

LOCAL TITLE: NUTRITION - FOLLOW-UP
STANDARD TITLE: NUTRITION DIETETICS NOTE
DATE OF NOTE: JAN 20, 2012@13:58 ENTRY DATE: JAN 20, 2012@13:58:49
AUTHOR: MOONEY, JESSICA EXP COSIGNER: BEHREND, ANNIE MARIE
URGENCY: STATUS: COMPLETED

CLINICAL: 59yo female who p/w n/v, constipation & rectal CA. HD #17. Pt with poor PO prior to & during initial days of admit r/t n/v. Pt NPO 1/8 1/13 when CL initiated and soon advanced to FL diet. Currently (1/20/2012) NPO until G-Tube placement (today).

ACTIVE NUTRITION RELATED MEDICATIONS:

- Acyclovir (may cause anorexia)
- Hydromorphone inj, soln 1-2mg iv q1h prn for pain
- Hydromorphone tab 8-12mg po q3h prn if pain
- Levothyroxine (synthroid),
- Ondansetron (prn for n/v)
- Pantoprazole (GERD)
- Polyethylene glycol powder, prn constipation
- Prochlorperazine tab (antinausea)
- Rosuvastatin tab (anti-hyperlipidemia)
- Senna tab 34.4mg po bid
- Sertraline tab (antidepressant; may cause anorexia/wt loss)
- Mirtazapine 7.5 mg q bedtime (appetite stimulant)

NUTRITION ASSESSMENT:

Anthropometrics:

Ht: 67 in (170.2 cm)
Wt: 129.4 lbs (58.7 kg) (1/19/2012)
Wt hx:
 137 lbs (12/27/2011)
 145 lbs (11/28/2011)
 135 lbs (10/14/2011)
Ideal Wt: 135 lbs %IBW: 96%
BMI: 20.31

Dietary/Alimentation/Elimination:

Diet: NPO
Last BM: (per MD 1/20) No ostomy output overnight; enemas not attempted yesterday.

Biochemical:

- SODIUM 143 H (1/20/2012)
- ALBUMIN 3.5 (1/09/2012)
 3.9 (12/20/2011)
- PREALBUMIN 9.3 L (1/14/2012)

Estimated nutritional Requirements: (est using IBW)

Calories: 1800-1900 kcals/day (~30 kcals/kg)
Protein: 75-90 g/day (~1.2-1.5 g/kg/day)
Fluids: 1700-1800 ml/day (30 ml/kg)

NUTRITION GOALS

1. Tolerate >95% goal TF @ 75 ml/hr x 20 hr/day continuously
 - once PEG feeding initiated
2. Weight maintenance
 - noted -8 lbs since last weight 12/27
3. Bowel regularity
 - team has been monitoring closely since admit
 - once tolerating TF's; will consider danactive BID to further promote bowel regularity

NUTRITION RECOMMENDATIONS

TUBE FEEDING INITIATION orders:

Product: Jevity 1.2: High-Protein Nutrition with Fiber
Rate: Initiate @ 20ml/hr, advance by 10ml/hr q4hr as tolerated
Goal Rate: 75ml/hr x 20hr/day
Provides: 1800 kcals, 83 g protein, 27 g fiber, and 1210 ml water H2O Flush: Flush with 90 ml q 4hr to maintain tube patency & achieve pt fluid requirements (providing total 1750 mls fluid/day)
Meds: Please ensure that all meds that are administered through feeding tube are liquid form when possible (especially for electrolyte repletion as these frequently clog tubes when crushed)
Labs: Monitor and replete electrolytes, pt at risk of refeeding(K+ > 3.0, Phos > 2.0, Mag > 1.8)

Nutrition status: moderately compromised

*r/t recent wt loss, poor intake, n/v/c