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Nutrition & Elimination

Core Nursing Essentials Nutrition & Elimination

Nutrition and elimination assessment includes the patient's usual pattern, current intake, functional ability and goals. Coordinate individualized plans with the appropriate clinical team.

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Study guide

Nutrition and elimination assessment includes the patient's usual pattern, current intake, functional ability and goals. Coordinate individualized plans with the appropriate clinical team.

How to revise this category

1. Choose a topic and explain its purpose.
2. Identify the observations, equipment or information needed.
3. Connect the findings to documentation, reassessment and escalation.
4. Practise under qualified supervision and review the current local protocol.

Curriculum coverage

- Balanced diet
- Therapeutic diets
- Nutritional assessment
- Body Mass Index
- Enteral and parenteral nutrition
- Nasogastric feeding
- Fluid balance chart
- Bowel and bladder assessment
- Constipation and diarrhea
- Urinary retention
- Urinary incontinence
- Ostomy care
- Aspiration prevention

Quick Revision

Use this curriculum guide to organize study. Published summaries are listed separately. Detailed drafts remain in the private content studio until source and clinical checks are recorded.

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References & review status

- WHO - Obesity and overweight (https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight) - Online fact sheet accessed 26 November 2026. BMI formula and global adult cut-offs; not India-specific treatment targets.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

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Source and attribution

Original curriculum guide. Source scope and versions are listed in the guide.

Online chapter: https://nursescontent.com/essentials/nutrition-elimination/

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