

(C) (U)
Pre - DM

Nutrition Assessment Adult
11/16/21 13:14 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/16/21 13:39 EST

Updated on

11/16/21 13:50 EST by Palauskas, Jennifer Registered Dietician

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Physical Appearance: Obese

Appetite: Good

Nutrition Orders: NPO. - 11/16/21 9:47:00 EST, NPO except for ice chips, Constant Order

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 NPO (60g CHO/meal) due to GI distress. PMHx COPD, GI bleed, diarrhea x2 days, and obesity level 3. BMI 43.76-level III obesity, glucose 264, HgbA1C 7.1, AST 349. Pt reports a good appetite and states that he's hungry. Pt stated that he follows the Atkins diet while at home, consuming a high pro, high kcal, low CHO diet. When asked about fiber intake, he stated that he eats "plenty of nuts and seeds." Counseled pt on following a consistent CHO diet containing fiber, pro and unsaturated fats to prevent DMT2. Explained that nuts and seeds may cause GI distress. Provided education materials for reading food labels and carb counting. Discharge plan to be determined.

Allergy

Allergy

Reaction

1. aspirin
2. Soy Products
3. Wellbutrin
4. predniSONE
5. Chantix
6. Toradol

Comment: bleeding

7. Benadryl

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: 1883 Kcal/day

Estimated Energy Needs High: 2260 Kcal/day

Estimated Protein Needs Low: 75 gm/day

Estimated Protein Needs High: 90 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: 2635 mL/day

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

Nutrition Related To: GI distress and NPO order

Nutrition As Evidence By: NPO order

Progress of Nutrition Diagnosis #1: Initial

Nutrition Diagnosis #2: Food and nutrition related knowledge deficit NB - 1.1 2

Nutrition #2 Related To: consistent CHO intake for glucose stability

Nutrition #2 As Evidence By: Glucose 264, HgbA1C 7.1%, pt reports of restricting CHO.

Progress of Nutrition Diagnosis #2: Initial

Nutrition Recommendations/Additional: Advance diet when feasible. Reccommend a GI soft diet, consistent CHO.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Advance diet when feasible. Provide adequate nutrition to control glucose.

Food and Food and Nutrient Goal Time: By Discharge

Nutrition Monitoring Other Comments: cosigned Jennifer Palauskas, RD

Days until Dietician Follow Up: 3

Dietitian Duration of Contact: 15 Minutes