

LOCAL TITLE: NUTRITION - FOLLOW-UP

STANDARD TITLE: NUTRITION DIETETICS NOTE

DATE OF NOTE: FEB 09, 2012@10:18

ENTRY DATE: FEB 09, 2012@10:19

AUTHOR: GERMANN,CHRISTINA M

EXP COSIGNER: BEHREND,ANNIE MARIE

URGENCY:

STATUS: COMPLETED

NUTRITION CARE PROCESS NOTE

CLINICAL: (per GI f/u 2/9)"Patient is __ y/o _ with __ year history of __ who began having maroon stools early in January. These progressed to bloody stools and 15 BM's daily. All in setting of inconsistent/absent medical management."

"Doing essentially the same today. No change in stool output from above but appears to be less blood. Abdominal pain is slightly increased today but remains diffuse."

NUTRITION RELATED MEDICATIONS:

-Mesalamine tab,ec 1200mg po bid

-Methylprednisolone sod succinate 30mg ivp bid

NUTRITION ASSESSMENT

Anthropometrics:

Ht: __ in (__ . __ cm)

Wt: __ . 1 lb [__ . 9 kg] (02/08/2012 05:29)

Wt hx:

226.1 lbs (102.8kg) [02/07/2012 00:58]

Ideal Wt: 172 lbs %IBW: 130.3

BMI:31.32

Dietary/Alimentation/Elimination:

Diet: Low Fiber

Intakes: (per pt recall) PO intake 30-50% of food/supplements provided

Interview info: Pt states that he is consuming approx 30-50% of the food he is given. Would like to continue with broth on trays & supplements. When asked if he would like to try adding yogurt, pt agreed, preferring plain or vanilla, but is content/doesn't feel like he needs extra special attention r/t food preferences.

Last BM: (per NSG) 02/08

Biochemical:

CBC 02/09/2012

WBC	5.5
RBC	3.32 L
HGB	10.3 L
HCT	30.5 L
MCV	91.8

ALBUMIN 2.6 L 02/07/2012

PREALBU 11.0 L 02/07/2012

NUTRITION DIAGNOSIS

Altered GI function r/t history of UC as evidenced by pt report of diarrhea, severe abdominal pain & altered nutrition-related laboratory values (HGB/HCT, alb, prealb).

Estimated nutritional needs (est using adj BW of 185.5 lbs):
Calories: 2400-2500 kcal (HB x 1.3)
Pro:100-125g (1.2-1.5g/kg/day)

PREVIOUS NUTRITION GOALS

1. Achieve PO intake of 75% (or greater) consistently
-or-
PO > 50% consistently + 2 of 4 provided oral supplements- met
2. Achieve bowel regularity
- p/w 15 loose, bloody stools/day

NUTRITION INTERVENTIONS

1. Diet - Low fiber per GI recs
2. Snacks - Added yogurt to morning and afternoon snacks

NUTRITION RECOMMENDATIONS/MONITORING

1. no further recs at this time; will continue to monitor

Nutrition status: moderately compromised
d/t low albumin, diarrhea, GI disease w/ malabsorption

/es/ CHRISTINA M GERMANN

Signed: 02/09/2012 14:03

/es/ ANNIE MARIE BEHREND

Annie Behrend, MS RD

Cosigned: 02/09/2012 15:19