

Nutrition for Nursing

Exam 1 Concept Guide

Chapter 1 Wellness Nutrition

• Minerals

- Why are they important?
 - Minerals serve structural purposes (e.g., bones and teeth) in the body and are found in body fluids
- What do they do?
 - Minerals in body fluids affect the nature of the fluids, which in turn influences muscle function and the central nervous system. The 16 essential minerals are divided into two categories: major minerals and trace minerals.
- Definition of Health?
 - The merging and balancing of five physical and psychologic dimensions of health: physical, intellectual, emotional, social, and spiritual.
- Health Physical and Psychological Dimensions
 - Physical
 - Emotional
 - Social
 - Spiritual
 - Environmental
- What is Healthy People 2020
 - A set of national health goals and objectives that considers the overlapping of environmental and social determinants of health as affecting health outcomes
 - Guided by a framework based on the vision of "a society in which all people live long, healthy lives"
 - Related to elderly population and dietary guidelines
 - Disease prevention
 - Primary: consists of activities to avert the initial development of a disease or poor health
 - Secondary: involves early detection to halt or reduce the effects of a disease or illness
 - Tertiary: occurs after a disorder develops. The purpose is to minimize further complications or to assist in the restoration of health

Education

- What is an example of formal education: may be conducted by school nurses who teach health courses
- What is an example of informal education: takes place when a nurse chats with a patient and his or her family, explaining the purpose of the dietary modifications recommended for the patient's particular disorder to another person
- What is negative self-efficacy: refers to feeling as if one is powerless, with little control over circumstances

Nutrition Study Guide Questions And Answers

Shirley King Evans



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