

Date patient was seen on (Date): 09/12/17

PNC name:

Patient Code Number: 1002(IV)(1230)pnc

ICD 10 Code: Z71.3

Date patient was seen:

Complaint/Reason patient stated for visit: Weight management and healthier eating

Pt. Visit: **Follow-up**

Site of Visit: HP

ASSESSMENT:

Food/Nutrition-Related Hx: (Start to do bullet points now.)

Since last visit (9/25), pt reported making changes for the first week:

- Patient has decreased consumption of white bread slices to 2 slices/day for 5 day/week and tortillas to 1 piece/day for 5 days/week
- Patient stated that following portion sizes has become easier
- Patient stated that she has been eating apples, yogurt, and almonds as snacks for 4 times/week
- Patient stated that she has lost weight and feels “cleaner”

Food Allergies/Intolerances: No changes

None noted

Pertinent Meds, include complementary/alternative medicine use: No changes

None noted

Knowledge/beliefs, food and supplies availability: Changes since 9/25

- Nutrition awareness: patient stated that she has improved her choices of snacks and started to incorporate vegetables and fruits into her daily diet. Patient still wants to continue to learn more about healthier alternatives and cooking methods. Since decreasing her starch-based carbohydrates, patient stated that she feels lighter and cleaner.
- Health management: patient stated she is still trying to return to pre-pregnancy weight through nutrition and exercise. Since starting nutrition counseling, patient stated that she has lost weight

Food availability/access to food:

- Since last visit (9/25): patient still shops for food once a week and prepares daily meals for her baby, husband, and herself.
- Patient has a car and is financially stable, so access to food is not an issue

Physical activity/exercise:

- Patient is moderately active
- Since last visit (9/25):** patient has continued to run outside or do the Stairmaster 3 times/weeks, yoga 3 times/week, and incorporated strength training into her exercise routine

Anthropometric measurements:

Patient age: 22 years

Gender: Female

Date of birth: 07/20/1992

Height: 5'2" (157.48 cm) measured

Weight: 127 lbs. (57.7 kg) measured (-3 lbs. since last visit)

Weight History:

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UBW:
IBW:
BMI: 23.2 (normal weight)
BF: not measured
Pt. Wt. Goal:

Biochemical Data (e.g., electrolytes, glucose), Medical Tests, & Procedures (only if lab work is provided)

No lab result presented by the patient

Nutrition-Focused Physical Findings (physical appearance, muscle and fat wasting, appetite, and affect):

(Enter your observations)

Self-Reported Client Health Hx (Personal hx, medical/health family hx, treatments, including complementary/alternative, & social hx): **No changes**

- No self-reported health history or lab values
- Patient stated both sides of her family are naturally thin
- Patient does not currently take any medication or supplements/vitamins

Additional notes:

- Patient's BMI is 23.2, so she is within normal BMI range.
- Since last visit (9/25): patient has decreased consumption of starch-based carbohydrates, decreased consumption of simple carbohydrates (Nutella), incorporated nutritious snacks into daily diet, and follows portion size guidelines.
 - Patient will benefit from continual nutrition education on: healthier food alternatives, and meal (protein, vegetables, grains) prepping methods. Patient will benefit from encouragement and acknowledge of progress

DIAGNOSIS [To help here, go to our class website, "NCP Planning" or Week 3 of "Weekly Printouts 494/I".]

Intake (NI-53.3) Inappropriate intake of types of CHO, specifically excess starch-based, inadequate fruits and vegetables

Clinical

Behavioral-Environmental (NB-1.1) Food, nutrition, and nutrition-related knowledge deficit
Which domain does this fall into? [May include >1, but what is the primary Dx?]

Estimated caloric needs: **You must show Mifflin St Jeor Equation calculations**, as described in PNC Handbook. Calculate using these formulas:

***Note: If you did this for the previous visit, and there is no change, state that there is no change from previous visit [site date] – and give the total caloric need. If there is a change, then you must show your recalculation. State what previous need was, and then the new calculations.**

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TEE: Calories from BMR x (?) Activity Factor = 1,454.43 calories

BMR: $(10 \times \text{weight kg}) + (6.25 \times \text{height cm}) - (5 \times \text{age}) - 161$
 $(10 \times 57.7) + (6.25 \times 157.48) - (5 \times 22) - 161 = 1,290.25 \text{ kcal}$

TEE: 1290.25×1.5 (activity level) = 1,935.38 kcal/day
Adjusted TEE for moderate weight loss: $1,935.38 \text{ kcal} - 500 \text{ kcal} =$
1,435.38 kcal/day

(Weight goal is -0.5 to -1 lb/week, -500/week)

*Be sure to adjust TEE for weight goal – either + or – from total TEE calories above.

PES Statement [If this is new, state that this is from [date], revised from previous one.]

Problem: Excessive intake of starch-based carbohydrates and inadequate intake of fruits and vegetables *related to*

Etiology: Nutrition-related knowledge deficit *as evidenced by*

Signs/Symptoms: patient's reported daily food consumption

Patient is in the (what stage of change?) [E.g. Preparation: Intends to take action within the next 30 days]

INTERVENTION

Treatment Goals/Expected Outcomes to Address Nutrition Diagnosis

Patient agrees to try to: (Must be measureable)

- √ Continue to decrease starch-based carbohydrates (bread: 2 slices/day for 5-6 days/week and tortilla: 1 piece/day for 5-6 days/week)
- √ Continue to workout on portion sizes for all meals
- √ Incorporate more vegetables 4-5 times/week
- √ Continue to track daily meals in a notebook
- √ Make follow-up appointment to track progress

Interventions:

Estimated calorie needs were 1,828 kcals/day; adjusted to 1,578 kcals/day to obtain negative energy balance. Continue to have patient work with MyFitnessPal or ChooseMyPlate application to monitor food intake.

Recommendations:

Continue to try to eat small snacks between meals instead of two to three giant meals a day to ensure calories are equally distributed throughout the day. Implement vegetables into daily routine; increase water consumption to assist with weight loss and hydration. Would benefit from continued monitoring.

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Educational material provided: Navigated around ChooseMyPlate.gov with patient and browsed different recipes of meals, smoothies, and snacks

Coordination of Nutrition Care: Patient has had visit with medical professionals; followed up with RN and is working with a fitness trainer.

MONITORING & EVALUATION

PNC [RDN] Follow-up plan: Discuss more recipes and cooking methods for protein and vegetables, review diet log, and discuss and acknowledge progression.

Education patient on different food/snack alternatives, food preparation methods, and portion sizes; continue to have patient record daily food consumption in notebook.

Intake: Encourage fruits and vegetable consumption and decrease starch-based carbohydrates;
Provide more recipes

Clinical: Monitor BMI, lab values

Behavioral: Check progress in patient's comfort in monitoring portion control and selecting more nutrient dense snacks.