Progress Report Overview

Student:	**Xiaotong Fei**
Activity:	Ken Avalos CS#2 - DM
Start Time:	11/22/2023 09:25:24
End Time:	11/22/2023 20:31:07
Total Time:	11:05:43

Actions

Note at 11/22/2023 20:30:59

Ken Avalos CS#2 - DM Documentation

Student: Xiaotong Fei
Activity Start: 11/22/2023 09:25:24
Activity Completion: 11/22/2023 20:31:07
Activity Completion: 11:05:43

Patient Data

Patient: Ken Avalos
Age/Sex: 46 yo M
Location: General Hospital

DOB: 05/07/1977
MR#: MR1108
Admit Date: 11/19/2023

Notes

Note at 11/22/2023 10:35:52

ADIME Note

Basic Information

Date:
11/22/2023 10:35:52

Author:
Xiaotong Fei

Location:
General Hospital

Patient name:
Ken Avalos

Date:
11/22/2023

Assessment

Diagnosis:

Pt seen MD for diabetic ketoacidosis, intractable nausea/vomiting, high BG, high Ac1 R/T diabetes. Before discharge, DM nutrition education is needed in case of future risks.

Age:
46

Gender:

Male

Race:

Native American

Ethnicity:

Native American

Client History

Medical history:

h/o vit D def (resolved)

Medical diagnoses:

S/P DKA, pre-HTN, Obesity x 2 yrs, new onset Type 2 DM

Family history:

Pt has a family history of DM since grandmother had DM. Father had heart disease and CABG at 72 y.
Grandmother deceased.
Mother and sisters A&W.

Social history:

Pt has a wife and 2 grown children. Pt reports having a happy life with wife and works full time. His wife does most of the cooking and food selections and pt does not smoke, drink alcohol, or do drugs.

Current medications:

Pt is on insulin detemir 100 UNT/ML at 40 units QHS.
On Metformin XR oral tablet at 1000 mg/d.
On Nebivolol oral tablet (Bystolic) at 20 mg/d.
On Cholecalciferol (Vit D3) at 5000 IU/wk.
On Insulin Lispro (Humalog) 100 UNT/ML at sliding scale dose QAC.

Nutrition-related medications:

Metformin XR oral tablet at 1000 mg/d.
Nebivolol oral tablet (Bystolic) at 20 mg/d.
Cholecalciferol (Vit D3) at 5000 IU/wk.
Insulin Lispro (Humalog) 100 UNT/ML at sliding scale dose QAC.
Insulin detemir 100 UNT/ML at 40 units QHS

Current supplements:

none.

Anthropometric history

Height:

173cm (68.11 inch / 5’8”)

Weight at admission:

90kg (198lb)

Current Weight:

90kg (198lb)

BMI:

30.1 kg/m2 – obesity Grade I

% Weight change:

2% is recent weight change, 9% is the % weight loss since last 2 yrs

IBW:

70kg (154lb)

% IBW:

129%

UBW:

91.4 kg (200.2lb)

% UBW:

99%

Other:

none

Weight assessment:

Pt has a wt loss from the last time seen by MD. He was 100.5 kg 2 yrs ago. Now his UBW is 91.4kg, his % wt loss is 9% based on his UBW. After admission, his CBW is 90 kg and UBW is 91.4 kg before admission. Based on his CBW and UBW, his recent % weight loss is 2%.

Biochemical history, medical tests, labs, and procedures:

Before admission:
BP 130/101 (H)
Capillary BG 585 mg/dL (H)
FSBG 306 mg/dL (H)
After admission:
BP 118/79 (WNL)
Capillary BG 125 mg/dL (WNL)
FSBG 125 mg/dL (WNL)

Nutrition Focused Physical Exam

Skin Assessment

☑ Intact

Feeding Ability

☑ Independent

Oral Motor

☑ Intact

Muscle and fat store assessment:

WDWN

If other, please explain:

none

Food and Nutrition History

Current diet order:

PO diet consistent with CHO

Assessment of usual intake:

Pt's wife does most of the cooking and food selections and wife usually makes Native American style meals.

Assessment of current intake:

Per 24-hr recall pt normally consumes sugary food, butter, meat, and fast food. Green veggies and fruits are regularly consumed. Dinner is mainly composed of meat and vegetables. > 30 oz of coffee is consumed with low-fat milk and sugar, > 15 oz coke, 2-24 oz water. High sugar sauces, drinks, and high fat snacks are consumed.

Supplements/herbals:

N/A

Food allergies and intolerances:

NKFA

Intake and digestive problems:

S/P N/V, S/P abdominal pain and S/P decreased appetite.

Assessment of Nutritional Status/Nutrition Risk

☑ No malnutrition noted

Nutrition Recommendations

kcal/day based on:

2055-2511 kcal/d based on 90 kg BW [1756. kcal/d x AF 1.3) x IF 1.0 +/- 10%]

g protein/day based on:

72-79g/d (0.8g/kg/d based on 90kg CBW +10%)

mL fluid/day based on:

2055-2511 mL/d (mL/kcal/d) based on 1mL:1 kcal fed

Other:

none

Nutrition assessment summary:

Pt with S/P DKA, class 1 obesity, and new onset T2DM in need of DM nutritional education from RD.

Diagnosis

Nutrition Diagnosis:

Excessive carbohydrate intake (NI-5.8.2)
Excessive fat intake (NC-5.5.2)

PES Statement:

Excessive carbohydrate intake (NI-5.8.2) r/t lack of nutrition education on simple sugar AEB Capillary BG 585 mg/dL (H), FSBG 306 mg/dL (H), and per 24-hr recall shows high consumption of jam, ice cream, and coke.

PES Statement:

Excessive fat intake (NC-5.5.2) r/t lack of education on high fat food and meal composition AEB BP 130/101 (H), Cholesterol 230 mg/dL (H), per 24-hr recall shows high consumption of fast food, meat, potato chips, and fried bread.

Nutrition Intervention

Nutrition prescription:

To reduce pt's simple sugar and fat intake by providing nutritional education on portion sizes, high sugar and high fat food lists, and training pt on self-monitoring skills.

Food and nutrition delivery:

Regular diet/general healthful diet (ND-1.1),
Nutrition rec'd:
Kcal: 2055-2511 kcal/d based on 90 kg BW [1756. kcal/d x AF 1.3) x IF 1.0 +/- 10%]
Protein: 72-79g/d (0.8g/kg/d based on 90kg CBW +10%)
Fluids: 2055-2511 mL/d (mL/kcal/d) based on 1mL:1 kcal fed
Continue diet Rx of regular diet/general healthful diet (ND-1.1)

Rec'd decrease consumption of saturated fat (1.2.5.5.1) in the diet to reduce overall fat intake.
Rec'd decrease intake of simple carbohydrate (ND-1.2.4.3.2) such as ice cream, jams, and sugary drinks in the diet.
Rec'd increase intake of high fiber foods (ND-1.2.7.1) to help improve cholesterol levels and stay satiated longer so that less fat or carbohydrate needed to be consumed.

Nutrition education:

Rec'd nutrition education on CHO counting (E-2.2) for control of carbohydrate intake.
Rec'd nutrition education on foods that are high in simple carbohydrate and saturated fat (E-1.1).
Rec'd nutrition education on the reason why certain food should be consumed less than before and the negative impact of these food on health (E-1.2).
Education on how to design pt's plate: From Plate Method for Diabetes.
Pt is able to learn how to compose his plate as a person with T2DM with only 4 steps: 1. nonstarchy vegetables, 2. protein foods, 3. carbohydrate foods, 4. water or 0-calorie drink.

Nutrition counseling:

1. Provided self-monitoring (C-2.3) and goal setting (C-2.2) strategies to increase pt's compliance with the plate method for diabetes (handout).
2. Reduce sugary drinks/snacks to only 1 can/small bag per week for 30 days. Reduce consumption of fast food to only once a week for 30 days.
3. Compliance: Expect high compliance r/t wife is also educated by RD and she will be a strong support for pt.

Coordination of care:

none.

Monitoring and Evaluation

Food and nutrient intake:

Monitor numbers of sugary food and snacks consumed with food record done by pt for 5 days per week (FH-1.2.2.3.2.2).
Monitor servings of fat consumed with food record done by pt for 4 days per week (FH-1.2.2.1.2.6).

Anthropometric measurements

Monitor wt (AD-1.1.2.1) 1x/month, and waist circumstances (AD-1.1.3.2) 1x/month.

Biochemical data:

Monitor HgbA1c level (BD-1.5.3) in 1 mo. Monitor cholesterol level (BD-1.7.1) in 1 mo.

Nutrition focused physical findings:

F/U in 2 wk in central hospital.

Signature/credential/date:

Xiaotong Fei, Clinical Nutrition student, Nov.22.2023

2.2 lb = 1 kg
1 inch = 2.54 cm

Xiaotong fei

Ht : $\frac{173\ cm}{2.2\ cm/inch} = 68.11\ inch$

$\frac{68.11\ inch}{12\ inch/ft} = 5.6758\ ft.$

$0.6758\ ft \times 12\ inch/ft = 8.1096\ inch$

$5\ ft + 8.1096\ inch$

5' 8"

wt : $\frac{90\ kg}{2.2\ lb/kg} = 198\ lbs$

CBW : 90 kg (198 (b)

Current % weight change : $\frac{90\ kg - 91.4\ kg}{91.4\ kg} \times 100\% = 1.5317\ \%$

$\approx 2\ \%$

% weight change from 2yrs ago: $\frac{9.1\ kg}{(91.4\ kg + 9.1\ kg)} = \frac{9.1kg}{100.5kg} = 0.09054$

$0.09034 \times 100\% = 9\%$

IBW : $106\ lbs + 6\ lbs \times 8\ inch$

$= 106\ lbs + 48\ lbs$

$= 154\ lbs \ / \ \frac{154\ lbs}{2.2\ lb/kg} = 70.0\ kg\ (154\ lb)$

% IBW : $\frac{198\ lbs}{154\ lbs} \times 100\%$

$= 1.2857\ \%$

$= 129\ \%$

$\frac{90\ kg}{70\ kg} \times 100\%$

$= 1.2857 \times 100\%$

$= 129\ \%$

$= 129\ \%$

UBW : $91.4kg \times 2.2lb/kg$

$= 200.2\ lb$

% UBW : $\frac{90\ kg}{91.4\ kg} = 0.9847$

$0.9847 \times 100\% = 98.5\%$

$= 99\%$

$\frac{198\ lb}{200.2\ lb} \times 100\%$

$= 99\%$

Xiaotong Fei

1. kcal needs for wt maintaining using CBW, AF(1.3), IF(1.0)

Men: $10 \times 90\ kg + (6.25 \times 173\ cm) - (5 \times 46\ yrs) + 5$

$= 900\ kg + 1081.25\ cm - 230\ yrs + 5$

$= 1756.25\ kcal/d$

$1756.25\ kcal/d \times \frac{1.3}{AF} = 2283.125\ kcal/d$

$2283.125\ kcal/d \times \frac{1.0}{IF} = 2283.125\ kcal$

$\approx 2283\ kcal.$ 228.3125 kcal/d

Range (±10%): $2283.125\ kcal - 2283.125 \times 10\% = 2054.8125\ kcal/d \approx 2055$

$2283.125\ kcal + 2283.125 \times 10\% = 2511.4375\ kcal/d \approx 2511\ kcal/d$

$2055\ kcal \sim 2511\ kcal.$

2055 - 2511 kcal/d [1756.25 kcal/d × 1.3 AF × 1.0 IF]

g Protein / day: $0.8\ g\ protein/kg\ BW \times 90\ kg$

$= 72\ g\ protein$

Range (±10%): $72\ g\ protein - 72\ g\ protein \times 10\%$

$= 64.8\ g\ protein/kg\ BW$

$72\ g\ protein + 72\ g\ protein \times 10\%$

$= 79.2\ g\ protein$

$\frac{64.8\ g\ protein}{90\ kg} = 0.72\ g\ protein/kg\ BW$

$\frac{79.2\ g\ protein}{90\ kg} = 0.88\ g\ protein/kg\ BW$

acceptable range for g protein / day: 72 g protein/day – 79 g protein/day [0.8 g : 1 kg BW]

fluid:

$2055\ kcal \times 1\ mL\ fluid/kcal = 2055\ mL\ fluid/d$

$2511\ kcal \times 1\ mL\ fluid/kcal = 2511\ mL\ fluid/d$

2055 - 2511 mL/d [1 mL : 1 kcal fed]