

*Inad. intake
PRO/energy*

Nutrition Assessment Adult
11/24/21 12:24 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/24/21 12:25 EST

Updated on

11/24/21 12:36 EST by Palauskas, Jennifer Registered Dietitian
11/24/21 12:32 EST by Blaine, Alicia Student Dietitian
11/24/21 12:28 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Appetite: Poor

Nutrition Orders: NPO. - 11/24/21 11:51:00 EST, NPO except for sips of water, 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: RD consult for MST score 2 and poor intake. Pt is currently on a heart healthy diet and had 0% intake for her bfast meal. BMI is 27.47. Pt was asleep when I visited her, but she hadn't touched her bfast tray. She has visible signs of malnutrition including muscle wasting of the temporal and clavicle regions. No notable nutrition related labs at this time. PMHx of altered mental status, dementia, HTN, hyperlipidemia. Will monitor pts meal intake and follow up to discuss appetite and knowledge of recent wt loss. Discharge plan to be determined.

Allergy

<u>Allergy</u>	<u>Reaction</u>
1. No Known Allergies	

Allergies Reviewed: Unable to obtain

Nutrition Assessment Adult

BSA Measured: In Error

Body Mass Index Measured: In Error

Ideal Body Weight Calculated: In Error

Estimated Energy Needs Low: 1080 Kcal/day

Estimated Energy Needs High: 1296 Kcal/day

Estimated Protein Needs Low: 43 gm/day

Estimated Protein Needs High: 52 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: 1080 mL/day

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

Nutrition Related To: altered mental status

Nutrition As Evidence By: 0% of meals consumed at this time

Progress of Nutrition Diagnosis #1: Initial

Nutrition Recommendations/Additional: Would recommend a high pro/kcal supplement to meet pts nutritional needs.

Care Coordination: Care coordination

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

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