

Nutrition Assessment Form

Name: Sarah Whittle

Date: Nov 7th, 2011

Assessment:

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

Lab values:

Glucose: 230 H	HbA1c: 8.2%H	BUN: 21	Creatinine: 0.8
Na: 137	H/H: 85	MCV: 85	Cholesterol: 149
TG: 120	Potassium: 4	Phosphorus: 4	

Medications: Insulin

Estimated Needs:

Calories and grams of protein/day: 1450-1740 kcals (25-30 kcal/kg), 60+ g protein (1g/kg).

Patient States:

Patient was referred by doctor to be educated on carbohydrate counting and meal planning. Patient's mother and step father make most meals and do the grocery shopping. Her mother has had diabetes for a long time but stepfather is still unaware of proper diet and consequences. Patient admits to forgetting to take insulin almost three times a week when she has to go to school and not being very physically active. Patient agreed to bring food journal and blood glucose meter for review in follow up.

Handouts/Education given:

7-day meal planner and CHO serving sheet for all food groups.

Diagnosis: (PES)

1. Food and nutrition related knowledge deficit related to newly diagnosed with DM1 as evidenced by diet history reveals consumption of inappropriate portions and excess CHO.
2. Altered nutrition related lab values related to Diabetes as evidenced by elevated glucose of 230 and HbA1c of 8.2.

Intervention:

1. Practice CHO counting with all meals and snacks.
2. Eat 3 meals each day with 1-2 snacks within CHO serving goals. (Goal of 2-3 servings CHO per meal with 1-2 snacks of 1 serving CHO.)
3. Consistent compliance with insulin medications.

Monitor and Evaluation:

1. Evaluate Blood Glucose meter.
2. Review food journal.
3. Assess label reading skills, portion control and medication compliance.
4. Follow up with patient in 1 month.