

**Recorder:** Janeza Bridges

**Date:** March 5, 2021

**N302L Case Studies**

**Nutrition Care Process (NCP):** Glucose

### **Nutrition Assessment**

- ☐ **Diagnosis:** Type I diabetes mellitus
- ☐ **Nutrition-related PMH, treatments, surgeries:** Insulin injections
- ☐ **Age, gender:** 24, male
- ☐ **Dietary intake:** only eats lunch and dinner, snacks 3-4 times per day. Lunch typically fast food (ie. Hamburger, french fries, large soda). Dinner usually frozen dinner, pizza, dessert, and soda. Snacks usually include chips, cookies, or snack cakes.
- ☐ **Exercise habits:** Inactive - basketball "once in a while"
- ☐ **Knowledge, readiness for change:** frequent urination, excessive thirst and hunger
- ☐ **Functional/behavioral factors:** checks blood sugar 1-2 times per week, poor eating habits, inactive
- ☐ **Symptoms:** frequent urination, excessive thirst and hunger
- ☐ **Anthropometric measurements (include units)**
  - ☐ **Ht/wt:** 70in / 177.8cm and 165# / 74.84kg
  - ☐ **BMI=** 23.7 (normal)
  - ☐ **IBW=**166# / 75.3kg , **%IBW** = 99.4% (ideal)
  - ☐ **UBW** = ,165# / 75.3kg **%UBW** = 100% (ideal)
  - ☐ **% Weight change** = 0.6% (ideal)
- ☐ **Energy, protein and fluid needs**
  - **Total Energy=** 2,335.008 kcal/day
    - wt (kg) x 1 kcal/kg x 24 hr
    - REE (1796.16kcal)x activity factor (ambulatory: 1.3)
  - **Protein=** 59.84 - 74.84 grams PRO per day
    - Wt (kg) x 0.8 - 1.0 gram PRO/kg (non-stressed state)
  - **Fluid=** 5601.02 - 4490.40 ml/kg/day
    - ml/kg x actual body weight (kg) ml/day
    - Adolescent (40-60 ml/kg/day)

### **Labs:**

- Fasting glucose = 280 mg/dL (>126 mg/dL)
- Glycosylated hemoglobin (HbA1c) = 9.4% (>6.5%)

### **Nutrition Diagnosis**

Behavioral-environmental: food and nutrition-related knowledge deficit RT inactivity, poor eating habits (food choices/meal frequency), non-consistent glucose monitoring AEB HbA1c (9.4%), fasting glucose (280 mg/dL)

### **Nutrition Intervention**

## **Food and/or Nutrient Delivery**

### **1. Meals and Snacks**

- 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 (5601.02 - 4490.40 ml/kg/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. Monitor blood glucose levels at least 4 times per day (immediately)
5. Decrease fasting glucose (<126 mg/dL) and HbA1c (<6.5%) levels (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 HbA1c levels
  4. Exercise log
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Signature

Date