

Nutrition Assessment Adult
11/11/21 13:52 EST Performed by Blaine, Alicia Student Dietitian
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Updated on

11/11/21 14:31 EST by Palauskas, Jennifer Registered Dietician
11/11/21 14:29 EST by Blaine, Alicia Student Dietitian
11/11/21 14:12 EST by Blaine, Alicia Student Dietitian

*muscle
wasting,
fat loss*

Physical Findings and Nutrition History I

Nutrition Symptoms: Poor muscle tone/development/
Physical Appearance: Emaciated, Frail, Underweight

Appetite: Other: NPO, and states she has a fair appetite with hunger ques present.

Nutrition Orders: NPO. - 11/11/21 0:01:00 EST, NPO except for medications, 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 awaiting EGD this afternoon. Pt has a PEG tube that runs Jevity 1.2 at 80 cc/hr, for 12 hrs overnight. This too has been stopped due to NPO order. Current BMI= 15.17. (BMI 4 mos ago was 14.2.) No notable nutrition-related labs at this time. Skin is dry and intact. Pt states that her appetite is "not too bad" as of late, and that she's excited for testing to be completed so she can eat. Pt stated that she normally eats small, frequent meals at home, and reports that hunger ques are present. No recent weight changes, but pts weight is consistently low and she shows many physical signs of calorie/protein malnutrition. These include severe muscle wasting and fat loss. Would recommend advancing diet and resume PEG feedings when feasible, and I suggest offering a high-protein/calorie supplement to support a healthy weight status. Discharge plan to be determined.

Allergy

Allergy

Reaction

1. No Known
Allergies

Allergies Reviewed: Yes

Nutrition Assessment Adult

Weight Measured Kilograms: 42.63 kg

Weight Measured: 42.63 kg

Height/Length Measured: 167.64 cm

BSA Measured: 1.41 m²

Body Mass Index Measured: 15.17 kg/m²

Ideal Body Weight Calculated: 59.3 kg

Estimated Energy Needs Low: 1779 Kcal/day

Estimated Energy Needs High: 2075 Kcal/day

Estimated Protein Needs Low: 65 gm/day

Estimated Protein Needs High: 71 gm/day

Estimated Energy Needs Low kcal/kg: 30 Kcal/kg

Estimated Energy Needs High kcal/kg: 35 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: 1779 mL/day

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

Nutrition Related To: NPO order

Nutrition As Evidence By: NPO order and muscle wasting and fat loss.

Progress of Nutrition Diagnosis #1: Initial

Nutrition Recommendations/Additional: Advance diet to regular diet when feasible.

Resume PEG feedings when feasible:

Jevity 1.2 at 80 cc/hr, continuous for 12 hrs overnight

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Promote adequate protein and calorie intake to support a healthy weight status.

Food and Food and Nutrient Goal Time: By Next Review

Nutrition Monitoring Other Comments: signed Jennifer Palauskas, RD

Days until Dietician Follow Up: 3