

LOCAL TITLE: CLC - NUTRITION NOTE

STANDARD TITLE: NUTRITION DIETETICS INPATIENT NOTE

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URGENCY: STATUS: COMPLETED

NUTRITION CARE PROCESS NOTE

CLINICAL: (per admit H&P 3/8) "-- yo male with a h/o HIV/CAD-s/p CABG and post complications of sternal dehiscence/sternum osteomyelitis/hemothorax and current Vancomycin induced neutropenia who is admitted to E wing for IV antibiotics/wound care and rehabilitation from the PVAMC where he was hospitalized from 1/11/12-3/8/1 for Unstable Angina/CABG."

PMH:HIV on HAART, HTN, BPH, cardiomyopathy, anemia, HLD, GERD, Etoh, personality d/o, meralgia paresthetica, CAD

NUTRITION RELATED MEDICATIONS

- Bisacodyl supp,rtl 10mg pr daily prn for constipation
- Cyanocobalamin tab 2000mcg po daily for deficiency
- Ergocalciferol 50,000 unit cap,oral 50000unit po mo-th for low vitamin d
- Furosemide tab 40mg po qam for diuresis
- Metronidazole tab 500mg po tid for infection
- Omeprazole cap,ec 20mg po qam for gerd
- Polyethylene glycol powder,oral 1 packet (17 gm) po bid prn for constipation-dissolve in 4 to 8 oz of liquid of choice; hold for loose stools.
- Potassium chloride dispersible tab,sa 20meq po daily for low k+
- Prednisone tab 5mg po daily for arteritis
- Prednisone tab 10mg po daily for arteritis
- Senna tab 8.6mg po bid prn for constipation.

IV MEDS

- CEFTRIAZONE INJ,SOLN 2 GM in ISO-OSMOTIC INJ,SOLN 50 ml IVPB INFUSE OVER 40 MINUTES Q24H
- DAPTOMYCIN INJ,LYPHL 500 MG in SODIUM CHLORIDE 0.9% INJ 50 ml IVPB INFUSE OVER 30 MINUTES QPM

NUTRITION ASSESSMENT

Anthropometrics:

Height: -- in [---- cm] (01/11/2012 14:20)
Weight: ---- lb [--- kg] (03/08/2012 08:07)
WT Hx: 194.5 lb 3/02/12
210.7 lb 2/12/12
226.2 lb 1/30/12
235 lb 1/11/12

227 lb 4/18/11
BMI: 28.1 (03/08/2012 08:07)
Usual wt: 225 (past 2 yr, until admit), 84% usual wt
IBW: IBW = 160 lbs 72.7 kg
%IBW = 118.50

Skin: Small wound lower half of sternum with wound vac in place

Dietary/Alimentation/Elimination:
Diet: Regular

Chewing/Swallowing: none at this time
Intakes: 75-100% regularly

Interview info: Resident was sitting in bed reading when entered the room. After introducing myself he remembered talking to my fellow intern at PVAMC yesterday. He readily told me about the foods that he does and does not like, most of which are already in his preferences and standing orders. When asked if he had any other preferences or if he would like any snacks, he reports wanting a peanut butter and jelly sandwich, lemon/lime pop and a cranberry juice at dinner. When asked about N/V/D/C he stated "all is working good." Veteran report a BM this morning. He did mention that he gets nausea in the morning d/t medication he is taking. I suggested taking those pills with food or after breakfast. Veteran states his appetite is good and he has been eating well. He also reports plans to walk around the facility daily.

Last BM: 3/9 per pt report
N/V/D/C: Nausea in the am d/t medication

Biochemical:

LABS:
FERRITIN 333 02/16/2012 05:30
No VITAMIN B-12 in the last 1Y
No FOLATE in the last 1Y
No TSH in the last 1Y
MAGNESIUM 2.3 03/05/2012 05:30
PHOSPHATE 3.1 03/05/2012 05:30
CALCIUM 7.6 L 02/03/2012 11:52
PREALBUMIN 10.4 L 02/18/2012 05:30
ALBUMIN 2.7 L 02/12/2012 20:33

Lipid Panel: 10/17/11 10:26

CHOLESTEROL 135
HDL CHOLESTEROL 59
LDL-CHOL CALC 55
TRIGLYCERIDES 105
CHOLESTEROL 134 01/11/2012 11:54
No HEMOGLOBIN A1C in the last 1Y
Last 2 CBGs:
03/02/12 167 H
02/24/12 118 H

Last Chem 7 and CBC:
03/09/2012 05:30 03/09/2012 05:30

132 : 93 L : 20 / \10.6 L /
----- : ----- : ----- 61 L 1.9 L ----- 283
2.8 L* : 30 : 0.9 \ /31.3 L \

NUTRITION DIAGNOSIS

Increased nutrient needs (protein/energy) related to recent surgery and open wound on chest as evidenced by decreased albumin/prealbumin indicating increased metabolic needs, 19% wt loss in 2 months

Estimated nutritional needs: (est using current weight)

Calories: ~2150-2580 kcal (25-30 kcal/kg)

Pro: ~100-130g (1.2-1.5g/kg)

NUTRITION GOALS

1. Improve protein status: Prealb >15, Album >3.0
2. Wound healing
3. Weight maintenance

NUTRITION INTERVENTIONS

1. Diet - Added to breakfast: juven, yogurt, banana, cold cereal
- Added to lunch: danactive, raw veg plate w/ ranch dip, lemon/lime pop
- Added to dinner: danactive, mango-applesauce, ice cream, cranberry juice
2. Snacks - Added peanut butter/jelly sandwich to afternoon snacks

NUTRITION RECOMMENDATIONS

1. Metronidazole tab could possibly be the med giving pt problems w/ altered taste/nausea, advise to give after breakfast or w/ food

Nutrition status: moderately compromised

r/t albumin, cardiac ds, unintentional wt loss

NUTRITION MONITORING/EVALUATION: routine

/es/ CHRISTINA M GERMANN

Signed: 03/09/2012 11:50

/es/ Susan Holtorf, RD

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Cosigned: 03/09/2012 11:53