**Nursing Care**
- Directed toward what contributes to a normal concept and is thereby related to all factors involved in or with the concept. Not always needed to have a normal outcome.

**Attributes**
- Defining characteristics of the concept
- What must occur for the concept to exist

**Antecedents**
- What precedes the concept for it to exist
- Events or incidents that must happen before the concept

**Consequences**
- Untoward events or outcomes that occur due to malfunction within the concept
- Positive events or outcomes that occur due to proper functioning within the concept

**Interrelated Concept**
- Concepts which can affect change in the other
- Concepts which work together to ensure a normal process
- Concepts which if depleted or impaired can cause a negative consequence in the other

**Sub-Concept**
- Critical components of major concept

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**Nutrition**
- The process by which the body ingests, absorbs, transports, uses and eliminates nutrients and foods (NC)

**Attributes**
- Adequate Intake for:
  - Development-Energy- Growth-
  - Tissue Repair
  - Ideal Ht-Wt-BMI—(MAC) (MAMM)
  - Muscle Tone-Strength-Agility-Reflux
  - Response
  - Cognitive & Mood Response.
  - Albumin WNL
  - Hemoglobin & Hematocrit WNL
  - Electrolytes WNL

**Antecedents**
- Normal Alimentary Tract and Associated Organs
- Adequate Ingestion of Nutrients and Water
- Normal Temperature
- Normal pH

**Sub - Concepts**

**Consequences (Outcomes)**
- Positive
  - Homeostasis/Adequate Nutrition Hydration
  - Engage in Physical Activity
- Negative
  - Malnutrition
  - Insufficient/Excess Intake
  - Failure to thrive—Obesity
- **Malnutrition**
  - Physiological-Psychological-Dysfunction
  - Ingestion-Digestion-Absorption-Metabolism

**Interrelated Concepts**
- Patient Education
- Clotting
- Fluid and Electrolytes
- Human Development
- Diversity-(Lifestyle-Culture)

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**Medical**
- Risk factors
- Medications

**Physiological & Psychological Development**
- Growth & Tissue Repair
- Diets
- Nutrients

**Age-Gender-Genetics**
- Food Allergies

**Ethnicity Socioeconomics Knowledge**
- **Lifestyle Behaviors**

**Patient Education**
- Altered Hydration Status
- Low energy-Fatigue
- Depression-Isolation

**Growth/ Developmental Delay**
- Decreased Bone Density
- Delayed-Inadequate Healing
- Illness-Muscle wasting-Death