Nutrition Connection

Note

Overall very good note. It is much improved from your first notes.

Client Name: **Removed for Privacy Reasons**

Nutrition Assessment

Medical History: 19 year old female- No past history of medical conditions

Anthropometry: Ht - 5’ 5” Wt (self reported) 187 lbs BMI: 31.1 (Obese)

IBW: 149% (187/125)

Medications: Albuterol, Aviane

Supplements: None reported

Labs: None

Diet History: According to 24 food recall, client consumes 1107 kcal, 57 grams of protein, 136 grams of carbohydrate and 36 grams of fat. As per self reported weight, client is 149% of IBW. The 24 recall that I collected from the client was during a weekend at school. The client states she uses a meal plan and typically eats on campus and prepares microwavable meals in her dorm. The client has increased her nutritional knowledge but still asked questions that would indicate a knowledge deficit (i.e could not read a nutrition label properly, asked if eating at night was bad.). 24 hour recall reflects implementation of nutrition strategies we discussed during our first meeting (i.e. eating a breakfast, structuring meals better). She reports she still uses the P-90x workout system 3x a week.

Nutrient Needs

Kcal: 20-25 kcal per kg bw: 1700-2125 kcal

Protein: 0.8-1.0 gram per kg bw: 68g-85g protein

IBW: (100 + 5x every inch over 5 feet): 125 lbs

Physical Assessment: Patient is obese and is in need of nutrition intervention and weight management.

Nutrition Diagnosis:

Obesity as related to food and nutrition related knowledge deficit as evidenced by Obesity Grade-I BMI and current weight at 149% IBW. Try not to use this PES statement with a self-reported weight.

Food, nutrition, and nutrition related knowledge deficit as related to verbal questions as evidenced by 24 food recall, statements, and questions concerning general food and nutrition/fitness knowledge

Nutrition Intervention:

Discussed short term goals that will help the client reach her long term goal.

Discussed weight management techniques while attending college.

Discussed ways to incorporate more physical activity into the daily routine.

Discussed ways to make healthy meal substitutions.

Nutrition Monitoring and Evaluation

Pt. Will fill out 3 day food recall upon next visit to identify knowledge deficits as well as on campus eating habits

Short term goals: (1)Patient will meet energy needs for weight loss(~500 kcal under maintenance) for the rest of the semester. This will be monitored via 3 day/24 hour food recall (2) Patient will engage in extra physical activity at least 3x a week. This will be monitored via physical activity logs.

Long Term Goal: (1)Patient’s long term goal is to lose several dress sizes for a wedding in May. (2) Patient will understand the concept of energy needs and nutrient density enough to create her own plan to get out of the Obese BMI category.

When will you see her next? or document that you will not see the client again.

Michael Dorben 11/15/10

FDNT 463 Student Counselor

Client Name: **REMOVED FOR PRIVACY REASONS**

Nutrition Assessment

Medical History: 31 year old female- No past history of medical conditions

Anthropometry: Ht - 5’ 3” Wt (self reported) 110 lbs BMI: 19.5 (Normal)

IBW: 96% (110/115)

Medications: None Reported

Supplements: None reported

Labs: None

Diet History: Client is a 31 year old female Ph.D student from Thailand. She has been following a lacto-ovo vegetarian diet for the past 4 months. She states that she eats exclusively off campus and grocery shops at Martins. According to 24 hour recall, client consumed 1755 calories, 66 grams of protein, 282 grams of carbohydrates, and 39.5 grams of fat. Client stated that she does not usually eat this much food daily but ate extra because she was attending a conference in Pittsburgh. Client appears healthy and is 96% of her IBW. The questions she asked during the session ( ex. Do carbohydrates cause diabetes and weight gain?) indicated a nutritional knowledge deficit.

Nutrient Needs

Kcal: 20-25 kcal per kg bw: 1000-1250 kcal

Protein: 0.8-1.0 gram per kg bw: 40g-50g protein

IBW: (100 + 5x every inch over 5 feet): 115 lbs

Physical Assessment: Patient appears to be in good health and good bodyweight.

Nutrition Diagnosis:

Food, nutrition, and nutrition related knowledge deficit as related to verbal questions as evidenced by statements and questions concerning general food and nutrition/fitness knowledge

Nutrition Intervention:

Discussed the protein content of different vegetarian-acceptable foods.

Discussed ways to incorporate more protein into a vegetarian diet.

Discussed ways to make vegetarian meal substitutions.

Nutrition Monitoring and Evaluation

Pt. Will fill out 24 hour food recall upon next visit to monitor food intake.

Short term goals: (1)Patient will meet protein needs for her bodyweight for the rest of the semester. This will be monitored via 3 day/24 hour food recall

Long Term Goal: (1)Patient’s long term goal is to maintain bodyweight while adhering to a lacto-ovo vegetarian diet.

Make sure to document when you will see her again or that there is no follow up.

Michael Dorben 11/15/10

FDNT 463 Student Counselor