



FOODUCATION: Dietary Simulation & You

Laurel Matthews MSN RN

So Why Simulate?

- Guided learning
- Safe environment
- Test preparation
- Employs “flipped classroom” techniques
- Useful to all disciplines



Fooducation: Dietary Education for Nurses

Approx. 10 min

Students are educated on diets that support specific conditions

Each student is matched to an assigned scenario

Nursing students must assess a patient scenario

Anticipate the appropriate diet

Design a meal based on the client's needs

Students work individually but collaboration is not frowned upon

2

Mr. Smith is 52 year old male, weight of 260lbs, who was admitted to the hospital for left lower lobe pneumonia. He has a history of COPD and Type 2 diabetes. He has been a smoker for 20 years with a 1 ½ pack a day smoking habit.

- What diet does the nurse anticipate the provider will select for this patient?
- What food items would the Registered Nurse (RN) recommend for breakfast and lunch for this patient?

Supplies

2

Evaluating Knowledge Retention

What diet does the nurse anticipate the provider will select?

Answer: Diabetic Diet

What food items would the Registered Nurse (RN) recommend?

Answer: Whole grain oatmeal with strawberries, low fat milk

- Volunteers present their diet choice and designed meal
- Students are reminded that this a safe place to be wrong
- Students may offer input to help presenter

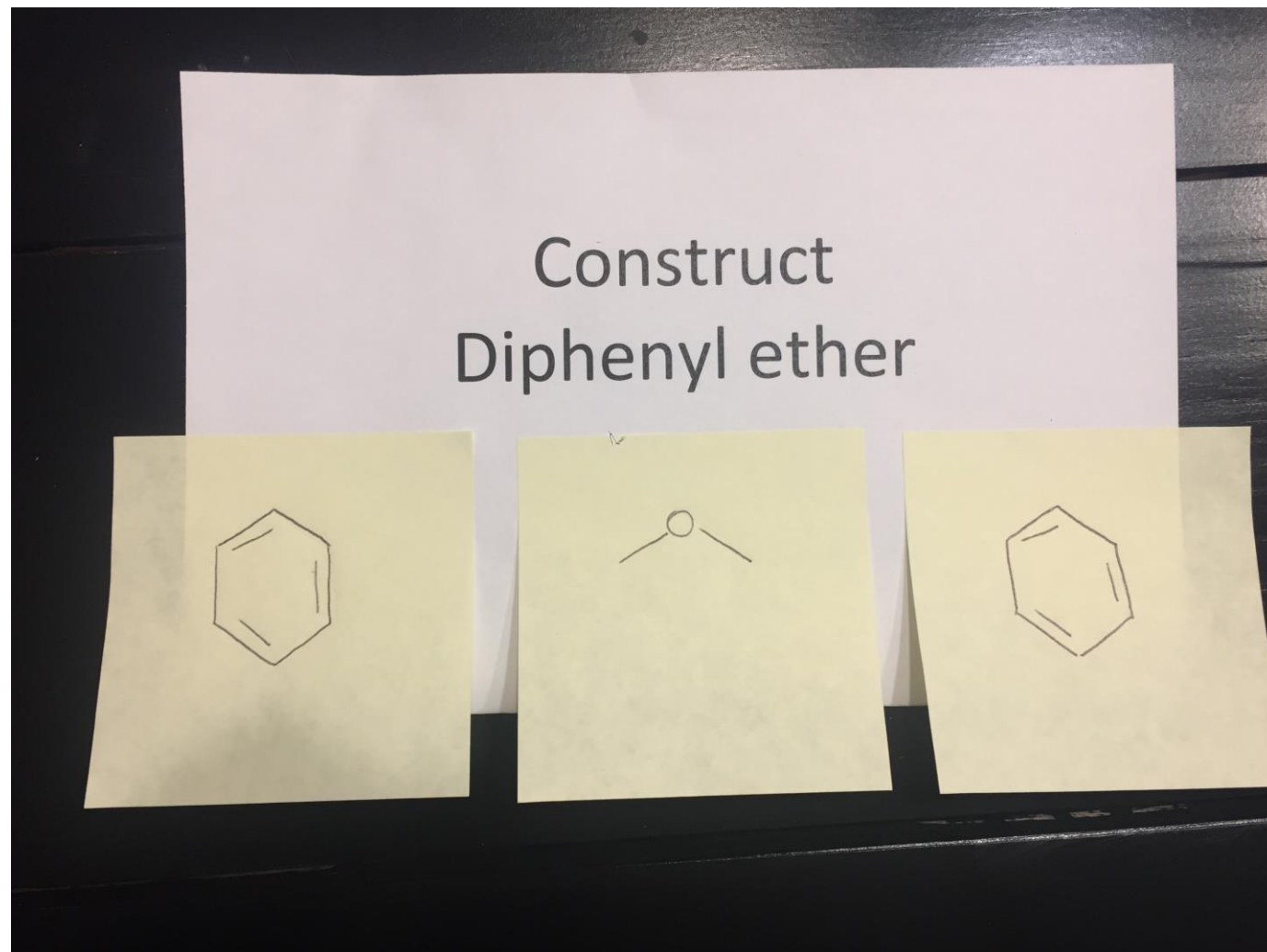


What About You?

Using Simulation Across the Education
Spectrum

Ex. 1

Chemistry



Ex. 2 History

Create a timeline of the
Civil War

South
Secedes from
the U.S.

Battle
of
Gettysburg

General Robert E.
Lee surrenders
in Virginia

Scenario 1

NUR 306

Scenario 1

Mr. Smith is 52 year old male, weight of 260lbs, who was admitted to the hospital for left lower lobe pneumonia. He has a history of COPD and Type 2 diabetes. He has been a smoker for 20 years with a 1 ½ pack a day smoking habit.

What diet does the nurse anticipate the provider will select for this patient?

What food items would the Registered Nurse (RN) recommend for breakfast and lunch for this patient?

Student 1

Diabetic diet

Oatmeal and low fat milk

Student 2

Diabetic diet

Turkey bacon & Egg whites

Student 3

Diabetic diet

Low sugar/High fiber cereal with fruit, hard boiled eggs

Digital



In a nutshell...

- Every student participates
- Inexpensive
- Solidifies critical concepts
- Encourages student-to-student collaboration
- Promotes student-to-content engagement