@tamuc.edu)  
Preferred Form of Communication: **email or text**  
Communication Response Time: 1-2 business days

### **COURSE INFORMATION**

Textbook(s) Required-

Dudek, S. G. (2022). *Nutrition essentials for nursing practice* (9<sup>th</sup> ed.). Wolters Kluwer.  
ISBN: 9781975161125

Software Required- None

Optional Texts and/or Materials- ATI

*The syllabus/schedule are subject to change.*

## **Course Description**

This course covers the nutritional needs of individuals throughout their life span along with the factors that influence these needs. Introduction to dietary modifications used for various health conditions, common dietary habits in different cultures, and general health promotion will be discussed. Classes will occur in person and one online as scheduled per the course outline. Comprehensive review of knowledge will be assessed utilizing the ATI Nutrition Assessment Exam.

## **Student Learning Outcomes**

Upon completion of this course the student will be able to:

1. Discuss basic nutrients and their role in growth, development, health maintenance and restoration (AACN BSN Essential VII).
2. Identify and interpret food labels and nutritional information (AACN BSN Essential VII).
3. Describe how ethnicity can influence dietary behaviors (AACN BSN Essential VII & IX).
4. Discuss examples of nursing research in the area of nutrition and how this applies to improving client outcomes (AACN BSN Essential III).
5. Discuss the roles of family and significant others in providing support to the individual with nutritional issues (AACN BSN Essential VII & IX).
6. Conduct a nutritional self-assessment to heighten awareness of one's own dietary habits (AACN BSN Essential VIII).
7. Articulate the rationale for calculating Body Mass Index (BMI) in nutritional assessments (AACN BSN Essential VII).

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Using the learning management system, using Microsoft Word and PowerPoint.

### **Instructional Methods**

This is a blended course without lecture requiring students to complete online activities and independent study to be successful. Course objectives may be met through individual study using suggested resources, active involvement in classroom activities, formal, and informal exchange of ideas with classmates and colleagues regarding specific topics as well as utilizing critical thinking skills. Teaching methods include seminar, discussion, small group work, independent study of texts and library resources,

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computer-assisted instruction, and audio-visual aids. While the professor will provide guidance and consultation, the student is responsible for identification of learning needs, self-direction, seeking consultation and demonstration of course objectives.

## **Student Responsibilities or Tips for Success in the Course**

The student is responsible for reviewing and understanding the policies and procedures in the *BSN Student Guide*.

Specific information for the nursing student regarding the nursing program and current policies and procedures can be found here:

<http://www.tamuc.edu/academics/colleges/educationHumanServices/departments/nursing/Current%20Students/studentguidebook/default.aspx>

Students are expected to complete assigned readings and other assignments as indicated in the learning management system and in the syllabus prior to class. Students will not be successful in this course without this preparation and additional time spent studying content materials. Students are expected to come to class prepared and complete all assigned experiences in order to be successful in the course. Assignments should be completed in a timely manner. In addition, students are responsible for checking the learning management system (D2L) on a daily basis for announcements and postings as well as updated class information. Students are also expected to communicate appropriately with their instructor. Students must communicate absences/reason and late assignments or missing exams prior to the experience and when it is due to be considered excused.

**Pre-work is not required to be submitted prior to class but the expectation is that students are completing posted assignments/readings/materials. Part of your time credit in this course is managed with these assignments.**

Logging into the course website daily during the week, checking emails at least daily, updated semester calendar, at least six hours of weekly study, attendance at all class meetings, and review of examinations.

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Students are expected to attend all scheduled classes, exams and all course activities. Absences may cause the student to be unable to meet course objectives and can affect their ability to pass the course. See course specific procedures/policies for more information.

## GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 75%-79%

D = 67%-74%

F = 66% or Below

A minimum grade of 75 is required to pass the course.

Self- Assessment Paper	20%
Exam 1	25%
Exam 2	25%
Group Project	30%
Total	100%

ATI Nutrition Comprehensive Exam      Pass/Fail

Successful completion of the assignments will enable the student to meet the student learning outcomes.

### Late Submissions

It is expected that you will submit all assignments on time. If you need an extension, it should be requested before the due date and may or may not be approved at the

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discretion of the course coordinator. Unexcused late assignments will be penalized 10% per day for each of the first two days overdue; on the 3rd day, the grade will be assigned as 0%. Communication on these matters is the student's responsibility.

### **Paper submissions**

All documents submitted online are to be in .docx, .rtf, or .pdf format. No other formats will be accepted (JPEG, GIF, etc.). Assignments need to be submitted in a maximum of one document per assignment. Failure to follow these guidelines will result in a grade of

“0” on the assignment. All papers will be submitted to Turnitin for assessment.

### **Group presentations**

Presentations are a group or team project. All members of the group will receive the same grade on the paper. However, a student can be removed from his/her team if the other students in the group come to the instructor and report that a student is not doing his/her fair share of the work. Students will be expected to make the attempt to deal with that issue. If that is unsuccessful, contact faculty. If that happens, the instructor will notify the student in writing. The student will then be responsible for doing the assignment on his/her own.

## **Assessments**

### **1. Self-Assessment Project 20% Due Friday 10/1 by 2359**

The purpose of this assignment is to provide students the opportunity to evaluate their nutritional status and the opportunity to evaluate nutrition included in their diet, cultural influences and their understanding of food labels. Each person will keep a food journal and evaluate their intake, BMI and nutritional status. See D2L for Self Assessment Assignment Document and grading rubric.

### **2. Group Dietary Presentation 30% 11/23 and 12/7 in class**

Each person will be assigned a group for this assignment. Your group will be given a specific disease topic to cover for your presentation. The presentation will include epidemiology of the disease, primary presentation of the disease, how the disease and its treatment impacts nutrition, special nutrition and/or diets for the disease which includes ethnic/culture, support system and life span considerations. The presentation should include information from at least 5

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evidenced based articles published within the last 5 years. Each group will present their information to the class on their assigned date. See grading rubric on D2L (Learning outcomes #1, #3, #4, & #5).

### **3. Exams 2 at 25% each 9/28 and 11/9**

### **4. ATI Nutrition Comprehensive Exam**

Assess knowledge of Nutrition course content

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

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## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

### **Interaction with Instructor Statement**

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### **University Specific Procedures**

#### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).  
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

#### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)  
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

### **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

#### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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## **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedure/s/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## **A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

## **Department or Accrediting Agency Required Content**

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## COURSE OUTLINE / CALENDAR

Week Date	Content/ Reading Assignment	Assingments/ Exams	
1 8/31 TUESDAY 12-2p	Nutrition in Health  Guidelines for Healthy Eating  Carbohydrates; Protein; Lipids, Vitamins, Water, and Minerals  Energy Balance  Chapters 1-8	Orientation  Class 1	
3 9/14 TUESDAY 12-2p	Food and Supplement Labeling  Consumer Interests and Concerns  Cultural influences  Chapters 9-11	Class 2	
5 9/28 TUESDAY 12-1p Exam 1-3p class	Nutrition for older adults  Hospital Nutrition  Enteral and Parenteral Nutrition  Chapters 14-16	Class 3  Exam 1  <b>Self Assessment Due</b>	
7	Nutrition for Obesity/Eating Disorders	Class 4	

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10/12 TUESDAY RECORDED YOUSEEU	Upper GI Disorders  Lower GI Disorders & Accessory Organ Disorders  Chapters 17; 19-20		
9  10/26 TUESDAY  12-2p	Diabetes  Cardiovascular Disorders  Kidney Disorders  Chapters 21-23	Class 5	
11  11/9 TUESDAY  130-230p Exam 2  3-5p Class	Nutrition in Critical Illness  Cancer, HIV, AIDS  Chapter 18, 24	Class 6  Exam 2	
13  11/23 TUESDAY  3-5p	PRESENTATIONS	Class 7  <b>Group Presentations</b>  <b>1,2 and 3</b>	

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15 12/7 TUESDAY 130-330p	PRESENTATIONS	Class 8 <b>Group Presentations</b> <b>4,5, and 6</b>	
16 12/14 TUESDAY Time TBD	ATI NUTRITION EXAM	Class 9 COMP EXAM	

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