

~~muscle~~
~~sig. wt change~~

Nutrition Assessment Adult
11/16/21 13:54 EST Performed by Blaine, Alicia Student Dietitian
Entered on 11/16/21 14:25 EST

Updated on

11/16/21 14:31 EST by Palauskas, Jennifer Registered Dietician

Physical Findings and Nutrition History I

Nutrition Symptoms: Skin changes

Physical Appearance: Emaciated, Frail

Appetite: Poor

Nutrition Orders: Heart Healthy Diet. - 11/15/21 22:25:00 EST, Constant Indicator, Standard

Meal Concerns: No cultural/religious food preferences

Nutrition Skin Condition: Surgical wound, Pressure ulcer stage II, Other: Erythema, coccyx

Signs and symptoms of possible swallow: Complaints of difficulty or pain with swallowing, Other: Pt states he has difficulty chewing due to poor dentition. Requested ground meats/soft textures.

Nutrition Comments: RD consult for skin integrity. Pt has surgical incisions for hip replacement, a stage II pressure ulcer on buttocks, and erythema on coccyx. Pt is currently on a heart healthy diet and has poor intake (<50%). Pt reports a poor appetite and absence of hunger cues. PMHx CHF, CKD, GERD. Hgb 9.4 (anemia in CKD), HCT 28.9, Glucose 174, CRP 50. Pts BMI is 28.3. In the past 3 mos, pt has lost 7kg (8%) of his body weight. Pt has visible signs of malnutrition including fat loss of the orbital and buccal regions, and muscle wasting of the temporal region. Pt complained of difficulty chewing/swallowing due to poor dentition and requested ground meats and soft textures for his meals. Will monitor patient for meal intake. Recommend adding a high pro/kcal supplement, pt requests vanilla flavored. Discharge plan to be determined.

Allergy

Allergy	Reaction
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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: 1650 Kcal/day

Estimated Protein Needs Low: 66 gm/day

Estimated Protein Needs High: 79 gm/day

Estimated Energy Needs Low kcal/kg: 25 Kcal/kg

Estimated Protein Needs Low gm/Kg: 1 gm/kg

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

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

Nutrition Related To: inadequate nutrition

Nutrition As Evidence By: npo

Progress of Nutrition Diagnosis #1: Resolved

Nutrition Diagnosis #2: Increased nutrient needs NI - 5.1 2019

Nutrition #2 Related To: increased nutritional demands

Nutrition #2 As Evidence By: skin issues

Progress of Nutrition Diagnosis #2: Continues

Nutrition Diagnosis #3: Malnutrition (Undernutrition) NC - 4.1 2019

Nutrition #3 Related To: inadequate oral intake due to poor dentition, and lack of appetite and hunger cues

Nutrition #3 As Evidence By: 8% wt loss in 3 mos, fat loss of the orbital and buccal regions, and muscle wasting of the temporal region.

Progress of Nutrition Diagnosis #3: Continues

Nutrition Intervention: Fat-modified diet, Modified beverage/ food supplement therapy

Comment: Soft and bite, heart healthy

Nutrition Recommendations/Additional: follow for post diet orders, NFPE

11/16/21

Would recommend SLP consult for pt c/o difficulty chewing/swallowing.

High protein/calorie supplement (vanilla flavor) to promote a healthy weight status and increase energy intake.

Care Coordination: Care coordination

Food and Nutrient Intake Outcomes/Goals: provide adequate nutrition

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

Dietitian Duration of Contact: 15 Minutes