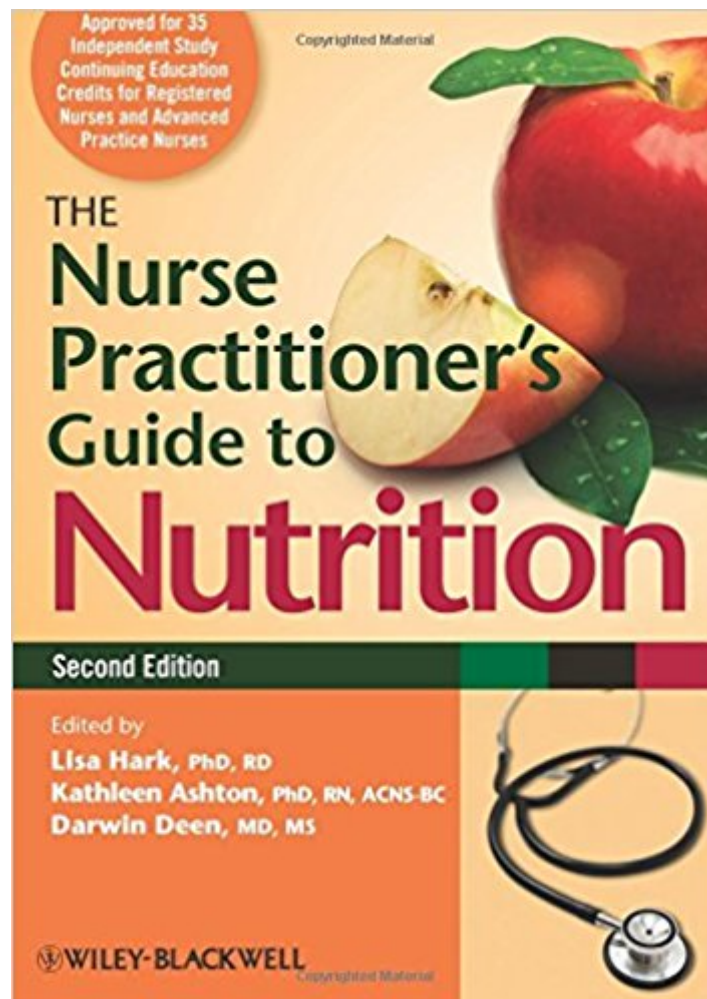




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The Nurse Practitioner's Guide To Nutrition



Synopsis

The Nurse Practitioner's Guide to Nutrition is a comprehensive clinical resource for nurse practitioners working in a variety of clinical care settings. Emphasizing practical nutrition information, this accessible guide provides guidance on incorporating nutrition history questions and counselling techniques into routine care across all clinical settings. The book begins by discussing fundamental concepts in nutrition assessment, giving readers a solid framework from which to approach subsequent chapters. Section Two focuses on nutrition from a lifespan perspective, organizing information by the issues most pertinent to patients at different stages of life. Section Three presents nutrition counselling across clinical care settings ranging from cardiology, endocrinology, oncology, and gastroenterology to caring for the obese patient. Each chapter includes essential information distilled in quick-access tabular format and clinical scenarios that apply key concepts discussed to real-world examples. Ideal for both in-training and qualified advanced practice nurses, The Nurse Practitioner's Guide to Nutrition is an essential tool for assessing, managing, and treating nutrition-related conditions, as well as promoting nutritional health for all patients. This activity has been approved for 35 nursing continuing education contact hours through the Temple University College of Health Professions and Social Work Department of Nursing Provider Unit, an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, itself an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. For e-book users: CNE materials are available for download after purchase. This title is also available as a mobile App from MedHand Mobile Libraries. Buy it now from Google Play or the MedHand Store.

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Customer Reviews

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Lisa Hark, PhD, RD is a world renowned nutritionist and best-selling author of nutrition textbooks for health professionals. She is also an Associate Professor at Jefferson Medical College in Philadelphia. Kathleen Ashton, PhD, ACNS-BC, a sought-after speaker and educator, is a Professor of Nursing at Thomas Jefferson University, Jefferson School of Nursing in Philadelphia. Darwin Deen, MD, MS is a respected nutrition educator of health professionals and co-editor of the Complete Guide to Nutrition in Primary Care. He is also a Medical Professor at the Sophie Davis School of Biomedical Education at the City College of New York.

ExcellentThe wife loved it

This guide to nutrition is geared toward nurses and nurse practitioners in continuing education classes, but it is useful to the lay person as well. Sections include: Introduction to Nutrition Concepts; Nutrition During the Lifespan (with chapters on maternal, child and elder nutrition); and Nutrition in the Clinical Setting, which includes: Obesity and Bariatric Surgery Care; Cardiology Care; Endocrinology Care of the Diabetic Patient; Digestive Disorders and Gastrointestinal Care; Renal Care; Cancer Prevention and Oncology care; and Enteral and Parenteral Nutrition Support. Chapters are by various experts and the articles are practical, informative and well organized, clearly laying out goals and augmented by charts, tables, case studies and references. The appendices are very useful, with food source lists for vitamins and minerals, as well as information about the TLC Diet, the DASH Diet, and dietary reference intakes. The book concludes with review questions and answers for the student, an adequate index, an enrollment form/answer sheet to get independent study credit, and an evaluation form. This book is well organized and well written, a help to nursing students or even non-nurses.

As an upcoming NP, this is a good resource that I can use for my patients and in planning their care. Very little nutritional education is given to healthcare providers as of late, and outside of a basic nutrition class- this subject is most often left up to the dietitian to figure out. This book bridges the gap and allows for the flow of information from the provider side as well. While I am not a nutritionist, it is still vital that I have a grasp on foods, nutrition, the impact on body systems and the like in order to provide good quality care. This book has helped me do that and enabled me to brush up on little-covered areas of healthcare.

I found this book very helpful for its resources, including lists of foods that are high in iron, folate, Vitamin C, purines, and many more substances. Patients are always asking, "which foods should I avoid?" or "which foods should I eat"? As an example, I have a patient with newly-diagnosed hemochromatosis, a disorder where iron stored in the liver can build to dangerous levels. It was important that I give him a list of foods high in iron to avoid. On the other hand, if someone has iron deficiency anemia, the same list would be good to help that person increase their iron intake. The chapter on renal disease is very helpful, as it separates out the nutrition advice for earlier stages of CKD and those patients undergoing dialysis or who are in very late stages prior to starting dialysis. The person who wrote the negative review and who complained about the mention of crackers, chips and ice cream in the diabetes chapter was being unfair. The authors do **not** recommend that diabetics consume these foods every day, and the examples he or she refers to

appears in a TABLE about carbohydrate counting in Type 2 diabetics. The table shows that 1 slice of toast, 1/2 cup of ice cream, etc. all equal 15 grams of carbohydrate. The more important message they give for Type 2 is the *consistency* of carbohydrate intake from day to day. For RNs and NPs, the bonus in the book is the opportunity to earn 35 CEs by completing all the questions at the end of the chapters, submitting them to the address given, and paying a \$40 fee. The CEs are approved by the ANCC.

I held out high hopes for this book providing nutritional education to registered nurses. Medical doctors are given little to no training in nutrition as they are going through medical school, so the responsibility of giving solid information about diet to patients falls on nurses and dietitians. Unfortunately, if they're relying on this book to provide the latest and greatest information on this topic, it falls woefully short. All I had to do was turn to the section on diabetes. Here's the recommended menu for people with blood sugar and insulin abnormalities: dry toast, low-fat milk, pasta or rice, low-fat yogurt, crackers, dry cereal, sweet potato, potato chips, banana, fruit juice, cookies, jam and ice cream. ARE YOU FREAKIN' SERIOUS?! The so-called experts and authors of this book Hark, Ashton, and Keen contend that reducing saturated fat, cholesterol and sodium is "a priority" for diabetics. Why oh why when the real problem here is controlling insulin and blood sugar--something that is IMPOSSIBLE to do with all that carbage you're recommending for them to eat! OMG, are you TRYING to kill these poor people with your advice? I'm sorry, but if this is the kind of education you are trying to provide to nurses about nutrition, then it's not worth the paper it is printed on. I highly suggest you do some more research on ALL the latest information on diet and health, including looking at the Mediterranean, Paleo, low-carb, and ketogenic diet approaches, for example. The diet information in THE NURSE PRACTITIONER'S GUIDE TO NUTRITION is monopolistic with a focus on the low-fat, high-carb, healthy whole grain diet. This has been shown again and again NOT to be the optimal way to eat. So why again are you promoting it as a viable education protocol for nurses to be sharing with patients. Do yourself a favor and avoid this book like the plague. There are MUCH better resources out there based on the most current research if you truly care about the nutritional health of your patients.

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