

GI Disease

Nutrition Assessment Adult
11/24/21 11:59 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/24/21 12:03 EST

Updated on
11/24/21 12:23 EST by Palauskas, Jennifer Registered Dietitian
11/24/21 12:19 EST by Blaine, Alicia Student Dietitian
11/24/21 12:06 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: Edema, Oral cavity abnormalities

Comment: poor dentition

Oral Cavity Abnormalities Nutrition: Other: general poor dentition

Appetite: Hunger cues present

Comment: Pt feels hungry but is satisfied quickly. She states that she cannot tolerate food at this time. After eating she has N/V.

Nutrition Orders: Clear Liquid Diet, - 11/23/21 16:29:00 EST, Constant Indicator, Standard

Meal Concerns: No cultural/religious food preferences

Nutrition Skin Condition: Skin intact

Signs and symptoms of possible swallow: None of the above

Nutrition Comments: Pt is currently on a clear liquid diet and has having difficulty tolerating it. Pt came to ED with c/o abdominal pain, N/V x2 wks, and hx of emesis. PMHx of pancreatitis, anemia, GERD, asthma, autoimmune hepatitis, Barrett's esophagus, HTN, and lupus. No notable nutrition-related labs at this time. BMI is 31.12. MST score is 1. Pt has localized 1+ pitting edema of the lower extremities. Pt states that she has been experiencing premature satiation during meals and is unable to consume more than 25% of her meals without feeling full. She states that her diet at home is generally healthful, including plenty of whole foods and fiber. She has had poor intake for >1 month, but does not report any weight loss. She tried to eat an italian ice last night and stated that she had severe pains in her stomach and felt nauseous right after. Pt has many concerns about her diet and states that different foods affect her in different ways. Would highly recommend she follows up with outpatient nutrition counseling. Pt was not interested in trying a supplement at this time, but would recommend a high pro supplement when tolerated. Discharge plan to be determined.

Allergy

Allergy	Reaction
1. Keflex	HIVES, THROAT CLOSED
2. ibuprofen	Bleeding

Allergies Reviewed: Yes

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BSA Measured: In Error
Body Mass Index Measured: In Error
Ideal Body Weight Calculated: In Error
Estimated Energy Needs Low: 1330 Kcal/day
Estimated Energy Needs High: 1600 Kcal/day
Estimated Protein Needs Low: 53 gm/day
Estimated Protein Needs High: 64 gm/day
Estimated Energy Needs Low kcal/kg: 25 Kcal/kg
Estimated Energy Needs High kcal/kg: 30 Kcal/kg
Estimated Protein Needs Low gm/Kg: 1.0 gm/kg
Estimated Protein Needs High gm/Kg: 1.2 gm/kg
Estimated Fluid Needs Low: 1865 mL/day
Nutrition Diagnosis #1: Inadequate energy intake NI - 1.2 2019

Nutrition Related To: N/V, abdominal pain

Nutrition As Evidence By: <25% of meals consumed

Progress of Nutrition Diagnosis #1: Initial

Nutrition Recommendations/Additional: high pro nutrition supplement as tolerated until solid foods are tolerated again.

Outpatient nutrition counseling.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Provide adequate nutrition.

Food and Food and Nutrient Goal Time: By Next Review

Nutrition Monitoring Other Comments: cosigned by Jennifer Palauskas, RD

Days until Dietitian Follow Up: 3

Dietitian Duration of Contact: 15 Minutes