

LOCAL TITLE: NUTRITION - CONSULT
STANDARD TITLE: NUTRITION DIETETICS CONSULT
DATE OF NOTE: JAN 26, 2012@10:40 ENTRY DATE: JAN 26, 2012@10:40:40
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URGENCY: STATUS: COMPLETED

NUTRITION CARE PROCESS NOTE

CONSULT FOR: Nutrition Assessment and Therapy
hx of bariatric surgery, eats 6 small meals per day; vegetarian. Thanks
Consult requested by: nursing

CLINICAL: (per H&P) "Pt is a very pleasant 59 yo F with h/o CAD (cath yesterday, no PCI), HTN, h/o gastric bypass (2005) who presents with mild light-headedness after taking double dose of metoprolol SA on day of admission."

NUTRITION RELATED MEDICATIONS

-EPI (TWINJECT) 0.3MG/0.3ML; INTRAM ONCE FOR SEVERE ALLERGIC REACTIONS
-ERGOCALCIFEROL (VIT D) 8000 UNT/ML DROPS; (2000 IU) QD (outpt med also)
-OMEPRAZOLE
-PROCHLORPERAZINE FOR NAUSEA

Allergies:

PENICILLIN, TETRACYCLINE, SULFA DRUGS, CLEOCIN, PHENOBARBITAL, IODINE BETADINE, WOOL WAX ALCOHOL, CEPHALEXIN, RANITIDINE, MINERAL OIL, ATROVENT, COCONUTS, LACTOSE, HIBICLENS, DAIRY PRODUCTS, TOMATOES, SACCHARIN ZOMIG 5MG TAB, VICODINE ES UNIT DOSE, LANOLIN, FD&C RED DYE #40 INTRAVASCULAR CONTRAST MEDIA

NUTRITION ASSESSMENT

Anthropometrics:

Ht: 67 in (170.2 cm) (07/19/2011)
Wt: 219 lbs (99.3 kg) (01/23/2012)
Wt hx:
222 lbs (12/30/2011)
219 lbs (10/14/2011)
207 lbs (04/15/2011)
197 lbs (03/02/2010)
Ideal Wt: 135 lbs %IBW:162%
BMI: 34.37 (01/23/2012)

Dietary/Alimentation/Elimination:

Diet: Cardiac, Listed Items Only
Intakes:

1/26/2012 Breakfast: 0% (had snack foods of hard boiled egg, carrots and celery and saltine crackers)

Interview info: Pt reports many allergies and is very aware of foods that contain ingredients that she avoids. Received bkst containing foods she would not eat (bread, eggbeaters, apple juice, and blueberries). Pt stated that she cannot have corn syrup or sugar because of bariatric surgery (she said the bread & eggbeaters had corn syrup). Understands that her plethora of allergies make it difficult to find foods that work with the diet. Foods she enjoys eating and will not have an allergic reaction to would be mild cheddar cheese (not enough lactose present to upset lactose intolerance), real eggs, fresh bananas, sliced apples or pears (with no added sugar for sweetening). Also enjoys morning star vegetarian products. Would eat yogurt and soy milk if sweetened with evaporated cane juice or fruit juice but not if sweetened with sugar or corn syrup.

Last BM: 1/25/2012

Biochemical:

Vitamin B-12 256 12/30/2011
Vitamin D 36 07/19/2011
<4 L 04/29/2011
9 L 10/15/2008
<7 L 08/19/2008
7.2 L 11/16/2007

NUTRITION DIAGNOSIS

Pt with specific food choices r/t food allergies as evidenced by pt report of food preferences.

Estimated nutritional needs:

Calories:2200-2400 kcals/day (HB x 1.2-1.3)
Protein:80-100 g/day (0.8-1.0 g/kg/day)

NUTRITION INTERVENTIONS

1. Diet - Edited food diet to a listed items only in order for pt to receive appropriate foods given listed food allergies.
-Adams Peanut Butter, banana, salad with cucumber, soy milk, and cheese slices

NUTRITION RECOMMENDATIONS

1. no recommendations at this time; consult as needed

Nutrition status: mildly compromised

*%IBW, hx of bariatric surgery and cardiac disease

NUTRITION MONITORING/EVALUATION: pt to d/c today

/es/ JESSICA MOONEY

Dietetic Intern

Signed: 01/26/2012 12:36

/es/ ANNIE MARIE BEHREND

Annie Behrend, MS RD

Cosigned: 01/26/2012 12:50