

post-surg.

Nutrition Assessment Adult
11/16/21 14:34 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/16/21 14:35 EST

Updated on

11/16/21 15:00 EST by Palauskas, Jennifer Registered Dietitian
11/16/21 14:43 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Physical Appearance: Obese

Appetite: Good

Nutrition Orders: Clear Liquid Diet. - 11/16/21 10:38:00 EST, Constant Indicator

Meal Concerns: No cultural/religious food preferences

Nutrition Skin Condition: Skin intact, Surgical wound

Signs and symptoms of possible swallow: None of the above

Nutrition Comments: Pt was advanced to a clear liquid diet this morning and is doing well. She has no complaints of poor appetite or intake. BMI is 40.17, consistent with criteria for level 3 obesity. No notable nutrition-related labs at this time. Provided nutrition education for making appropriate food choices to promote a healthier weight status. Discharge plan to be determined.

Allergy

Allergy

Reaction

1. penicillins

RASH, ITCH

Allergies Reviewed: Yes

Nutrition Assessment Adult

BSA Measured: In Error

Body Mass Index Measured: In Error

Ideal Body Weight Calculated: In Error

Estimated Energy Needs Low: 1360 Kcal/day

Estimated Energy Needs High: 1630 Kcal/day

Estimated Protein Needs Low: 60 gm/day

Estimated Protein Needs High: 65 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: 1.1 gm/kg

Estimated Protein Needs High gm/Kg: 1.2 gm/kg

Estimated Fluid Needs Low: 1360 mL/day

Nutrition Diagnosis #1: Increased nutrient needs/ NI - 5.1 2019

Nutrition Related To: surgical wound healing/

Nutrition As Evidence By: Hx of hysterectomy and surgical wounds/

Progress of Nutrition Diagnosis #1: Initial

Nutrition Diagnosis #2: Inadequate energy intake/ NI - 1.2 2019

Nutrition #2 Related To: post-operative NPO and clear liquid diet orders

Nutrition #2 As Evidence By: NPO and clear liquid diet orders

Nutrition Recommendations/Additional: Advance diet when feasible. Increase protein intake to promote wound healing.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Advance diet when feasible and provide adequate protein/kcals to promote wound healing.

Food and Food and Nutrient Goal Time: By Next Review

Nutrition Monitoring Other Comments: cosigned Jennifer Palauskas, RD

Days until Dietician Follow Up: 3

Dietitian Duration of Contact: 15 Minutes