

# **Case Study**

## NFSC 471: Clinical Nutrition

**Skill Area:** Medical Nutrition Therapy

**Assignment Title:** Case Study: Renal Transplant

**What I Learned:** In this assignment I exercised my knowledge on how to examine the case of an individual patient through researching the pathophysiology of their health conditions, interpret and analyze lab values, calculate anthropometric data, investigate drug-nutrient interactions, and making medical nutrition therapy.

**Reflection to assignment:** In this assignment, I conducted much research on the pathophysiology of chronic kidney disease and applied the information to an individual client. This case study was very beneficial to my education because I had to address issues in the patients current lifestyle as well as provide short term and long term goals for pre and post surgery. In the patients intervention, I was to address the patients weight management, post transplant diet, and ways in which I can monitor and evaluate the patients health status. This assignment also had me analyze what goal and intervention strategies were in the scope of practice for a dietitian.

**Relevance to the profession:** Medical Nutrition Therapy is a very important component of Nutrition and Food Science as a profession. The skills taught through this assignment are critical for not only clinical dietitians, but for every professional in this field.