

**UNIVERSITY OF PUERTO RICO  
MAYAGUEZ CAMPUS  
COLLEGE OF ART AND SCIENCES  
DEPARTMENT OF NURSING  
PROGRAM OF BACHELOR OF SCIENCES IN NURSING**

**COURSE SYLLABUS**

**COURSE TITLE** : **FUNDAMENTALS OF NUTRITION**

**COURSE NUMBER** : ENFE 3035, Sections 090 (Monday) and 091 (Wednesday), at room EE-XXX from 4:30 to 6:20 pm

**CREDIT- HOURS** : Two credits hours. Two hours of lecture per week.

**PRE/CO-REQUISITE** : ENFE 3022

**INSTRUCTOR** : Lcda. Betzaida Garcia Pizarro MA.Ed, D.E., L.N.D.

**OFFICE** : **EE-**

**PHONE** : (787) 265-3842, 832-4040, Extension 3129

**OFFICE HOURS** : Wednesdays 2:30 pm to 4:15 pm

**E-MAIL** :

You must include the following characters in the message subject: ENFE 3035-XYZ where XYZ is the section number.

**COURSE DESCRIPTION:** Basic concepts of nutrition and its relation to health maintenance. Nutritional requirements during life-span: psychological, cultural and economic factors which influence nutrition, with emphasis on low cost adequate meals. Integration of nutrition into nursing practice. Medical Nutrition Therapy of diseases and health conditions that represent the first causes of morbidity and mortality in Puerto Rico and the United States.

**COURSE OBJECTIVES:** At the end of the semester, the student will be able to do the following:

- Define the concept of nutrition and its role in health.
- Identify the conditions of health and diseases that are related to nutrition in Puerto Rico.
- Describe the functions of nutrients, their interactions and food sources.
- Explain the effects of deficiency and excess of nutrients in health.
- Estimate the energy expenditure and Body Mass Index (BMI) of individuals.
- Assess the nutritional status of patients, by the interpretation of nutritional indicators.
- Promote patients rehabilitation through the education regarding Medical Nutrition Therapy of diseases.
- Recognize the importance of an optimal nutrition status and its impact in the recovery of patients.
- Plan nutritionally adequate menus using the My Plate for a Healthy P.R. and the Food Guide for Puerto Rico by the “Comisión de Alimentación y Nutrición de Puerto Rico”.
- Correct interpretation of nutrition facts in food labels.
- Describe the nutrition needs throughout life span and basic nutrition requirements of each stage.
- Explain the therapeutic diets served in hospitals and how the nurse intervention contributes to improve the nutritional status of patients.
- Describe how nutritional care can be approached using the nursing care process.
- Present written and oral seminars of chronic conditions of health, their prevention, treatment and nutritional management.

**COURSE OUTLINE AND TIME DISTRIBUTION:**

<b>UNIT ONE</b>	<b>TIME</b>
<p>A. Introduction</p> <ol style="list-style-type: none"> <li>1. Group Distribution of themes for monograph, seminar and special assignment.</li> <li>2. Definition of concepts: Nutrition and Health Promotion</li> <li>3. Nutrition and National Health Problems</li> <li>4. <b>Chapter 1</b></li> </ol>	<p>1.0 hr.</p> <p>1.0 hr.</p> <p>1.0hr.</p>
<p>B. Energy</p> <ol style="list-style-type: none"> <li>1. Energy balance</li> <li>2. Energy requirements of individuals</li> <li>3. Energy expenditure assessment <b>(Chapter 7)</b></li> </ol>	<p>1.0 hr.</p> <p>1.0 hr.</p> <p>1.0 hr.</p>
<p>C. Macronutrients</p> <ol style="list-style-type: none"> <li>1. Carbohydrates</li> <li>2. Protein</li> <li>3. Lipids <b>( Chapters 2, 3, 4)</b></li> </ol>	<p>2.0 hrs.</p> <p>2.0 hrs.</p> <p>2.0 hrs.</p>
<p>D. Fat Soluble Vitamins</p> <ol style="list-style-type: none"> <li>1. A,D,E, K <b>(Chapter 5)</b></li> </ol>	<p>1.0 hr.</p>
<p>❖ <b>First Partial Test</b></p>	<p>1.0 hrs.</p>
<p>E. Water Soluble Vitamins (Chapter 5)</p> <ol style="list-style-type: none"> <li>1.Thiamin</li> <li>2. Riboflavin</li> <li>3. Niacin</li> <li>4. Folic Acid</li> <li>5. Ascorbic Acid <b>(Chapter 5)</b></li> </ol>	<p>2.0 hrs.</p>
<p>F. Minerals</p> <ol style="list-style-type: none"> <li>1. Calcium</li> <li>2. Sodium</li> <li>3. Potassium</li> <li>4. Iron</li> <li>5. Zinc and others <b>(Chapter 6)</b></li> </ol>	<p>2.0 hrs.</p>

UNIT TWO	TIME
<p>G. Nutrition in Clinical Practice Feeding patients: Hospital Food and Enteral/Parenteral Nutrition <b>(Chapter 15)</b></p> <p>H. Presentation of 30 minutes seminars about the following topics:</p> <ol style="list-style-type: none"> <li>1. Nutrition for Diabetes Mellitus</li> <li>2. Nutrition for Obesity and eating disorders</li> <li>3. Nutrition for Cardiovascular Diseases</li> <li>4. Nutrition for Renal Diseases</li> <li>5. Nutrition for the Chronic Obstructive Pulmonary Disease (COPD)</li> <li>6. Nutrition for the Cancer or HIV/AIDS</li> <li>7. Nutrition for Upper GI Disorders</li> <li>8. Nutrition for Disorders of the Lower GI Tract and Accessory Organs</li> </ol> <p>Topics will be presented by nine (9) groups of seven (7) students. After the seminar, each group must hand in a monograph in which each student contributes with the portion assigned. Groups will be evaluated for oral presentation, written monograph and power point presentation. PROPER PROFESSIONAL ATTIRE is requested.</p>	<p>2.0hrs</p> <p>4.0 hrs.</p>
<b>SECOND PARTIAL TEST</b>	<b>1.0 hr</b>
<b>UNIT THREE</b>	
<p>I. Dietary Guidelines for Americans, RDIs, MyPlate and P.R. Dietary Guidelines and “Mi Plato para un PR saludable”</p>	1.0 hrs
<p>J. <b>Group Menu planning.</b> Already assigned groups will assemble a nutritionally adequate menu using newspapers, shoppers, pictures, etc. Each menu must have breakfast, lunch, supper and a snack.</p> <ol style="list-style-type: none"> <li>1. Healthy menu evaluation and nutrition facts interpretation</li> </ol>	1.0hrs.
<p>K. Nutrition during Life Span</p> <ol style="list-style-type: none"> <li>1. Nutrition during pregnancy and lactation <b>(Chapter 11)</b></li> <li>2. Nutrition during infancy, childhood, adolescence <b>(Chapter 12)</b></li> <li>3. Nutrition older adults <b>(Chapter 13)</b></li> </ol>	<p>1.0 hrs.</p> <p>1.0 hr.</p> <p>1.0 hrs.</p>

**INSTRUCTIONAL STRATEGIES:**

- Lectures
- Groups Discussion
- Case Studies
- Special Assignment
- Presentation, Seminar.
- Virtual Grocery Store Tour.

**LEARNING RESOURCES:**

- Audiovisual Resources
- Computer Center
- Proyecto CIVIS- Centro de Redacción en Español 832-4040 Exts. 6215 y 5722, [centroespa@gmail.com](mailto:centroespa@gmail.com).

**EVALUATION:**

• Partial Tests (2).....	40%
• Special Assignment- (1).....	20%
• Final Examination.....	20%
• Seminar-oral presentation.....	20%
	100%

**There will be no make-up exams.**

**Evaluation/Grade Reporting:** Students will be graded on the assignments and class work described in the previous section. The final grade will be determined by the total points obtained (see previous section) according to the following criteria:

<b>A:</b> 90%-100%,	<b>B:</b> 80%-89%,	<b>C:</b> 70%-79%,	<b>D:</b> 60%-69%,	<b>F:</b> less than 60%
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“C” is the minimum grade for passing any major course in the Department of Nursing. **(See Undergraduate Catalogue 2009-2010).**

**TEXTBOOK:**

Susan G. Dudek. (2014). *Nutrition essentials for nursing practice* (7<sup>th</sup> edition). Philadelphia: Lippincott: Williams & Wilkins.

## **OTHER REFERENCES:**

Michele Grodner, Sara Long and Bonnie C. Walknaphaw (2007) *Foundations and Clinical Application of Nutrition* (4<sup>th</sup> edition).

Michele Grodner (2011) *Nutrition Foundations and Clinical Applications* (5<sup>th</sup> edition).

Carroll Lutz and Karen Przytulski (2010) *Nutrition and Diet Therapy* (5<sup>th</sup> edition)

Nancy J. Peckenpaugh (2010) *Nutrition Essentials and Diet Therapy* (11<sup>th</sup> edition)

Ellie Whitney (2010) *Nutrition for Health and Health Care* (4<sup>th</sup> edition)

Ellie Whitney (2010) *Nutrition for Health and Health Care –Student Guide* (4<sup>th</sup> edition)

## **STUDENTS WITH DISABILITIES:**

Students will identify themselves with the Institution and the instructor of the course for purposes of assessment (exams) accommodations. For more information please call the Student with Disabilities Office which is part of the Dean of Student Office Building, room DE-1 at (787) 265-3862 or (787) 832-4040, extensions 3250, 3258 or 3274. See also the web page <http://www.uprm.edu/sei/>.

## **COURSE POLICIES:**

**Class attendance:** Class attendance is compulsory. The University of Puerto Rico, Mayagüez Campus, reserves the right to deal at any time with individual cases of non-attendance. Professors are expected to record student attendance. Frequent absences affect the final grade, and may even result in total loss of credits. **Two points** will be deducted from your final grade for each unexcused absence without a valid written excuse. The written excuse should be submitted to the professor no later than two weeks after the absence.

Arranging to make up work missed because of absence **with legitimate excuse** is the responsibility of the student.

## Use of Cellular Phones in Class:

**The use of cellular phones during class in this course is strictly forbidden.**

This means you must turn off the ringer in your phone during class. If you use your phone during class, you may be expelled from class.

Eating during class in this course is strictly forbidden. You may eat at the break between the two-hour class.

**Assignments:** Failure to complete an assignment **in time** will result in a grade of “0” for that assignment.

**Partial withdrawals:** A student may withdraw from individual courses at any time during the term, but before the deadline established in the University Academic Calendar.

**Complete withdrawals:** A student may completely withdraw from the University of Puerto Rico, Mayagüez Campus, at any time up to the last day of classes.

**Academic Dishonesty:** All work presented or turned in by students in this course must be original. If you copy any part of other student’s exam you will receive a grade of “F” in the exam.

**All written work should be turned in paper not e-mail. Unless otherwise explicitly indicated by the Professor. The student is responsible for making sure the professor received the work.**

**Plagiarism or any other act of academic dishonesty will not be tolerated in this course and will result in a significant loss of points and course grade or, at the professor’s discretion, a final course grade of “F”.**

This means that if you copy any part, however small, of an assignment from any source (from the work of another student, from published material, from a website, etc.) without fully crediting the source, you may (at the professor’s discretion) receive a final grade of “F” in this course.

In addition, any academic fraud is subject to the disciplinary sanctions described in article 14 and 16 of the revised General Student Bylaws of the University of Puerto Rico contained in “*Certificación 018-1997-98*” of the Board of Trustees.