



Nursing Nutrition Education Role in Improvement of Patients Nutrition Support

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Good nutrition is one of the necessary elements for patients' well-being (1). In addition to maintaining health, functional independence, adequate nutrition and improving nutritional status are necessary (2). One of the predictive factors of negative clinical outcome in hospitalized patients such as increased hospital stay is bad nutritional status. Rates of under nutrition and malnutrition is higher among hospitalized patients and specially children. Early identification of at-risk patients which are prone to this problem could lead to appropriate interventions (3,4). Good and adequate nutrition can assurance growth, development and immunity status of children or improve their immunity (2). On the other hand, hospital malnutrition is a problematic and challenging issue in modern health care (5). The overall impact of malnutrition on health growing was established. Malnutrition can deteriorate general health condition, increased adverse effects such as mortality or morbidity, hospital stay and care costs. Certainly, critically ill patients or patients with chronic disease that hospitalized for prolonged duration, need to specific attention on their developmental needs. It is clear that nurses have highlighted role in this issue (6). Nurses as primary care providers, are in the best position to provide good nutrition of patients. For improving the hospitalized patient's nutritional status and to prevent malnutrition, having sufficient knowledge about nutrition is essential for nurses (3,7). Malnourish patients affected by infections, unhealed wounds or pressure wounds (7). In addition, feeding tube may be used for support of eating and prevention of aspiration in some of diseases (8). Nutritional and metabolic supports are important part of patient care. Malnutrition has serious effect on the disease process. Nurses are responsible for measurement and control of food intake, assessing nutritional status, and routine patient care specially the administration of ordered therapies. However, in various studies it was shown, inadequate and poor knowledge of nurses about nutrition. Crogan et al demonstrated that evaluation of nutrition has direct association with nutritional acknowledgements (9). The acknowledgement level of nurses was higher because of receiving former nutrition

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and offering excellent professionalism when the nutrition team was available in hospital. It is clear that even though prolonged nursing experiences without receiving special education about nutrition issues could not increase nutrition knowledge. Previous studies revealed lack of adequate nutrition knowledge and advocated increasing their awareness in this field and recommended adding nutrition education to nursing-school programs and continuing education. There is not any doubt that nurses without basic knowledge are unable to provide suitable nutritional support (3). There is a concern that nutrition did not exist in the curriculum of nursing schools and it is commonly appeared that proposed subject is a negligible in health services. Furthermore, there are some problems including as lack of nutrition, the low rates of monitoring malnutrition and poor support of patients nutrition. In several studies was proved insufficient levels of nutritional knowledge of physicians and nurses, then it is highlighted a great need for prolonged nutrition education (3). It is known that elevation of clinical nutrition knowledge is impossible in the working area. This implies need and value of nurse's education programs in nutrition. We can conclude that for having nurses with high quality nutrition education, curriculum should be revised. The main goal is not having trained nurses in nutrition field, but is increasing clinical nutrition levels as a part of patient health care services. After receiving new curriculum, latter steps toward complementation nurses education is continued with postgraduate education and established by "Postgraduate Certificate Programs."

Ethical Issues

Not applicable.

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Conflict of Interest

The authors declare that there are no conflicts of interest.

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