

Nutrition Follow Up

Patient's name: Sarah Whittle

Initial assessment date: November 7th, 2011

Today's date: November 28th, 2011

Assessment:

Sex: F	Age: 18	Height: 5'5"	Wt. (lbs): 128 lb
BP: 120/80	BMI: 21	IBW: 125	%IBW: 101%
Waist Circumference: 27 inches	%Body Fat: 17%	Goal Weight: none	

Lab values:

Glucose: 140	HbA1c: 6.8%H	BUN: 21	Creatinine: 0.8
Na: 137	H/H: 85	MCV: 85	Cholesterol: 149
TG: 120	Potassium: 4	Phosphorus: 4	

Medications: Insulin

1. Any changes in energy level, such as dizziness or vision spots?

Has more energy and no longer feels dizzy when rollerblading to school

2. What changes have you made in your diet since we last spoke?

Has made sure to eat three meals a day with snacks between, focusing on choosing healthy CHO sources while monitoring added sugars and fats.

3. Do you feel that you have made progress? Why or why not?

Much progress! Feels as though it is becoming much easier to manage her DM through diet and medication compliance.

Diagnosis: (PES)

1. Altered nutrition related lab values related to DM as evidenced by HbA1c of 6.8%.

Intervention:

1. Continue to practice CHO counting with all meals and snacks.
2. Eat 3 meals each day with 1-2 snacks within CHO serving goal goals. (Goal of 2-3 serving CHO per meal with 1-2 snacks of 1 serving CHO.
3. Consistent compliance with insulin medication.

Education/Handouts provided: CHO food groups and serving sizes.

Monitor and Evaluation:

1. Review food journal: Assess CHO counting skills, number of meals eaten/day.
2. Assess medication compliance.
3. Follow up in 1 month. Answer any diet questions and discuss importance of exercise.