

Assessment:

Patient was awake and alert. Wife was with him during nutrition consult. Pt complained of hunger and expressed dislike for quality and quantity of hospital food. Pt is supplementing prescribed meals with food from home and from fast food places. Pt is not adhering to renal diet of 2g Na and 2L fluids.

24 hr recall-

Dinner 7/28 chicken breasts, green beans, fruit with sweet tea

-Supplemented dinner with pot roast and potatoes that his wife brought from home b/c he was 'still starving'

Breakfast 7/29 one sausage biscuit, one egg muffin, and two hash browns from McDonald's with a 32oz Diet Coke

Pt complained of pressure ulcer during consult that has been present on left buttock for 12-14 days now.

Estimated nutritional needs: 2450-2850 kcals/day based on 30-35 kcals/kg of RBW of 180 lbs

Estimated protein needs: 102-122 g protein/day based on 1.25-1.5 g/kg of RBW 180 lbs
RD will come back for follow-up diabetes education consult in afternoon.

Diagnosis:

Increased protein and calorie needs as related to unhealed pressure ulcer as evidenced by WBC lab values of 19.8-billion/L and stage 2-pressure ulcer present for 12-14 days.

Uncontrolled T2DM as related to food intake and non-compliance of Metformin at home as evidenced by most recent A1C lab value of 9.8% and admittance glucose lab value of 232 mg/dL.

Intervention:

Carb Controlled Diet with added protein of 1.25-1.5 g/kg and adjusted calorie needs of 30-35 kcal/kg.

Continue Strict I/O

Continue Renal Diet: 2g Na; 2L fluids

Nutrition counseling of diabetes education later in afternoon.

Monitoring and Evaluation:

Monitor protein intake, kcal intake, and outside food/drink intake. Restrict pt to 2L fluids per day. Monitor BUN and Cr levels; if continuous upward shift in lab values reduce protein to 25-30g/kg of RBW. Follow up with pt in afternoon.

Good job at your first clinical experience. Let me know if you have questions regarding my comments. You have an "S" grade for completing this simulation.

Jessica Davette Todd 6/24/15 1:15 PM

Comment: This is not what you would order in a hospital setting. You would recommend a 2400 calorie carb controlled diet with boost glucose control for the additional calories and protein. The kitchen would not know what 1.25-1.5 g/kg of protein means.

Jessica Davette Todd 6/24/15 1:16 PM

Comment: If you just recommended a carb controlled diet, why would you continue the renal diet? Renal is protein restricted, you cannot have both.

Jessica Davette Todd 6/24/15 1:17 PM

Comment: Where is this recommendation from? If you felt his protein needed to be reduced due to elevated BUN/Cr you may reinstate the renal diet but 25-30 g/kg would 2,045 grams of protein! I think you this is a typo.