

LOCAL TITLE: CLC - NUTRITION NOTE

STANDARD TITLE: NUTRITION DIETETICS INPATIENT NOTE

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URGENCY: STATUS: UNSIGNED

#### NUTRITION CARE PROCESS NOTE

CLINICAL: -- y/o male admitted to CLC to E-wing for rehab following ~ one week hospitalization at PVAMC for nausea, vomiting and diarrhea. Veteran is s/p liver transplant of 9/2010 d/t EtOH and HCV related cirrhosis and HCC, with complications of TEN, bacteremias/sepsis, R hemothorax and VATS, and biliary strictures. Veteran currently has biliary drain.

#### PMH:

- HTN
- DM, insulin dependent. A1C Feb 2012 4.9
- Weight loss / protein malnutrition
- Chronic non-healing left heel lesion.
- Osteopenia
- h/o Vitamin D deficiency
- Depression
- h/o left humerus fracture
- h/o left hip fracture
- History of alcohol abuse, sober 23 years

#### NUTRITION RELATED MEDICATIONS

- Calcium carbonate/vitamin d tab 1 tablet po tid supplement
- Dextrose 50% inj,soln 1 (50ml) syringe of 50% ivp prn indication: for treatment of hypoglycemia per hypoglycemia protocol.
- Docusate cap,oral 200mg po bid bowel regimen
- Glucagon inj 1mg/1vial sc prn indication: for treatment of hypoglycemia per hypoglycemia protocol.
- Glucose gel,oral contents of 1 tube 40% po prn indication: for treatment of hypoglycemia per hypoglycemia protocol.
- Insulin regular (human) inj supplemental sc wm&bedtime medium dose
- Magnesium oxide tab 840mg po daily hypomagnesemia
- Metoprolol tartrate tab 50mg po q12h htn hold sbp less than 110, hr less than 60
- Mirtazapine tab 30mg po q bedtime for appetite / mood
- Multivitamin/minerals tab 1 tablet po su-mo-tu-we-th-fr-sa@1200 nutritional supplement. separate from mycophenolic acid
- Mycophenolic acid (myfortic) tab,ec 360mg po q12h immunosuppression per liver transplant team
- Omeprazole cap,ec 20mg po qam ac gi protection and

- acid reflux symptoms
- Ondansetron tab 4mg po q8h prn nausea
- Polyethylene glycol powder,oral 1 packet (17 gm)  
water daily bowel regimen
- Simethicone tab,chewable 80mg chew qid prn bloating,  
gas pain
- Tacrolimus cap,oral 2mg po  
su-mo-tu-we-th-fr-sa@0700-1800 for liver transplant  
\*\* to be dosed at 0700 and 1800 \*\*

## NUTRITION ASSESSMENT

### Anthropometrics:

Height: -- in [---- cm] (11/15/2010 14:15)

Weight: ---- lb [--.0 kg] (03/07/2012 08:24)

WT Hx: 107.6 lb (3/6/2012)

103.8 lb (3/5/2012)

103.6 lb (3/3/2012)

102.6 lb (3/2/2012)

108.3 lb (2/29/2012)

BMI: 16.0 (03/07/2012 08:24)

Usual wt: 112-116 lb (past 1yr), 95% usual wt

-UW pre-transplant: 185-195

IBW: IBW = 160 lbs 72.7 kg

%IBW = 67.44

Skin: Generalized pruitis, chronic wound on left heel

### Dietary/Alimentation/Elimination:

Diet: Regular

Chewing/Swallowing: no issues

Intakes: 75-100% usual intake

Interview info: This resident was laying in bed reading when entered the room, and reports to be "a member of the clean plate club." He reports a good appetite most of the time, eating all his food. He stated that he even ate an extra bowl of cereal this morning. Resident reports suffering from nausea and diarrhea "now and then," including this morning. When asked about his food preferences he reports not being a picky eater. When asked if he would like snacks between meals, he indicated he would like an evening snack. When asked if he would like to try a protein supplement, such as boost, he requested chocolate.

Last BM: This am

N/V/D/C: N/D off and on for the past 2-3 days, 4 loose stool/day

### Biochemical:

#### LABS:

No FERRITIN in the last 1Y

VITAMIN B-12 1583 H 05/09/2011 10:20

FOLATE >20.0 H 05/09/2011 10:20

TSH 2.16 12/16/2011 14:07

MAGNESIUM 2.3 03/06/2012 07:43

PHOSPHATE 3.4 03/06/2012 07:43

CALCIUM 8.1 L 03/06/2012 07:43  
PREALBUMIN 8.7 L 03/06/2012 07:43  
ALBUMIN 2.7 L 03/06/2012 07:43  
No lipid panels on file  
CHOLESTEROL 88 03/06/2012 07:43  
HEMOGLOBIN A1C 4.9 02/29/2012 05:30  
Last 2 CBGs:  
03/06/12 188 H  
03/06/12 126 H

Last Chem 7 and CBC:  
03/06/2012 07:43 03/06/2012 07:43  
140 : 108 : 20 / \ 7.3 L /  
----- : ----- : ----- 109 3.4 L ----- 104 L  
4.5 : 26 : 0.6 L \ /21.8 L \

### NUTRITION DIAGNOSIS

Underweight (NC-3.1) related to recent hospital course for N/V/D and previous liver transplant as evidenced by BMI < 18.5, low albumin/prealbumin, %IBW of 67%.

Estimated nutritional needs:(using Ideal BW of 160 lbs)  
Calories: ~2200 kcal (30 kcal/kg)  
Pro: 73-87 g (1.0-1.2 g/kg)

### NUTRITION GOALS

1. Gain 2-3 lbs per week to get to goal BMI of 20  
-Wt gain of 27 lbs to get to ~135 lbs
2. Improve protein status  
- Prealb >15  
- Albumin > 3.0

### NUTRITION INTERVENTIONS

1. Diet - Added Boost+ to N/E meals  
- Added yogurt rotation to all meals
2. Snacks - Added instant oatmeal to evening snack  
- Added cheese and crackers to evening snack

### NUTRITION RECOMMENDATIONS

1. Continue to monitor weight

Nutrition status: Moderately compromised  
r/t albumin, diarrhea, %IBW

NUTRITION MONITORING/EVALUATION: routine