

Component III: Clinical

Module F: Nutrition

Topic 2: Therapeutic diets

Statement of Purpose

To prepare the learner with basic knowledge and skills necessary to provide patient support and education related to a therapeutic diet.

Student Learning Outcomes

Upon completion of this topic, the learner will be able to:

1. Spell and define the key terms.
2. Describe diets commonly ordered in diet therapy and reason ordered.
3. List dietary modifications generally affected by religious and/or cultural differences.
4. Discuss alternative ways to administer nutrition.

Terminology

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| 1. Clear liquid diet | 5. Gastrostomy tube |
| 2. Dehydration | 6. Gavage |
| 3. Edema | 7. Low sodium diet |
| 4. Full liquid diet | 8. Total parenteral nutrition |

References

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Content Outline/Theory Objectives	Suggested Learning Activities
<p>Objective 1 Spell and define key terms.</p> <ul style="list-style-type: none"> A. Review the terms listed in the terminology section. B. Spell the listed terms accurately. C. Pronounce the terms correctly. D. Use the terms in their proper context. 	<ul style="list-style-type: none"> A. Games: word searches, crossword puzzles, Family Feud, Jeopardy, bingo, spelling bee, hangman and concentration. B. Administer vocabulary pre-test and post-test. C. Discuss learning gaps and plan for applying vocabulary.
<p>Objective 2 Describe diets commonly ordered in diet therapy and reason ordered.</p> <ul style="list-style-type: none"> A. Soft diet <ul style="list-style-type: none"> 1. Difficulties chewing 2. Gastric irritation B. Clear liquid diet <ul style="list-style-type: none"> 1. Preparation for tests 2. Acute diarrhea C. Full liquid <ul style="list-style-type: none"> 1. Recovery from diarrhea 2. Recovery from surgical procedures D. Low calorie <ul style="list-style-type: none"> 1. Weight reduction E. Restricted carbohydrate/calorie <ul style="list-style-type: none"> 1. Weight reduction 2. Diabetes F. High carbohydrate <ul style="list-style-type: none"> 1. Liver disease 2. Gallbladder disease 3. Malnourished G. High fiber <ul style="list-style-type: none"> 1. Lower digestive tract disorders 2. Constipation 3. Hemorrhoids H. BRAT (bananas, rice, applesauce and toast) <ul style="list-style-type: none"> 1. Pediatric patients with gastrointestinal disturbance I. Low fat/low cholesterol <ul style="list-style-type: none"> 1. Weight reduction 2. Gallbladder disease 3. GI disturbances 4. Cardiac/vascular disorders J. Restricted sodium <ul style="list-style-type: none"> 1. Cardiac 2. Liver/pancreas or gallbladder diseases 3. Edema K. Low residue <ul style="list-style-type: none"> 1. Low in bulk 	<ul style="list-style-type: none"> A. Lecture/Discussion B. Assigned Readings

<ul style="list-style-type: none"> 2. Lower digestive tract disorders L. Diabetic <ul style="list-style-type: none"> 1. Controlled caloric intake 2. Balanced with insulin, oral hypoglycemic agents, exercise 3. Low in fat and sugars 	
<p>Objective 3 List dietary modifications generally affected by religious and/or cultural differences.</p> <ul style="list-style-type: none"> A. Sensitivity to differences <ul style="list-style-type: none"> 1. Proper nutrition can be achieved in alternative patterns 2. Cultural issues <ul style="list-style-type: none"> a. More reflective of environment as a child b. Regional differences within USA c. International differences 3. Religious issues <ul style="list-style-type: none"> a. Jewish b. Christian c. Seventh Day Adventist d. Hinduism e. Mormon f. Muslim 4. Age 5. Social issues 6. Financial issues 	<ul style="list-style-type: none"> A. Lecture/Discussion B. Assigned Readings C. Ask group to share differences from their own cultural background. D. Plan a potluck and ask students to bring dish from their own ethnic background. E. During lunch, ask students to discuss eating habits, dietary vulnerabilities and the best way to teach about good diet with their own or chosen ethnic group.
<p>Objective 4 Discuss alternative ways to administer nutrition.</p> <ul style="list-style-type: none"> A. Tube feedings B. Intravenous infusion <ul style="list-style-type: none"> 1. Dextrose solutions 2. Saline solutions 3. Total Parenteral Nutrition (TPN), also referred to as Total Nutrient Admixture (TNA) 	<ul style="list-style-type: none"> A. Lecture/Discussion B. Assigned Readings