

LOCAL TITLE: NUTRITION - DIALYSIS
STANDARD TITLE: NUTRITION DIETETICS NOTE
DATE OF NOTE: MAY 17, 2012@12:38 ENTRY DATE: MAY 17, 2012@12:38:43
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URGENCY: STATUS: COMPLETED

NUTRITION CARE PROCESS NOTE

CLINICAL: --yo MALE with h/o ESRD due to DM and HTN, and recent hospital course for pneumonia. Initial HD Therapy Date: 04/--/2012

Active Nutrition Related Medications:

- Amiodarone hcl 200mg tab
- Calcitriol 0.25mcg cap
- Chlorpheniramine maleate 4mg tab
- Clopidogrel bisulfate 75mg tab
- Felodipine 10mg sa tab
- Ferrous sulfate 325mg tab
- Furosemide 40mg tab
- Levothyroxine na (synthroid) 0.2mg tab
- Metoprolol tartrate 50mg tab
- Sevelamer carbonate 800mg tab

NUTRITION ASSESSMENT

Anthropometrics:

Ht: -- in [--- cm] (11/02/2011 00:01)
Wt: --- lb [--- kg] (05/07/2012 10:53)
EDW: 83 kg
Ideal Wt: IBW = 154 lbs 70 kg
%IBW = 118.6
BODY MASS INDEX 27.8

HD weights:	Pre	Post
5/17	91 kg	
5/15	92.6 Kg	88.8 Kg
5/12	91 Kg	87.3 Kg
5/10	90.2 Kg	87.5 Kg

IDWG: 2.2-5.3 kg

Dietary/Alimentation/Elimination:

Diet: low sodium, low phos, low potassium, Diabetic diet

Nutrition-Focused Physical Findings:

Chewing:pt has no teeth, only had difficulty with lettuce
Swallowing: none
Appetite: good, "not what it used to be"
N/V/D/C:None
-BMs x 2 qd
-Urination x 3-4 qd

Intakes: 2 meals per day:

- AM: hot cereal with raisins or eggs w/ vegetables or egg sandwich or eggs with sauteed onion/potatoes and "juice" (~4oz juice in 12oz water)
- PM: a variety. Steamed veggies with hamburger patty, waffles or pancakes with sugar free syrup, tuna salad, always includes a variety of vegetables.
- Drinks about 32 oz water and 1 c coffee throughout the day, eats apple sauce everyday

Interview info: Pt was pleasant to talk to, seemed very current on diet demands/restrictions. He explained that he doesn't eat a lot of the same foods throughout the week, he prefers variety. He states he has cut back on tomatoes. He reports eating breakfast (am meal) at home every day, and he eats about 50% of

evening meals at home and other half he eats out. When asked about medication he reports having a book that lists out what he needs to take and when, is planning on bringing it in on Tuesday to show.

Biochemical:

LIVER FUNCTION PANEL 05/10/2012 10:14
PROTEIN, TOTAL 7.6
ALBUMIN 4.1
BILIRUBIN, TO 0.2
ALKALINE PHOS 92
SGOT (AST) 15
SGPT (ALT) 11

Last Chem 7 within the past year.

Mixed dates for most recent tests of this panel

139 : 101 : 11 /
----- : ----- : ----- 144 H
5.1 H : 24 : 6.3 H \

MAGNESIUM 2.3 04/16/2012 05:30
PHOSPHATE 4.0 05/03/2012 11:02
CALCIUM 9.1 05/03/2012 11:02
Ionized Calcium
INTACT PTH (IRM) 367 H 02/21/2012 13:13
TRIGLYCERIDES 378 H
HGB 9.2 L 05/03/2012 11:02
HCT 27.5 L 05/03/2012 11:02
MCV 84.5 05/03/2012 11:02
FERRITIN 451 H 05/03/2012 11:02
TIBC 288 05/03/2012 11:02
IRON 59 05/03/2012 11:02
FOLATE 8.3 10/13/2011 12:27
VITAMIN B-12 582 10/13/2011 12:27

HEMOGLOBIN A1C 7.4 H 03/22/2012 05:30

Last 2 CBGs:

04/16/12 131 H
04/16/12 123 H

URR 5/3/12 = 74%

Dialysate Flow: 600 cc/min
K: 3 meq/Liter
CA: 2.5 meq/Liter
NA: 140 meq/Liter
HC03: 35 meq/Liter

NUTRITION DIAGNOSIS

Imbalance of nutrients related to multiple diet restrictions for DM, HTN, and ESRD as evidenced by altered lab values (PTH, potassium, HbA1c), polypharmacy and pt diet recall (including potatoes, tomatoes, fresh tuna

Nutrition status: Moderately compromised

Estimated nutritional needs (Dosing Weight = EDW):
Calories: 2500 kcal (30kcal/kg EDW)
Protein: 100 g (1.2 g/kg EDW)

NUTRITION GOALS

1. Improved lab values:
 - HbA1c maintain

- K 3-5.5
- PTH 150-300

2. Minimize fluid wt gain between dialysis sessions

NUTRITION RECOMMENDATIONS

1. Continue to vary your diet, be careful of those high K foods such as tomatoes and potatoes

Follow-up:

- Will f/u next week with log book
- Will f/u monthly with labs and offer appropriate diet education
- Will provide full follow-up assessment in 4 months
- Nutrition issues are discussed monthly in dialysis care planning meetings

/es/ Marcy Fitterer RD, CSR
Specialty and Renal Dietitian
Signed: 05/18/2012 11:10
for CHRISTINA M GERMANN

/es/ Marcy Fitterer RD, CSR
Specialty and Renal Dietitian
Cosigned: 05/18/2012 11:10