

Nutrition Assessment Adult
12/08/21 12:34 EST Performed by Blaine, Alicia Student Dietitian
Entered on 12/08/21 12:40 EST

Updated on

12/08/21 13:09 EST by Palauskas, Jennifer Registered Dietician
12/08/21 13:04 EST by Blaine, Alicia Student Dietitian
12/08/21 12:56 EST by Blaine, Alicia Student Dietitian
12/08/21 12:56 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Physical Appearance: Emaciated

Appetite: Good

Nutrition Orders: Heart Healthy Diet. - 12/08/21 9:54:00 EST, Start Meal: Lunch, Low salt, pt requests gluten free, lactose free also, 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: RDN consult for BMI <18.5, MST score 1, and poor intake. BMI 17.28. BUN 33, Creat 1.5, Alb 3.8. Hgb 8.6. Visited pt this morning to discuss appetite and reports of recent unintended weight loss. He states that he is very hungry and hunger cues are present. Pt reported that he has lost weight throughout the month of November without trying, he was unsure of the exact amount. Since his last visit two weeks ago he has lost 2.42 lb. He states that he follows a gluten free diet at home and avoids lactose and fish. He also stated that his appetite and intake is usually good at home. He does not report any difficulty chewing or swallowing. The pt has visible physical signs of severe protein calorie malnutrition. He has severe depletion of body fat in the buccal and orbital regions, as well as severe muscle wasting in the temporal, scapular, and clavicle regions. Suggest adding a lactose-free high calorie/protein supplement to his meals to increase energy intake and support a healthier weight status. Discharge plan to be determined.

Allergy

| <u>Allergy</u> | <u>Reaction</u> |
|----------------|-----------------|
|----------------|-----------------|

- | | |
|----------------------------------|--|
| 1. No Known Medication Allergies | |
| 2. Fish | |

Allergies Reviewed: Yes

Nutrition Assessment Adult

Estimated Energy Needs Low: 1940 Kcal/day

Estimated Energy Needs High: 2328 Kcal/day

Estimated Protein Needs Low: 78 gm/day

Estimated Protein Needs High: 93 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: 2716 mL/day

Nutrition Diagnosis #1: Malnutrition (Undernutrition) NC - 4.1 2019

Nutrition Related To: inadequate protein and energy intake

Nutrition As Evidence By: severe depletion of fat in the orbital and buccal regions, and severe depletion of muscle in the clavicle, scapular, and temporal regions.

Progress of Nutrition Diagnosis #1: Initial

Nutrition Recommendations/Additional: Supplement meals with lactose-free ensure TID at BLD to promote energy and protein intake.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Increase calorie and protein intake

Food and Food and Nutrient Goal Time: By Next Review

Nutrition Monitoring Other Comments: cosigned Jennifer Palasuskas, RD

Days until Dietician Follow Up: 3

*CKD
Malnutrition
Gluten Free*