

LOCAL TITLE: NUTRITION - CONSULT
STANDARD TITLE: NUTRITION DIETETICS CONSULT
DATE OF NOTE: FEB 24, 2012@09:35 ENTRY DATE: FEB 24, 2012@09:35:30
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URGENCY: STATUS: COMPLETED

NUTRITION CARE PROCESS NOTE

CONSULT FOR: Recommend Diet Texture, Other - Post nissen diet education
s/p Nissen, please provide education

Consult requested by:FEENEY,BENJAMIN T

CLINICAL: -- y/o ----- s/p Laparoscopic Nissen Fundoplication 2/23 POD #1. H/O
Chronic Pain - fibromyalgia anxiety, depression, PTSD c startle response, hx SI.

NUTRITION RELATED MEDICATIONS

-ONDANSETRON INJ,SOLN 4MG/2ML IV PUSH Q6H FOR NAUSEA
-DEXTROSE 5%/NA CL 0.45%/KCL 20MEQ INJ,SOLN 1000 ml IV 100 ml/hr

NUTRITION ASSESSMENT

Anthropometrics:

Ht:-- in (--- cm)
Wt: 207.8 lb (94.45 kg) [02/07/2012]
Wt hx:216 lb [11/30/2010]
Ideal Wt: 135 lb (61.4 kg)
%IBW: 153.9%
BMI:32.61
Adjusted Body Weight: 153.2 lb (69.6 kg)

Dietary/Alimentation/Elimination:

Diet: CL

Interview info: Pt was resting in her room after a shower when I entered the room. After introducing myself, the pt had a question about the possibility of enure delivered to her home after d/c.Pt was told this is not a possibility for her situation, however, recipes for shakes were provided. When asked about N/v the pt reports having nausea. When asked if the pt had been educated on the post-nissen diet, Ms ----- reported "I got the general info, such as being on liquids for a while." Pt was receptive to more education. A handout was provided explaining the progression of the diet from liquids to solids. This information was explained verbally, and the pt was asked if she had any other questions. Pt denies any other questions, was instructed to contact the surgical RD in future if questions arise.

N/V/D/C:Nausea, intermittent

Biochemical:

02/24/2012 05:30
MAGNESIUM 1.9 L
PHOSPHATE 2.7
SODIUM 139
POTASSIUM 3.2 L
CHLORIDE 103
CO2 27
UREA NITROGEN 7
CREATININE 0.7 L
GLUCOSE 111 H

NUTRITION DIAGNOSIS

Inadequate oral intake r/t s/p nissen fundoplication as evidenced by clear

liquid diet.

Estimated nutritional needs:(est needs using adjusted BW of 69.6 kg)
Calories:1750-2100 kcal (25-30 kcal/kg)
Pro: 70-90 g (1.0-1.3 g/kg)

NUTRITION GOALS

1. PO intake of >75% as diet advances
2. Remain hydrated

NUTRITION INTERVENTIONS

1. Diet - added breeze to all meals
5. Nutrition Education - LEARNER: Veteran

EDUCATION NEEDS: Nissen diet

LEARNING CONSIDERATIONS: None

READINESS TO LEARN: (Prochaska's Stage of Change)

Acknowledges need to make dietary changes; plans to do so in the future. (Preparation)

TEACHING METHOD: Verbal discussion, Printed material

"Post-operative Instructions Anti-Reflux Surgery (Nissen Fundoplication)", High protein shake ideas to make at home

EFFECTIVENESS: Verbalizes understanding

OUTCOME KNOWLEDGE ASSESSMENT: Appears to understand basic information and has necessary skills for self-management

FOLLOW-UP PLANS: F/U before D/C

NUTRITION RECOMMENDATIONS

1. Advance diet to FL by POD# 3
2. Pt would like chocolate and strawberry boost when advanced to FL
3. Continue to encourage PO intake, thank you!

Nutrition status: mildly compromised

NUTRITION MONITORING/EVALUATION: routine

/es/ CHRISTINA M GERMANN

Signed: 02/24/2012 11:10

/es/ Terri Hoos, M.S., R.D.

Dietitian

Cosigned: 02/24/2012 12:03