

HTN

Nutrition Assessment Adult
11/09/21 14:45 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/09/21 14:47 EST

Updated on

11/09/21 15:20 EST by Juliano, Joanne Registered Dietitian
11/09/21 15:07 EST by Blaine, Alicia Student Dietitian

Physical Findings and Nutrition History I

Nutrition Symptoms: Edema

Physical Appearance: Obese

Appetite: Other: npo

Nutrition Orders: NPO. - 11/08/21 19:36:00 EST, NPO no exceptions, Constant Order

Meal Concerns: No cultural/religious food preferences

Nutrition Skin Condition: Surgical wound, Other: Erythema, lower extremities

Signs and symptoms of possible swallow: None of the above

Nutrition Comments: Visited pt today for reports of N/V, and order for NPO. Pts BMI is 32.4, consistent with obesity. He has hx of CAD and recent pacemaker placement. He has localized 2+ pitting edema of the lower extremities, and both feet are erythemic. Pts abdomen is distended but he refuses NGT. Today pt reports that his nausea has resolved and asked when he could he eat again. Gave pt information on the Mediterranean Diet for heart health. Would recommend a heart healthy diet when NPO is order is lifted. Discharge plan to be determined.

Allergy

Allergy

Reaction

1. No Known Allergies

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: 2055 Kcal/day

Estimated Energy Needs High: 2467 Kcal/day

Estimated Protein Needs Low: 82 gm/day

Estimated Protein Needs High: 98 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: 2055 mL/day

Nutrition Diagnosis #1: Inadequate oral intake NI - 2.1 2019

Nutrition Related To: inadequate protein & energy intake

Nutrition As Evidence By: NPO status

Progress of Nutrition Diagnosis #1: Initial

Nutrition Recommendations/Additional: advance diet when medically feasible.

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 JoAnn Juliano MSRD

Days until Dietician Follow Up: 3

Dietitian Duration of Contact: 15 Minutes