CENTRAL TEXAS COLLEGE  
Department of Nursing  
Vocational Nursing Program  
VNSG 1116 Nutrition  
Semester Hours Credit: 1  
8 week course

INSTRUCTOR: Marie Reeves RN

OFFICE HOURS: By Appointment

I. INTRODUCTION:

A. Course Description: Introduction to nutrients and their role in proper growth and development and the maintenance of health.
B. This is a required course in the Vocational Nursing curriculum.
C. This course is occupationally related and serves as preparation for careers in Vocational Nursing.
D. Pre-requisites:
   1. Completion of Health Care Provider BLS course.
   2. Admission to the Central Texas College Vocational Nursing Program.
   3. VNSG 1227 Essentials of Medication Administration.
   4. VNSG 1126 Gerontology.
   5. VNSG 1323 Basic Nursing Skills.
   6. VNSG 1222 Vocational Nursing Concepts.
E. Co-requisites:
   1. VNSG 2331 Advanced Nursing Skills
   2. VNSG 1405 Health Science
   3. VNSG 1136 Mental Health
   4. VNSG 1160 Clinical-Practical Nurse I
   5. VNSG 1304 Foundations of Nursing
F. Policy:
   Dependent on Spring or Fall admission, the student will refer to the specific curriculum chart and follow that progression pattern.
G. Secretary’s Commission on Achieving Necessary Skills (SCANS) and Differentiated Essential Competencies (DEC’s) of graduates of Texas Vocational Nursing Educational Programs:
   Alphanumeric coding used throughout the syllabus denotes the integration of SCANS occupational competencies (C) and foundation skills (F).
   The Differentiated Essential Competencies (DEC’s) that are implemented in VNSG 1116 are coded as Member of Profession, Provider of Patient-Centered Care, Patient Safety Advocate, and Member of the Health Care Team. The complete delineation of Texas Board of Nursing Differentiated Essential Competencies (DECs) is found at http://www.bne.state.tx.us/about/October10/7-2.pdf

August 2014
II. LEARNING OUTCOMES:
Upon successful completion of this course, the student will:
A. Identify the basic nutrients.
B. Discuss the role of nutrients in growth and development and health maintenance.
C. Discuss signs and symptoms of fluid and electrolytes and acid-base imbalances.
D. Demonstrate understanding of the following Differentiated Essential Competencies (DEC’s):
   1. Member of a Profession:
      • Knowledge A (1-3)
      • Knowledge B (3, 7)
      • Knowledge D (2)
   2. Provider of Patient-Centered Care
      • Knowledge A (1-4)
      • Knowledge B (1-12)
      • Knowledge C (6, 8)
      • Clinical Behaviors D (1, 2, 7)

III. INSTRUCTIONAL MATERIALS:
A. Required Texts: Instructional Materials for this course may be found at www.ctcd.edu/books
B. Supplementary Learning: Clinical application and/or computer laboratory (CAI).
C. References: Current professional nursing journal article readings may be required when preparing for learning experiences.
D. Audio-Visual Aids: Provided by instructor.

IV. COURSE REQUIREMENTS:
   A. Preparation for Class: An orientation to class will be provided on the first day of the course. In preparation for all classes, students are required to obtain the Course Guidelines and Syllabus from the Central Texas College Blackboard website, read the objectives, text, and any ATI materials related to that unit of study. The signature sheet at the end of the syllabus must be printed off, signed and dated by the student to acknowledge their understanding, and turned into the course instructor on the first day of class. Students are expected to participate verbally in a variety of classroom activities/discussions.
   B. Written Assignments:
      All assignments are to be submitted in hard copy form on the dates due (see course guidelines for specifics). No assignments will be accepted after the due date unless prior approval and arrangements have been with the instructor.
   C. Attendance Policy:
      In accordance with Central Texas College Student Handbook and Catalog: students are expected to attend all classes in which they are enrolled. There may be a letter grade reduction of your final course grade for excessive tardiness (more than three) or excessive absences (more than five). For further details, see the VN Student Handbook. In order to avoid classroom interruptions caused by tardiness, students arriving late for class will take a seat at a desk in the back of the classroom. No seats in the classroom are reserved. Should a student fail to attend mandatory clinical orientation they will immediately be administratively withdrawn from clinical and all co-requisite courses.
D. Progression:
This course has pre-requisites and co-requisites that apply. Students must obtain a 70% average grade to successfully complete this course. If unsuccessful, this course must be repeated. Students must show proof of successful completion of the Jurisprudence examination.

E. Academic Integrity: The following statement is published in the Central Texas College Catalog:
All students are required and expected to maintain the highest standards of scholastic honesty in the preparation of all course work and during examinations. The following will be considered examples of scholastic dishonesty:

1. Plagiarism - the taking of passages from the writing of others without giving proper credit to the sources.
2. Collusion - (a) using another’s work as one’s own, or (b) working together with another person in the preparation of work, unless such joint preparation is specifically approved in advance by the instructor.
3. Cheating - giving or receiving information on examinations.

Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of “F” and subject to disciplinary action.

All Vocational Nursing students are expected to abide by this policy. Falsification of attendance records is considered a violation of academic integrity. Obtaining or utilizing “Test Bank Materials” from any current or obsolete textbook, is considered scholastic dishonesty.

F. Values and Ethics in Nursing:
Students are expected to demonstrate commitment to the following values and ethical principles believed to be inherent to the nursing profession:
1. Altruism- Concern for the welfare of others seen through caring, commitment, and compassion.
2. Human Dignity- Belief in the inherent worth and uniqueness of the individual seen through respect, empathy, humanness, and trust.
3. Truth- Faithfulness to fact seen through honesty, accountability, and authenticity.
4. Justice- Upholding moral and legal principles seen through courage, advocacy, and objectivity.
5. Freedom- Capacity to exercise choice seen through openness, self-direction, and self-discipline.
6. Equality- Having the same rights and privileges seen through acceptance, tolerance, and fairness.
7. Esthetics- Identifying the qualities of objects, events, and persons that provide satisfaction as seen through creativity, sensitivity and appreciation.

G. Office Hours: Each instructor keeps office hours for the purpose of conferring with students. Students are encouraged to make appointments with instructors to discuss their needs and/or problems related to their studies. Appointments for review of examination results must be completed prior to the next scheduled exam. Please go through the secretary to be announced.

H. Patient Safety:
Current practice guidelines set forth by the Occupational Safety and Health Administration (OSHA) and the National Institute for Occupational Safety and Health (NIOSH) related to safe patient handling and ergonomics will be implemented.

V. EXAMINATIONS:

1. Dates of the examinations are listed in the VNSG 1116 Course Guidelines which are posted on the CTC BlackBoard website for the course. Attendance on examination dates is expected.

2. In the event a student is unable to attend class on a scheduled exam/quiz or written assignment due date, prior notification directly to VN faculty member is required; calls/voicemails to anyone else will not be accepted. If the student fails to provide prior notice, it will be considered a “No Call/No Show”, and they will receive a grade of “0” for that exam, quiz, or assignment.

3. Make-up examinations will be administered on an individual basis, and may include up to 15% alternative type questions (Ex: matching, fill in the blank or short answer). Make up examinations may be in an alternate format such as essay or fill in the blank. Students are responsible for making arrangements with the instructor to make up the examination within the week. Failure to do so will result in a grade of a zero (0%) for that examination. If the rescheduled opportunity is missed there will be no other opportunities afforded.

4. ScanTrons® are the only source utilized in calculating examination scores and students will not have access to the forms once they have been turned into the instructor.

5. On examination day, the following rules will apply. All backpacks or book bags of any kind will be placed at the back of the class. Cell phones are to remain in your bag, turned off or on vibrate. No drinks, food, hats or jackets allowed on exam days.

6. There are no extra credit assignments in VNSG 1116 and grades are not rounded.

7. Students guilty of scholastic dishonesty will be administratively dropped from the course with a grade of “F” and subject to disciplinary action, which may include suspension and expulsion.

VI. SEMESTER GRADE COMPUTATIONS:

The requirements for determining the course grade are:

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<tr>
<td>Exams (3, worth 100 points each)</td>
<td>300 points</td>
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<tr>
<td>Vocabulary Quiz (3, worth 20 points each)</td>
<td>60 points</td>
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**Total:** 360 points

Minimum requirement to pass VNSG 1116 is a 70% or greater average on all course exams (210 of the 300 points available). The student must earn 210 points (70%) of the available 300 points on the cumulative exam average, before the points from the Vocabulary can be added to total.

**Final Course Grades:** Total Possible Points for this course is 360 pts. The student must have a total of 210/300 exam pts and 42/60 vocab pts to pass the course. Grades are not rounded.

| 324- 360 | 90% | A |
| 288- 323 | 80% | B |
| 252- 287 | 70% | C |
| 216- 251 | 60% | D |
| <216     |     | F |
VII. NOTES AND ADDITIONAL INSTRUCTIONS FROM THE INSTRUCTOR

A. Course Withdrawal: It is the student’s responsibility to officially drop a class if circumstances prevent attendance. Any student who desires to, or must officially withdraw from a course after the first scheduled class meeting must file an Application for Withdrawal or an Application for Refund. The withdrawal form must be signed by the student. Application for Withdrawal will be accepted at any time prior to Friday of the 12th week of classes during the 16 week fall and spring semesters. The deadline for sessions of other lengths is as follows:

CTC Form 59 will be accepted at any time prior to Friday of the 12th week of classes during the 16-week fall and spring semesters. The deadline for sessions of other lengths is:

- 10 week session: Friday of the 8th week
- 8 week session: Friday of the 6th week
- 5 week session: Friday of the 4th week

The equivalent date (75% of the semester) will be used for sessions of other lengths. The specific last day to withdrawal is published each semester in the Schedule Bulletin. A student who officially withdraws will be awarded the grade of “W” provided the student’s attendance and academic performance are satisfactory at the time of official withdrawal. Students must file a withdrawal application with the College before they may be considered for withdrawal. A student may not withdraw from a class for which the instructor has previously issued the student a grade of “F” or “FN” for nonattendance.

B. Administrative Withdrawal: An administrative withdrawal may be initiated when the student fails to meet College attendance requirements. The instructor will assign the appropriate grade on CTC Form 59 for submission to the registrar.

C. Incomplete Grade: The College catalog states, “An incomplete grade may be given in those cases where the student has completed the majority of the course work but, because of personal illness, death in the immediate family, or military orders, the student is unable to complete the requirements for a course...” Prior approval from the instructor is required before the grade of “I” for Incomplete is recorded. A student who merely fails to show for the final examination will receive a zero for the final grade and an “F” for the course.

D. Cellular Phones and Beepers: Cellular phones and beepers will be silenced or placed on vibrate during regular class and laboratory periods. Cell phones or any other device will not be allowed on desks during exams, unless approved by the instructor. Repeated warnings about cell phone disruptions may lead to negative student academic consequences (Ex: point deduction from final grade). This will be left at the instructor’s discretion.

E. American’s With Disabilities Act (ADA): Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

F. Instructor Discretion: The instructor reserves the right of final decision in course requirements.
G. **Civility:** Individuals are expected to be cognizant of what a constructive educational experience is and be respectful of those participating in a learning environment. Failure to do so can result in disciplinary action up to and including expulsion and is at the instructor’s discretion.

H. **ATI Testing and Remediation:** It is mandatory for VN student’s at all three levels of the program to participate in the Assessment Technologies Institute (ATI) comprehensive assessment and review program. Detailed diagnostic reports at the end of the semester (online exams) provide the student immediate results and opportunity for remediation. Failure to achieve satisfactory results on the proctored ATI exams will require the student to remediate. Failure to remediate could result in the student not being permitted to register for subsequent classes. Failure to take an exam will result in course failure. With prior notification of the instructor, accommodation for an alternate examination date will be considered on an individual basis.

I. **Non-Discrimination:** Central Texas College does not discriminate in admissions or access to, or treatment or employment in, its programs and activities on the basis of race, color, religion, national origin, gender, disability, age, veteran’s status, genetic information, sexual orientation, and gender identity.

J. **Inclement Weather:** Information about class cancellation or delay because of inclement weather can be obtained by listening to KNCT-FM (91.3 FM) or by calling (254) 501-3100. (CTC Inclement Weather Information Line).

VIII. **COURSE OUTLINE:**

I. **Basic Nutrition**
   A. Guides for Food Choices (C6)
   B. Food Pyramid (C7)
   C. Macronutrients: CHO, Protein, Fat

II. **Fluid and Electrolytes/Acid-Base Balance**

III. **Therapeutic Diets and Role of the Nurse in Promoting Nutrition (C1, C8, F8, F9)**
   A. Diet Therapy in Relation to Disease Process
   B. Nutritional Support
   C. Diet Therapy and Assisted Feedings
   D. Total Parental Nutrition (F10)
My signature acknowledges that I have read and understand the syllabus, course format and testing policy for VNSG 1116, Nutrition, and I agree to abide by the terms set forth in this document.

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<th>Printed Name</th>
<th>Signature</th>
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