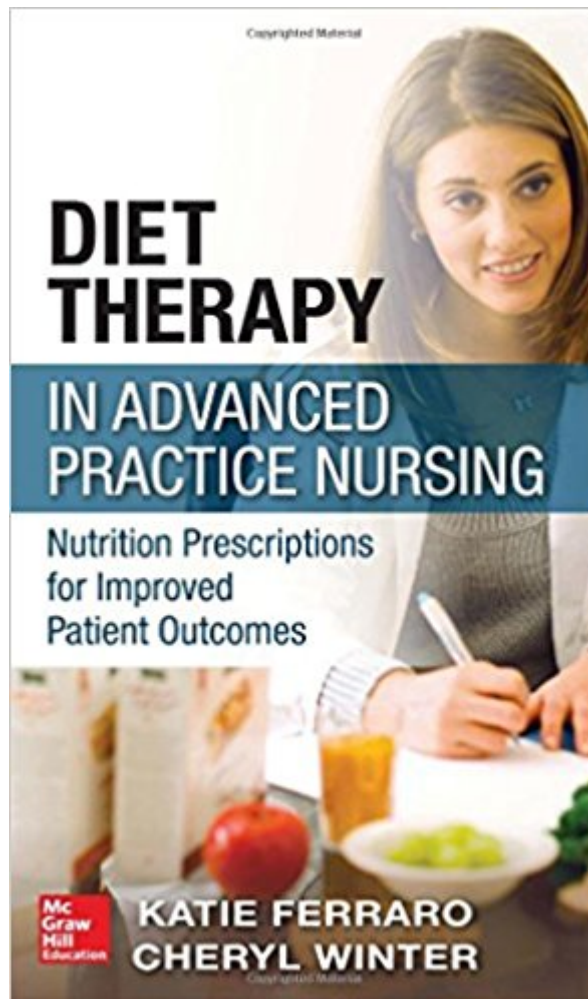


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# Diet Therapy In Advanced Practice Nursing: Nutrition Prescriptions For Improved Patient Outcomes



## Synopsis

A Doody's Core Title for 2015. Proven nutrition strategies for optimizing health and combating specific diseases – written for the advanced practice nurse. As scientific evidence continues to emerge showing the underlying role nutrition and diet play in preventing and treating common health issues such as cardiovascular disease, diabetes, and cancer, there's renewed emphasis by healthcare providers on delivering individualized nutrition prescriptions to patients to improve health outcomes. While this role has traditionally been performed in out-patient and in-patient settings by registered dietitians, advanced practice nurses now play a major role in giving diet and nutrition advice to patients and, in some cases, prescribing medical and diet therapy plans. *Diet Therapy in Advanced Practice Nursing* gathers together the evidence-based guidelines and practices recommended for the prevention, management, and treatment of a variety of disease states. Co-authors Katie Ferraro, RD, and Cheryl Winter, RD, NP, used their combined knowledge and experience in nutrition and nursing practice to write an easy-to-use book that gives readers practical resources such as: Meal planning and tracking tools Nutrition screening, assessment, and counseling techniques Body weight regulation principles Nutrition assessment and monitoring parameters Individual chapters cover nutrition for all major disease states, giving prevention guidelines, medical nutrition and diet therapy recommendations, patient education tools, and detailed complication and side effect considerations. The book concludes with appendices containing key information for clinical reference, including Dietary Reference Intake (DRI) tables, USDA Food Patterns, CDC Growth Charts, and Useful Conversions for Nutrition.

## Book Information

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## Customer Reviews

This nutrition book is comprehensive and contains a wealth of information that is current and yet, quite easy to understand. It translates the evidence based literature (documented at the end of each chapter) to engage, add to and promote the use of nutrition for the APN in clinical practice. It provides nutritional guidance from assessment to intervention, while incorporating the patient's condition, cultural background and personal taste. It sees the patient through the lifespan stages, in-utero to older adults, from pregnancy to abnormal chronic conditions. As a student studying to become an advanced practice nurse in public health, I know I will be referring to this book as I counsel patients with diabetes, cardiac, gastrointestinal and cancer as an adjunct therapy to better health. The book also aids the practitioner with exemplars to use with patients (like portion size, activity level, and even food seasonings just to name a few) distilling this information for the layperson to encourage communication between providers and clients. It promotes the learning axis of see one, do one, show one in meal planning. I highly recommend this nutrition resource/guidance book to any nursing student, provider in both acute and primary care practice.

If you are a nursing major, this textbook is for YOU! It's well-organized and easy-to-read (unlike so many other texts). You'll appreciate all the clinical perspectives and the way the authors definitely understand how much you need to know. And it's the perfect size (no more 40lb textbooks - yay!). 5 stars!

This is a great reference that is easy to use and includes many helpful tables and figures. The book is well organized and covers a variety of diseases including an excellent chapter on diabetes.

Simple to use and relevant in primary care. Easy to find tips and education for both practitioners and patients. Absolutely fabulous! A jewel in understanding the importance of the first line of therapy "Nutrition". This is a prescription for the 1st line therapy - nutritional prevention - at its best!

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