

Nutrition Assessment Adult
11/11/21 13:35 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/11/21 13:48 EST

High Bmi

Updated on

11/11/21 14:10 EST by Palauskas, Jennifer Registered Dietician

Physical Findings and Nutrition History I

Nutrition Symptoms: None

Physical Appearance: Obese

Appetite: Fair

Nutrition Orders: Regular Diet. - 11/10/21 18:26:00 EST, Constant Indicator

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 on a regular diet and has adequate intake to meet his nutritional needs at this time. He states that his appetite has been fair, and he hasn't been eating as much as he would at home, but he reports that he is still eating >= 50% of his meals at this time. Pt denies any recent notable changes in weight or digestion. Pt denies difficulty chewing/swallowing. Pts skin is dry and intact. BMI= 52.3, consistent with level 3 obesity/ Notable labs include Hgb 12.7, Hct 38.5, and Glucose 209. Pt expressed interest in nutrition education for making better food choices to promote a healthier weight status. Gave pt nutrition education materials and explained importance of a healthy diet. Materials included information on healthy eating and reading food labels. Discharge plan to home.

Allergy

Allergy

Reaction

- 1. No Known Allergies

Allergies Reviewed: Yes

Nutrition Assessment Adult

Weight Measured Kilograms: 170.09 kg

Weight Measured: 170.09 kg

Height/Length Measured: 180.34 cm

BSA Measured: 2.92 m²

Body Mass Index Measured: 52.3 kg/m²

Ideal Body Weight Calculated: 75.3 kg

Estimated Energy Needs Low: 1882 Kcal/day

Estimated Energy Needs High: 2259 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: 2600 mL/day

Nutrition Diagnosis #1: Overweight/obesity NC - 3.3 2019

Nutrition Related To: excessive caloric intake and nutrition related knowledge deficit

Nutrition As Evidence By: BMI of 52.3

Progress of Nutrition Diagnosis #1: Initial

Nutrition Recommendations/Additional: Follow a healthy eating pattern to decrease EMI and promote a healthy lifestyle.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: Provide adequate nutrition.

Food and Food and Nutrient Goal Time: By Discharge

Nutrition Monitoring Other Comments: cosigned Jennifer Palauskas, RD

Days until Dietician Follow Up: 7

Dietitian Duration of Contact: 15 Minutes