

NR224 - Week 4 Comprehensive Study Guide

Core Topics and Concepts

1. Nutrition



- **Nutritional Needs Across the Lifespan:**
 - **Infants and children:** Higher protein, calorie, and vitamin D needs.
 - **Adolescents:** Increased caloric needs for growth; focus on iron and calcium.
 - **Adults:** Balanced nutrition with focus on maintaining health.
 - **Elderly:** Increased need for calcium, vitamin D, and fiber; reduced caloric requirements due to slower metabolism.
- **Factors Influencing Nutrition:**
 - Cultural, religious, and socioeconomic factors.
 - Health conditions (e.g., dysphagia, diabetes).
- **Therapeutic Diets:**
 - **Clear liquid:** For GI rest (e.g., broth, gelatin, apple juice).
 - **Full liquid:** Includes clear liquids plus dairy and pureed foods.
 - **Low-sodium, low-fat, diabetic diets:** Adjust for specific conditions like hypertension, cardiovascular disease, or diabetes.
- **Aspiration Precautions:**
 - Upright positioning during and after meals (30-45 degrees).
 - Thickened liquids for patients with dysphagia.
 - Assess gag reflex before feeding post-procedure.

2. Enteral Feeding



- **Types of Tubes:**
 - **NG Tube:** Nasogastric tube for short-term feeding.
 - **PEG Tube:** Percutaneous endoscopic gastrostomy for long-term use.
- **Pre-Feeding Steps:**
 - Verify tube placement (X-ray or pH testing).
 - Assess residual gastric volume to prevent overfeeding or aspiration.
- **During Feeding:**
 - Use gravity or pump to administer formula.
 - Monitor patients for nausea, vomiting, and distention.
- **Post-Feeding:**
 - Flush the tube with water to prevent clogging.
 - Maintain upright positioning for 30-60 minutes.
- **Complications:**
 - **Aspiration:** Most serious; assess lung sounds and signs of distress.
 - **Diarrhea:** May indicate intolerance or rapid feeding.
 - **Constipation:** Monitor bowel movements; provide adequate fluids.

3. Bowel Elimination



- **Common Issues:**
 - **Constipation:** Caused by immobility, medications, or dehydration.
 - **Diarrhea:** May result from infections or tube feeding intolerance.
 - **Fecal Incontinence:** Linked to neurological or muscular disorders.