

Nutrition Assessment Adult
11/09/21 14:05 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/09/21 14:10 EST

diverticular disease

Updated on

- 11/09/21 14:52 EST by Juliano, Joanne Registered Dietician
- 11/09/21 14:44 EST by Blaine, Alicia Student Dietitian
- 11/09/21 14:41 EST by Blaine, Alicia Student Dietitian
- 11/09/21 14:16 EST by Blaine, Alicia Student Dietitian
- 11/09/21 14:12 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Physical Appearance: Well nourished

Appetite: Fair

Nutrition Orders: Regular Diet. - 11/06/21 12:17:00 EDT, Constant Indicator, Standard

Meal Concerns: No cultural/religious food preferences

Nutrition Skin Condition: Skin intact, Surgical wound

Nutrition Comments: Pt admitted with complaints of abd pain. Iron <10, Hgb 7.3. Creat and BUN within normal range. BMI is 28.19. Pt has **dx of diverticulitis and recent hx of colostomy bag.** Pt reports that her appetite is fair, but not as good as it usually is. She states that her digestion has been improving, with less discomfort. Pt is currently on a regular diet. I would recommend she begins a diet regimen that promotes easier digestion such as diverticulitis diet, low FODMAP, or GI soft. Gave pt educational materials on a GI soft diet and ways to increase her iron intake. Discharge plan to be determined.

Allergy

Allergy

Reaction

1. penicillins
2. Plaquenil
3. Bactrim
4. Zanaflex

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: 1425 Kcal/day

Estimated Energy Needs High: 1710 Kcal/day

Estimated Protein Needs Low: 57 gm/day

Estimated Protein Needs High: 68 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 gm/kg

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

Estimated Fluid Needs Low: 1700 mL/day

Nutrition Diagnosis #1: Altered GI function NC-1.4 2019

Nutrition Related To: food choices and intolerances

Nutrition As Evidence By: pt hx and dx of diverticulitis.

Progress of Nutrition Diagnosis #1: Continues

Nutrition Diagnosis #2: Altered nutrient related laboratory values NC - 2.2 201

Nutrition #2 Related To: intake and changes in GI function

Nutrition #2 As Evidence By: Hgb 7.3, Iron <10

Progress of Nutrition Diagnosis #2: Continues

Nutrition Recommendations/Additional: GI Soft diet for diverticulitis. Increase consumption of iron-rich foods.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Provide adequate nutrition to promote management of symptoms consistent with diverticulitis.

Food and Food and Nutrient Goal Time: By Discharge

Nutrition Monitoring Other Comments: cosigned JoAnn Juliano MSRD

Nutrition Monitoring Other Time: By Next Review

Days until Dietician Follow Up: 5

Dietitian Duration of Contact: 15 Minutes