

Recorder: Janeza Bridges

Date: March 19, 2021

N302L Case Studies

Nutrition Care Process (NCP): Triglyceride

Nutrition Assessment

- ☐ Diagnosis: Type II Diabetes Mellitus
- ☐ Age, gender: 37, female
- ☐ Anthropometric measurements (include units)
 - ☐ Ht/wt: 61 in / 154.94 cm and 152# / 68.95kg
 - ☐ BMI= 28.7 (Overweight)
 - ☐ IBW= 105#, %IBW = 144.8% (Obese)
- ☐ Energy, protein and fluid needs
 - Total Energy= 2316.47 - 2549.17 kcal/day
 - REE: $10 (W \text{ in kg}) + 6.25 (H \text{ in cm}) - 5(A) - 61 = 1781.9 \text{ kcal}$
 - REE x activity factor (ambulatory 1.3) + 10% for range
 - Protein= 55.16 - 68.95 gm PRO/day
 - Weight in kg x gm protein/kg (0.8 - 1.0 g non-stressed state)
 - Fluid= 2.41 L/day
 - 35ml/kg/day x bw in kg

Labs:

- Glucose: 145 mg/dl - High value for type II diabetes mellitus (normal: 70 - 100 mg/dl)
- Hgb: 13.4 g/dl - low by 0.2 g/dl (normal: 13.6 - 17.7 g/dl)
- Hct: 41% - normal (normal: 38 - 50%)
- Albumin: 4.2 g/dl - normal (normal: 3.5 - 5 g/dl)
- Triglyceride: 250 mg/dl - high (normal: <150 g/dl)

Nutrition Diagnosis

Self-monitoring deficit R/T type II diabetes mellitus, excessive FAT/CHO intake AEB high glucose level (145 mg/dl - normal: 70 - 100 g/dl), high triglyceride level (250 mg/dl - normal: <150 g/dl), IWB to Current weight (105# / 152#), BMI (obese 28.7)

Nutrition Intervention

Food and/or Nutrient Delivery

- Macros: ~ 15-20% PRO, <30% FAT, 50% CHO
- Meal timing: small frequent meals with snacks throughout the day
- Include: whole grains (quinoa, brown rice), fruits and vegetables, low-fat dairy (yogurt), lean meats (chicken breast, ground turkey, beef), nuts, seeds
- Stay hydrated (2.41 L/day)

Goals (must be time bound):

1. Resistance training: 150 minutes per week of moderate to vigorous physical activity (2-3 sessions per week) (immediately)

2. Improve eating habits by including more whole grains, fruits and vegetables, low-fat dairy, lean meats, nuts seeds, while meeting macros (~ 15-20% PRO, <30% FAT, 50%CHO). (immediately)
3. Meal timing: small frequent meals throughout the day with snacks (immediately)
4. Decrease fasting glucose (<70-100 mg/dL) and TG levels (<150 g/dl) (by next visit ~4 weeks)

Nutrition Education

1. Diabetes self-management education and/or
2. Diabetes self-management support

Nutrition Monitoring and Evaluation

1. Follow-up phone call 3-4 days
 2. Food diary to be brought next visit (4 weeks)
 3. Reassess fasting glucose and TG levels
 4. Exercise log
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Signature

Date