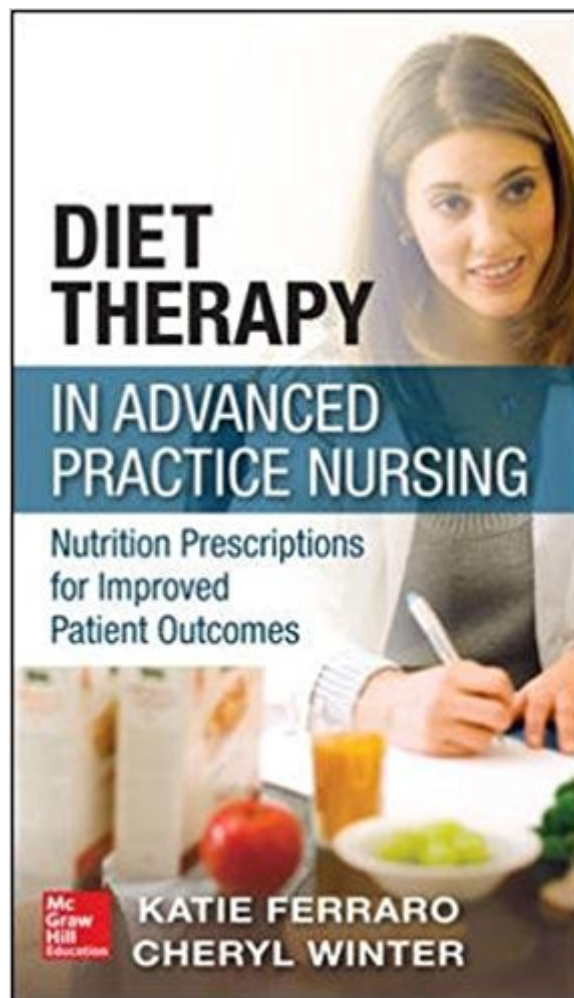




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Diet Therapy In Advanced Practice Nursing: Nutrition Prescriptions For Improved Patient Outcomes



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

Paperback: 672 pages

Publisher: McGraw-Hill Education / Medical; 1 edition (October 28, 2013)

Language: English

ISBN-10: 0071771484

ISBN-13: 978-0071771481

Product Dimensions: 4.7 x 1 x 8.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #176,214 in Books (See Top 100 in Books) #38 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Diet Therapy #55 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #76 in Books > Medical Books >

Customer Reviews

Katie Ferraro, MPH, RD, CDE, is a registered dietitian, certified diabetes educator, and nutrition consultant based in San Diego, California. Specializing in nutrition communications and curriculum development, Katie's approach to primary care nutrition is "If you can't beat 'em, join 'em!" She is an Assistant Clinical Professor of Nutrition in the graduate schools of nursing at the University of California San Francisco and the University of San Diego. Katie obtained her undergraduate degree in Dietetics from Texas Christian University and Master of Public Health Nutrition from the University of California, Berkeley. She is a former Peace Corps Volunteer (Nepal) and an avid traveler and intrepid taster of new foods. You can find Katie online at www.ingrainhealth.com. Cheryl Haas Winter, MS RD, MS APRN, CDE, BC-ADM, FNP-BC is a registered dietitian and advanced practice registered nurse, who is board-certified as a family nurse practitioner. Cheryl has been passionate about the powers of food and nutrition since high school, which is why she first became a registered dietitian. Believing food and nutrition to be the best medicine for prevention and treatment of disease eventually led her to become a registered nurse and then family nurse practitioner so that her patients were sure to be prescribed necessary medical nutrition therapy. Being focused on preventing and treating obesity and diabetes, Cheryl also became board-certified in advanced diabetes management, and currently practices as a diabetes specialist healthcare provider in Houston, Texas for DiabetesAmerica. Additionally, she is a weight-management specialist and certified diabetes educator/consultant with her own company, DiabeteStepsRx (<http://diabetestepsrx.com>).

Rarely does a nutrition manual make you sit up and start reading with interest...unless maybe if you're a RD. As I opened this book I thought, "Finally! A book dedicated to the Advanced Practice Nurse that is actually helpful." I don't mean to sound facetious-this is a phenomenally well written guide for those of us who have wanted desperately to improve our patients' health outcomes but didn't have the advanced tools necessary to practically include nutrition in the prescription. This book is comprehensive and is formatted for easy referencing when considering specific patient conditions. My only wish is that the target audience be expanded to include ALL health care providers because everyone in the industry could benefit from being able to work with our patients on improving their nutritional status and optimizing their health. And our own.

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 is best!

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.

The title of this book is somewhat understated, but don't let it mislead you. It is dedicated to the nursing professionals and as such very useful, and much needed. As a registered dietitian nutritionist I found it to be a useful resource for every day practice, considering that no one can remember everything. Whether working in acute care, long term care or community settings, I am certain I can use this copy repeatedly as a reference as well as a launching place for a lesson plan for a class on specific disease topics. I plan to recommend it to dietetic students as well as interns and entry level RDN. The size is convenient to carry around daily whether in the pocket, folder or small carry-all or tablet carrier. I know mine will be well marked after only a few months.

I am the executive chef at a hospital, and I've got Type 1 diabetes so understanding healthy nutrition strategies is paramount in my personal and professional life. This book gives me the tools necessary to speak the language of nutrition fluently with my dietary colleagues as well as the patients and their families that I serve. I use it as a guide when menu planning to verify that I am meeting the requirements to contribute to improved patient outcomes from the kitchen. If I could

give the authors any feedback, it would be to include some recipes in future editions!

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.

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