

# The Role of Nurse and Midwife in Nutritional Care

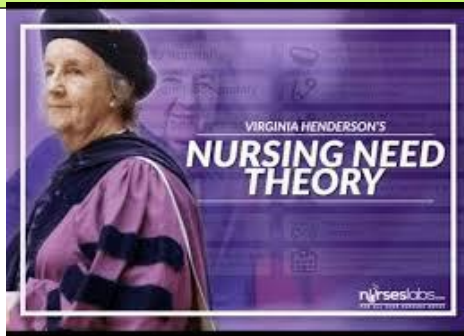
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## ➤ Introduction

- Nurses/ Midwives play pivotal role in health care services
- Nutritional care forms part of successful treatment and care
- A healthy diet / proper nutrition plays a big role in disease prevention, recovery from illness and ongoing good health



In 1861, **Florence Nightingale** identified the importance of the nurse's role in **nutrition care** when she wrote 'Every careful observer of the sick will agree in this, that **thousands of patients are annually starved in the midst of plenty**, from want of attention to the ways which alone make it possible for them to take food'.



## Virginia Henderson (1991)

described the 14 nursing activities described contribute to health or its recovery and include such things as: breathe normally, **eat and drink adequately**, eliminate body wastes, and sleep and rest. These activities could also be viewed as fundamental human needs and basic needs of the patient.

## ➤ Six Essential Nutrients

- ❖ Protein
- ❖ Carbohydrate
- ❖ Fat
- ❖ Vitamin
- ❖ Mineral
- ❖ Water



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**Macronutrients** are eaten in large amounts and include the primary building blocks of your diet — **protein, carbohydrates, and fat** — which provide your body with energy.

**Vitamins and minerals** are **micronutrients**, and small doses go a long way.

**Water** improves your brain function and mood. It acts a shock absorber and a lubricant in the body. It also helps flush out toxins, carry nutrients to cells, hydrate the body, and prevent constipation.

**Proper nutrition and hydration are vital.** People who eat a well-balanced diet tend to be healthier with **stronger immune systems** and lower risk of chronic illnesses and infectious diseases



# Types of diet

## (Standard hospital diets)

- Liquid diet
  - Clear liquid
  - Full liquid
- Soft diet
- Solid diet
- Special diet
- Convalescent diet
- Vegetarian diet
- Other diets

## ➤ **Liquid diet**

### **Clear liquid**

- clear water , tea or coffee without milk or cream, clear sodas, honey, ice ...
- it is often prescribed for gastrointestinal illness, before or after certain types of surgery, the postoperative patient

## Full liquid

- fruit juices, soups, ice cream, yogurt
- essential for patients who cannot chew or swallow solid foods
- for the postoperative patient, gastrointestinal illness

## ➤ **Soft diet/ Semi solid/ light diet**

- very tender mince, puree or ground, cooked, fish, pudding, soft bread and cereals, soft raw fruits
- simple easy digestible foods, appropriate for patients who have few or no teeth or ill-fitting dentures.
- acute infections, certain gastrointestinal disorders and at the post- operative stage.

➤ **Solid diet / Full diet/ Regular diet**

Any solid substance that is used as a source of nourishment, not counting calories, and no food are off limits, includes a variety of healthy foods from all the food group.

➤ **Special diet**

Low protein diet

Low fat diet

Low calories diet

Low salt (Salt-restricted )

Low cholesterol diet

Low residue/ low-fiber diet...

High protein diet

High calories diet

High residue/ high - fiber diet...

Nutrition during the COVID-19 outbreak



**Nutrition advice for adults during the COVID-19 outbreak**



## Convalescent diet

The convalescent diet sometimes called light diet , suitable for convalescent client or used in minor illness but with some limitations

- milk, pudding, porridge, egg, fish, soup...

# Vegetarian diet



Other diets

Islamic diet...





# The Role of Nurse and Midwife in Nutritional Care

- ❖ Nurses and midwives are the **main point of contact** with clients/ patients, they must understand the **importance of nutrition basics** and be **able to explain** the facts about healthy food choices to their patients

❖ **Nutritional education** is the key factor

The education and training in nutrition is **interdisciplinary** education required by nurses, midwives, health visitors, doctors, dietician, pharmacists, dentists

All branches of **nursing and midwifery** should receive the same basic nutrition education



**Nurses can help patients learn about the importance of nutrition.**



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- ❖ Provide information in **nutritional education** such as essential nutrients , basic required amount, types of diet, food hygiene, regular meal time, drug and food **interaction**, malnutrition and complications, etc.

- ❖ The role of the nurse and midwife in the nutritional care of patients and clients is **extremely vary** and can range from promoting a **healthy diet in a client** to the provision of **parenteral nutrition to a critically ill patient**.



❖ Nutritional care is dependent on careful management supported by an **effective infrastructure and policy.**

Nurses now more difficult in preparation and serving of food for a nurse to provide food on demand.

- ❖ Nutritional care must be taken into consideration during the entire care process
- ❖ All patients are required to have a nutritional assessment completed on admission.
  - Nutritional pattern/ eating pattern

- Patient's nutritional status
- Ability to eat
- Allergy
- Appetite, nausea and vomiting
- Require assistance either to feed themselves or to be fed by another person

- ❖ All patients are required to have an individualized nutritional care plan, intake and output chart, nursing note as required
- ❖ Supporting / assisting patients in eating will help patients maintain or improve their nutritional status

- ❖ Focus on the patient's **mealtime** and create a pleasant and enjoyable **environment** for patients
- ❖ **Adequate nursing or other support**, such as relatives and caregivers, should be available to ensure that assistance required by patients at mealtime is provided

- ❖ Provision of food also has implications for the **emotional well-being** of the patient, **familiar foods** are important in highly stressful situations  
**Participation** of patient and relatives is an important

- ❖ Encourage and assist patients to maintain their oral care and denture care as needed
- ❖ The nurse's role is important in Ryle's tube feeding, enteral nutrition via a gastrostomy tube and parenteral nutrition

- ❖ Keeping a patient well nourished for some cases is one of the most **difficult arts** within nursing such as long comatose patient, congestive heart failure...
- ❖ There is to be a dedicated nutritional care resource nurse/ **nutrition nurse specialist** in every clinical setting



## Nursing process

**Nursing diagnosis:** Altered nutrition: less than body requirement related to difficulty in swelling, loss of appetite, nausea and vomiting

**Nursing diagnosis:** Altered nutrition: potential for more than body requirement related to decreased activity pattern

## ➤ **Conclusion**

- ❖ Nurses and midwives must **pay attention** to the nutritional needs of patients or clients
- ❖ Nutritional care which promotes recovery from illness and the **quality of life (QOL)** of patients
- ❖ Nutritional nursing care is dependent on the interactions between the nurse/ midwife and patient, between the nurse/midwife and the **team**, and the nurse/midwife and the organization.

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*Thank you all*

