

Nutrition Assessment Adult
11/23/21 13:17 EST Performed by Blaine, Alicia Student Dietitian
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Cancer

Updated on

11/23/21 14:12 EST by Palauskas, Jennifer Registered Dietician
11/23/21 13:43 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Appetite: Poor

Nutrition Orders: Regular Diet. - 11/22/21 21:05:00 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: RD consult for poor intake/ Hgb 8.6, HCT 25.7, Alb 3.1, MST score is 4. BMI= 24.07. PtMx of breast cancer, anemia and iron transfusions, chemotherapy, depression and anxiety. She presented to the ED with bilateral knee weakness and gait instability. Pt is currently on a regular diet and is consuming <50% of her meals, with reports of a poor appetite and N/V. Pt states that her appetite decreased when she started her chemo treatments about 12 wks ago. At this time, pt has completed 4 AC treatments and 2 AC-T treatments, and she states that her symptoms worsened after the Taxol treatments began. She denies any chemo-induced food aversions or mouth sores/difficulty swallowing. Pt reports 20-22 lb wt loss since beginning chemotherapy, with 5-7 lb loss since Taxol treatments. Pt has a total of 12% wt loss in 3 mos. She states that since she's been in the hospital she only picks at her food. Pt is interested in trying a high pro/kcal supplement but requests a dairy/lactose-free option. Would recommend clear nutritional drink to increase energy intake. Will monitor intake. Discharge plan to be determined.

Allergy

Allergy

Reaction

- 1. No Known Medication Allergies

Allergies Reviewed: Yes

Nutrition Assessment Adult

Weight Measured Kilograms: 63.6 kg

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Height/Length Measured: 162.56 cm

BSA Measured: 1.69 m²

Body Mass Index Measured: 24.07 kg/m²

Weight Change: Loss

Ideal Body Weight Calculated: 54.7 kg

Estimated Energy Needs Low: 1368 Kcal/day

Estimated Energy Needs High: 1641 Kcal/day

Estimated Protein Needs Low: 55 gm/day

Estimated Protein Needs High: 66 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: 1641 mL/day

Nutrition Diagnosis #1: Inadequate energy intake NI - 1.2 2019

Nutrition Related To: poor appetite and N/V, chemotherapy treatments

Nutrition As Evidence By: 12% wt loss in 3 mos and pt reports of decreased intake

Progress of Nutrition Diagnosis #1: Initial

Nutrition Diagnosis #2: Malnutrition (Undernutrition) NC - 4.1 2019

Nutrition #2 Related To: poor energy intake, poor appetite and chemotherapy treatments

Nutrition #2 As Evidence By: 12% wt loss in 3 mos, <50% intake of meals, and weakness

Progress of Nutrition Diagnosis #2: Initial

Nutrition Intervention: Commercial beverage/ food supplement therapy

Nutrition Recommendations/Additional: Lactose-free high pro/kcal supplement tid, in between meals.

Encourage adequate energy intake to prevent future wt loss.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Provide adequate nutrition to prevent future wt loss.

Food and Food and Nutrient Goal Time: By Next Review

Nutrition Monitoring Other Comments: cosigned by Jennifer Palauskas, RD

Days until Dietician Follow Up: 3

Dietitian Duration of Contact: 15 Minutes