

Practical Nutrition

A Quick Reference
for the Health Care Practitioner

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AN ASPEN PUBLICATION®
Aspen Publishers, Inc.



1989

Rockville, Maryland
Royal Tunbridge Wells

Library of Congress Cataloging-in-Publication Data

Practical nutrition.

"An Aspen publication."

Includes bibliographies and index.

I. Diet therapy. 2. Nutrition. I. Simko, Margaret D.

II. Cowell, Catherine. III. Hreha, Maureen S.

[DNLM: 1. Diet. 2. Nutrition. QU 145 P896]

RM217.2.P73 1989 615.8'54 88-35105

ISBN: 0-8342-0048-1

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0-8342-0048-1/89 \$1.00 + .12.

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Editorial Services: Mary Beth Roesser

Library of Congress Catalog Card Number: 88-35105

ISBN: 0-8342-0048-1

Printed in the United States of America

1 2 3 4 5

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Foreword

As a practitioner and teacher of family medicine, I am pleased that the authors have provided a practical guide for nutritional problems encountered almost daily in the family physician's office. Beginning with nutrition during pregnancy and lactation and concluding with the special considerations of the elderly, this book covers common nutritional problems of each stage of the life cycle. It provides assessment guidelines and therapeutic recommendations for early detection of patients at risk for the sequela of poor nutrition.

Biomedical science continues to provide solutions to the problems of infectious diseases and other more direct causes of death. However, we still have a long way to go in resolving health problems that are influenced primarily by lifestyle. Poor nutrition has been identified as a contributor to heart disease, hypertension, and even some types of cancer.

This volume is a well-organized reference for the family physician to help assess nutritional status and to direct effective intervention where it is needed for patients of any age. I am certain you will find it useful to help you work in partnership with your patients to overcome the barriers to good nutrition.

James G. Jones, M.D., D.A.B.F.P.

Foreword

Interdisciplinary collaboration requires high-level professional functioning. *Practical Nutrition: A Quick Reference for the Health Care Practitioner* provides such a forum. The physician, nurse, and nutritionist contributors of this book have shared their professional expertise, with nutrition being the common ground and health promotion being the common goal.

Medicine's discussion of nutrition assessment, nursing's appraisal of the environment, and nutrition's recommended intervention orchestrate to a usable format for clinical practice. This collaborative organization is applied to each of the seven developmental sections.

The outcome of this collaboration is a unique contribution in health care. The beneficiary of this professional sharing and communication is the client.

Lucille A. Joel, R.N., Ed.D., F.A.A.N.

Foreword

Appropriate nutrition care begins with screening and assessment to identify problems. It progresses to nutrition intervention based on a soundly conceived nutrition care plan that builds on the problem identification phase. Nutrition intervention consists of counseling, help with home and money management, and food assistance and education. It concludes with evaluation, documentation, and successive iterations as realities for the patient change.

This book gives the health care practitioner convenient and usable guidelines when confronted with various nutrition-related problems in different types of patients. It is innovative in several ways. First, with a unique problem-solving format, it emphasizes a team approach and referral. In addition to direct care, it suggests specific mechanisms for referral to registered dietitians and other specialized health care practitioners when the realities of patients require it.

Second, this book builds health promotion and risk reduction through dietary means into routine health care encounters, and integrates them with disease treatment when appropriate.

Finally, the book provides us with useful perspectives of national experts in health care. It will be a valuable tool for health care practitioners.

Johanna T. Dwyer, D.Sc., R.D.

Preface

This book was written for physicians, nurses, and entry level nutritionists and dietitians. It contains practical, easily accessible guidelines for incorporating basic nutrition principles into routine clinical practice.

Integrating nutrition into health care is often perceived as time-consuming and not given priority status. *Practical Nutrition: A Quick Reference for the Health Care Practitioner* provides concise basic information to readily utilize nutrition theory in health maintenance and promotion.

The text is organized in a developmental format so that access to a particular age group is convenient. Each part discusses nutrition in an orderly presentation: nutrition assessment, environmental management, and dietary management. The expertise of the disciplines of medicine, nursing, and nutrition provide an interdisciplinary approach for promoting health through nutrition. Each author has contributed a personal hallmark derived from experience in practice. Common nutritional problems of each age group are presented with the problem-solving approach of assessment, action, and evaluation.

The text offers a practical tool for incorporating nutrition into health care for all clients. It actualizes the reality that nutrition is basic to health.

Acknowledgments

We wish to thank Kathleen S. Babich for graciously sharing materials and ideas. We are appreciative to Anne Goldstein for her diligence, care, and promptness in word-processing the manuscript. From New York University, Mary Tai was most helpful in reviewing selected technical data, and Lena Singh gave us her continuing support. We extend our gratitude to the Nurse Practitioner Forum of the New Jersey Nurses Association for responding to the needs assessment survey. To Ann O'Sullivan and Joan Lynaugh from the University of Pennsylvania, School of Nursing, thank you for encouragement in the development of the idea for this book. We are grateful to Chris Jackson and Kathleen Nottage for identifying the need for this type of book in practice settings. We thank New Jersey Congressman Bernard J. Dwyer and his staff who provided reference materials. Most importantly, we recognize and acknowledge the efforts of all of the contributors who made this book a reality.

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