ACADEMIC CATALOG
2026-2027



MIDWAY
UNIVERSITY

Midway University

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Course 2
NSG 391 - Applied Nutrition for Nursing Practice 2

Course

NSG 391 - Applied Nutrition for Nursing Practice

This comprehensive nutrition course introduces students to nutrition and its role in health promotion and disease treatment, as well as the role of nurses in patient-centered nutrition care. The course addresses the relationship among nutrient requirements, physiological needs and nutritional concerns across the lifespan. Individuals or populations at risk for dietary imbalances because of physiological, genetic, environmental, social or cultural influences are identified. Nutrition principles are applied to age-appropriate educational nutritional needs assessment and management of diverse patients' nutritional needs related to specific medical conditions. The impact of aging and co-morbid conditions on learning ability as well as assessment and teaching strategies. Prerequisite: Admission to the BSN Program or permission of the Dean, School of Health Sciences.

Upon completion, students will be able to:

- Discuss basic nutrients and their role in growth, development, health maintenance and restoration.
- Identify and interpret food labels and nutritional information.
- Identify appropriate dietary guidelines across the lifespan to include pregnancy, lactation, and older-aged clients.
- Explore how ethnicity, culture and religion can influence dietary behaviors.
- Discuss examples of nursing research in the area of nutrition and how this applies to improving client outcomes.
- Discuss the roles of family and significant others in providing support to the individual with nutritional issues.
- Conduct a nutritional self-assessment to heighten awareness of one’s own dietary habits.
- Develop, apply, and teach diet plan that addresses a select client’s disease as well as incorporates the client’s cultural preferences.

Grade Basis: L
Credit hours: 3.0
Lecture hours: 3.0

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Midway University
512 E. Stephens Street, Midway, KY 40347
1.800.952.4122