



Diets Decoded: The Nuts and Bolts of Nutrition all Nurses Should Know

Release date: July 2, 2019

Expiration date: July 2, 2022

Estimated time to complete activity: 4 hours

Overview

NursingCE provides a high-quality, effective, and comprehensive way for license practical nurses, registered nurses and nurse practitioners to earn their state-required CNE credits in a clear online format.

A course on evidence-based practice provides current content intended to help practicing nurses apply this knowledge to their practice. The course also includes questions to test competency.

Target Audience Registered Nurses who wish to provide their patients, coworkers, family and friends helpful, evidence-based information on various popular diets for weight loss

Learning Objectives

Upon completion of this activity, participants should be able to:

1. To define the current epidemic of obesity in the United States and discuss strategies for weight loss
2. To explore the current research regarding balanced diets such as MyPlate, the Mediterranean diet, the DASH diet, the Mayo Clinic Diet, the Diabetic Prevention Program, and WeightWatchers to help elucidate their basic guidelines as well as potential risks and benefits.
3. To explore the current research regarding extremely low-calorie diets such as OptiFast to help elucidate their basic guidelines as well as potential risks and benefits.
4. To explore the current research regarding low-fat diets such as the Ornish diet to help elucidate their basic guidelines as well as potential risks and benefits.
5. To explore the current research regarding low-carbohydrate diets such as the Atkins and ketogenic diet to help elucidate their basic guidelines as well as potential risks and benefits.
6. To explore the current research regarding the moderate-carbohydrate diets such as South Beach, low Glycemic Index, and Paleo/Whole30 diets to help elucidate their basic guidelines as well as potential risks and benefits.
7. To explore the current research regarding plant-based diets such as vegetarian, pescatarian flexitarian, vegan, and the Nordic diet to help elucidate their basic guidelines as well as potential risks and benefits.
8. To explore the current research regarding specialty diets such as a gluten-free diet, intermittent fasting, juicing/detoxification, and Volumetrics to help elucidate their basic guidelines as well as potential risks and benefits.
9. To explore the current research regarding mobile weight management applications for your smartphone to help elucidate their basic guidelines as well as potential risks and benefits.

Accreditation and Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Nurses Credentialing Center's Commission on Accreditation (ANCC) through the joint-providership of Assessment Technology Institute (ATI) (provider) and NursingCE.

ATI is accredited as a provider of continuing nursing education by the ANCC.

This activity is provided for a maximum of (4) contact hours under ANCC criteria.

Commercial Support

None

Faculty and Planners Disclosure Statement

All planners and faculty participating in continuing education activities provided by ATI are expected to disclose to the audience any support or relationship(s) with providers of commercial products and/or devices discussed in this activity and/or with any commercial supporters of the activity. In addition, all faculty are expected to openly disclose any off-label, experimental, or investigational use of drugs or devices discussed in their presentation. The planners and faculty have been advised that this activity must be free from commercial bias, and based upon all the available scientifically rigorous data from research that conforms to accepted standards of experimental design, data collection, and analysis.

The following speakers and planning committee members listed below have stated they have no financial relationship(s) with providers of commercial products and/or devices discussed in this activity and/or with any commercial supporter of this activity.

- Megan S Roberts
- Faith Selchick_
- Deborah Long

Method of Participation to Earn CNE Credit(s)

Learner pays the appropriate fee for participating in and receiving credit for this online educational activity. In order to obtain credit for participating in this activity during the period of June, Date, 2019 through June, date 2022, participants must:

1. Read the educational objectives and disclosure statements
2. Review the appropriate modules. Participants may make corrections to incorrect responses as needed.
3. Upon completion of entire module, learner may receive (4)credit
4. Submit the online evaluation to NursingCE.

Credit will be issued only upon completion of the exam questions with a score of 80% or higher and activity evaluation. After completing this information, you will be able to print out your credit certificate. This activity should take up to (4) hour to complete. Credits are redeemable in 1 hour increments.

Hardware/Software Requirements

NursingCE: can be delivered to the latest devices physicians prefer to use, including iPads®. Compatible browsers and devices include:

- Microsoft® Internet Explorer®: 9, 10
- Apple® Safari®
- Google Chrome™
- Mozilla® Firefox®
- Apple® Mobile Devices: iPad®, iPhone®
- Android™ Mobile Devices

Our training solution is playable on virtually any web enabled device with an Internet browser. We also have a specialized mobile app for devices with smaller screens like iPhones[®], available on iOS[®] and Android[™] devices. Users must have an Internet connection. A flash plug-in is not required for this training.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement by usage of (any / one) of these terms.

Disclaimer

The opinions expressed in the enduring educational activity are those of the faculty. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings. Further, attendees/participants should appraise the information presented critically and are encouraged to consult appropriate resources for any product or device mentioned in this program.

Privacy Policy

At ATI, we care about providing you with tools and information to manage and protect your online privacy. ATI retains records solely for keeping records in accordance with ANCC policies. We will not share your information with any other organizations. We will keep you informed of our CNE activities.

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