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 when eaten in the "package" of fruit, veggies, whole grains, or nuts these chemicals work together with nutrients and fiber to promote health. ex- acting as antioxidant, detoxifying enzymes, stimulating the immune system. phytochemicals.

Nutrition Essential For Nursing Practice Chapter 5 ...  
 Nutrition essentials for nursing practice (7th ed.). Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins. Chicago Style Citation. Dudek, Susan G. Nutrition Essentials for Nursing Practice. 7th ed. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins, 2014. MLA Citation. Dudek, Susan G. Nutrition Essentials for Nursing ...

The Seventh Edition of this nursing-focused nutrition text has been updated to reflect the latest evidence-based practice and nutrition recommendations. Written in a user-friendly style, the text emphasizes what the nurse really needs to know in practice. Maintaining its nursing process focus and emphasis on patient teaching, this edition includes features to help readers integrate nutrition into nursing care such as sample Nursing Process tables, Case Studies in every chapter, and new Interactive Case Studies online. This is the tablet version which does not include access to the supplemental content mentioned in the text.

A strong foundation in nutrition is essential for effective nursing practice. Reflecting the latest evidence-based practice and nutrition recommendations, this eighth edition of Susan Dudek's highly respected text maintains its focus on all steps of the nursing care process, from assessment and nursing diagnoses to implementation and evaluation. Highlights of the eighth edition: - New! Unfolding case studies use real-life scenarios to build critical thinking skills by asking students to apply theory to nutrition issues. - A revised Chapter 1, Nutrition in Health and Healthcare, explains the role of nutrition in chronic disease prevention, the interdisciplinary nature of nutrition care, and how technology is affecting the future of nutrition. - Updated content includes the 2015-2020 Dietary Guidelines for Americans and its companion MyPlate, use of "eating patterns" in place of "diet" to connote lifestyle rather than a therapeutic approach, and inclusion of the newly revised Nutrition Facts label to be implemented for most packaged foods by 2018. - New topics include antibiotics in the food supply, new guidelines for the provision of enteral and parenteral nutrition support, and proposed changes in how malnutrition is defined. - An increased focus on obesity prevention and treatment includes lifestyle modification, medication, and bariatric surgery. - Built-in learning aids, include chapter-opening Check Your Knowledge questions, key terms defined in the margins, at-a-glance Nursing Process tables, chapter-ending Key Concepts summaries, and How Do You Respond? questions that prepare students to think on their feet in clinical practice.

Discusses how to incorporate nutrition information into nursing care. Presents the fundamentals of nutrition, covering such topics as carbohydrates, protein, lipids, energy balance and weight control, vitamins, minerals, and fluid and electrolytes. Discusses potential adverse side effects of deficient and excessive intakes; consumption trends and future areas of research; nutrition during pregnancy, infancy and childhood; alterations in health, e.g. stress, surgery, and oncology, along with recommended dietary interventions; etc. New material for this third edition includes the current dietary guidelines for Americans; updated ADA exchange lists; key terms, key concepts, and focus on critical thinking; a new chapter on digestion, absorption, and metabolism; a new combined chapter on energy balance and weight control; and a new combined chapter on cancer and AIDS. For use by nursing students and practicing nurses.

This package contains the following products: 978-1-4698-4488-6 prepU for Dudek's Nutrition Essentials for Nursing Practice 978-1-4511-8612-3 Dudek's Nutrition Essentials for Nursing Practice

Building on the strengths of the fourth edition, Basic Nursing: Essentials for Practice is back in a new edition! Thoroughly updated and revised to provide a more focused and engaging presentation, this new edition offers the basic principles, concepts, and skills needed by nursing students. The five-step nursing process returns to provide a consistent, logical organizational framework, with a clear writing style and numerous learning aids. An increased emphasis on caring, along with new boxes on Focused Client Assessment and Outcome Evaluation, reflect current practice trends. This new edition is better than ever! Five-Step Nursing Process provides a consistent organizational framework. More than 40 nursing skills are presented in a clear, 2-column format with rationales for all steps. Procedural Guidelines boxes provide streamlined step-by-step instructions for performing basic skills. Growth and Development chapter and age-related considerations throughout clinical chapters help prepare students to care for clients of all ages. Sample Nursing Care Plans highlight defining characteristics in assessment data, include client goals and expected outcomes in the planning section, and provide rationales for each nursing intervention. Progressive Case Studies follow the interactions of a client and nurse throughout the chapter to illustrate steps in the nursing process and develop critical thinking skills. Brief coverage of higher level concepts including research, theory, professional roles, and management, maintains the text's focus on essential, basic content. The narrative style makes the text more engaging and appealing. Focused Client Assessment boxes provide specific guidelines for factors to assess, questions and approaches, and physical assessment. Content on delegation is discussed throughout the narrative and specific guidelines are included for each skill. Skills now include Unexpected Outcomes and Interventions to alert for potential undesirable responses and provide appropriate nursing actions. Caring in Nursing is presented in a new chapter and as a thread throughout the text. Outcome Evaluation are based on the chapter's case study and provide guidelines on how to ask questions and evaluate care based on the answers received. NIC and NOC are discussed in the Nursing Process chapter to provide an overview of these taxonomies encountered in practice. NCLEX-style multiple-choice questions at the end of each chapter help students evaluate learning.

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