Follow UP- NUTRITION CONNECTION

NOTE

Client Name: Jessica Tomlinson

Excellent Note! You support your PES statement

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| **Nutrition Assessment** **Medical History:** 19 year old female, Dx from a MD with anemia**Anthropometric:** Ht-5’3” Wt (states weight) – 130LBS BMI- 23 IBW: 105-125LBS**Medications:** Aviane - birth control **Labs:** NONE**Diet History:** Looking at Pt. 24 hr recall, it seems that pt. is eating out 2x a day, which is contributed to having an on campuses meal plan. Pt. receives most of her kcals from medium to high fat meats and unhealthy carbohydrates. Pt. states “That she is aware that her diet is not the healthiest but it is the most convenient for her busy daily schedule.” She also states that she eats at abnormal times each day, which is evident in her 24 hour recall. Pt. states that she has tried to count kcals but saw no results. Pt. claims that she does not eat red meat anymore. In Reviewing 24 hr recall pt. has eaten red meat, which brings up the concern that she might not have full knowledge of what falls into the category of red meat. Pt. claims on questionnaire to particularly like fruits and vegetables yet is lacking all fruits and vegetables in 24 hr recall. Pt. is most concerned with maintaining her weight and learning how to properly count kcals. Pt. enjoys cardio exercises, which she tries to do every few days, but would like to increase to 45 minutes every day. Pt. also indicated being anemic and bruising easily. **New Diet History:** Reviewing Pt. 3 day diary, it looks as though she is improving her fruit and vegetable intake. Pt. is starting to form a more normal eating schedule. Pt. is still eating red meats and claims that “sense she is anemic, it makes her feel more strong and stable”. Pt. states that she is increasing her exercise to 3-4 times a week **Needs based on height and weight:** Calories = 1836 kcals/day—using Mifflin St. Jeor equationProtein = 0.8 to1.0 g /kg of BW 47 g – 59 g CHO = 207 g - 275 g- Based on normal diet needs Fat = 40.8 g – 71.4 g- Based on normal diet needs**Physical Assessment:** Pt. appears to be a healthy weight. Skin healthy, teeth intact, pt. seems to be very concerned with right amount of kcal intake, but feels that she sees no results when she tries to maintain her weight using this method. |
| **Nutrition Diagnosis(s)**Food and nutrition related knowledge deficit related to lack of prior exposure to accurate nutrition-related information evidenced by verbalized inaccurate information  |
| **Nutrition Intervention:** * Talked about how goal of increasing fruits and vegetables is coming along
* Client talked about barriers of increasing fruit
* Client is only eating on campuses and the fruit selection is low
* Vegetables are more accessible, client is eating more salads and vegetables in them
* Talked about goal of increasing exercise by 45 minutes more a week
* Patient is now actively going to the gym on average 3-4 times a week
* Patient presented concerns with her anemia, discussed talking to doctor about supplement
* Patient seemed to come to the conclusion that she will continue to eat red meat on occasion
* Talked about how everything is alright in moderation
* Patient discussed how she is not late night snacking anymore, and really consciously watching what she is eating
* Weight is being maintained, and talked about muscle toning instead of weight loss
* Patient presented me with her goal journal, we discussed any concerns she had with it, and really made sure she understood what she wanted to put in the journal
* Talked about what to expect from diet analysis
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| **Nutrition Monitoring and Evaluation:*** **Request patient bring in 2 of her entries from the goal journal assignment**
* **Short term goals:**
* Increase fruit intake by 1 more fruit serving a day
* Try to increase variety in fruit selection by 1 fruit every other day
* Slowly increase exercise by adding 1 more 45 minute cardio workout session per week, until she obtains her goal of working out every day for 45 minutes
* **Long term goals:**
* Pt. will know healthy vs. unhealthy food choices, to help maintain desired weight
* Pt. will work out 45 minutes each day of the week, to also help maintain weight
* Pt. will talk with MD about issues related to anemia
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Katlyn Rhodes 11/02/2010

FDNT 463 Student Counselor / 11/08/2010