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The Nurse Practitioner's Guide to Nutrition

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The Nurse Practitioner's Guide to Nutrition

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The Nurse Practitioner's Guide to Nutrition is a comprehensive clinical resource for nurse practitioners working in a variety of clinical care settings. Emphasizing practical nutrition information, this accessible guide provides guidance on incorporating nutrition history questions and counselling techniques into routine care across all clinical settings.

The book begins by discussing fundamental concepts in nutrition assessment, giving readers a solid framework from which to approach subsequent chapters. Section Two focuses on nutrition from a lifespan perspective, organizing information by the issues most pertinent to patients at different stages of life. Section Three presents nutrition counselling across clinical care settings ranging from cardiology, endocrinology, oncology, and gastroenterology to caring for the obese patient.

Each chapter includes essential information distilled in quick-access tabular format and clinical scenarios that apply key concepts discussed to real-world examples. Ideal for both in-training and qualified advanced practice nurses, *The Nurse Practitioner's Guide to Nutrition* is an essential tool for assessing, managing, and treating nutrition-related conditions, as well as promoting nutritional health for all patients.

This activity has been approved for 35 nursing continuing education contact hours through the Temple University College of Health Professions and Social Work Department of Nursing Provider Unit, an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, itself an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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