Progress Report Overview

Student:	**KaFai Li**
Activity:	Jorge Biro CS#2 - DM
Start Time:	11/09/2022 10:33:04
End Time:	11/18/2022 12:08:34
Total Time:	14:23:50

Actions

Note at 11/18/2022 12:03:03

Jorge Biro CS#2 - DM Documentation

Student: KaFai Li
Activity Start: 11/09/2022 10:33:04
Activity Completion: 11/18/2022 12:08:34
Activity Completion: 14:23:50

Patient Data

Patient: Jorge Biro
Age/Sex: 46 yo M
Location: General Hospital

DOB: 05/07/1976
MR#: MR1108
Admit Date: 11/06/2022

Notes

Note at 11/09/2022 10:33:25

ADIME Note

Basic Information

Date:
11/09/2022 10:33:25

Author:
KaFai Li

Location:
Central Clinic

Patient name:
Jorge Biro

Date:
11/09/2022

Assessment

Diagnosis:

Admitted for DKA, intractable n/v/polyuria/polydipsia R/T new onset of T2DM

Age:
46

Gender:

Male

Race:

White

Ethnicity:

Hispanic

Client History

Medical history:

S/P Vitamins D deficiency, pre-HTN, and obesity (class I)

Medical diagnoses:

Obesity x 2 yrs, new onset T2DM

Family history:

Father had heart disease and coronary artery bypass graft (CABG) at 72y. Grandmother was diagnosed DM before deceased. Mother and sisters are all alive and well.

Social history:

College gradation. Still working as an IT specialist. Pt is living with his wife that no problems about activities of daily living. Both of them are non-smokers and non-drinker. Wife usually cookies the most.

Current medications:

None

Nutrition-related medications:

Cholecalciferol vitD3 (5000IU)/wk
Metformin 1000mg/d
Nebivolol 20mg/d

Current supplements:

None

Anthropometric history

Height:

178 cm (70")

Weight at admission:

93.0 kg

Current Weight:

93.0 kg (204.6 lbs)

BMI:

29.4 kg/m^2 (overwt)

% Weight change:

-3%

IBW:

75.5 kg

% IBW:

123%

UBW:

95.5 kg

% UBW:

97%

Other:

None

Weight assessment:

Pt Hx shows wt loss 2.5 kg (3%) during staying 3 overnight in hospital d/t RN and RD reports pt c/o intractable n/v. Pt reports decreased po intake and low amount meal intake.

Biochemical history, medical tests, labs, and procedures:

Glu 217 (H)
HgB A1c 9 (H)
Vitamin B 326 (WNL)
Vitamin D 32 (WNL)
Cholesterol 230 (H)

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:

Regular diet

Assessment of usual intake:

Kosher diet, there are three meals and two snack times per day. 2 small medialunas during weekday and 2 churros with dulce de leche during weekend. Wife cookies most of meals. Pt focus on high carb diet per day. No alcohol and smoking.

Assessment of current intake:

24-hour recall: the pt's daily diet always includes high amount of carb and sugar per meal. Beverage during each meals that includes 2tsp sugar with coffee/tea/energy drink.

Supplements/herbals:

None

Food allergies and intolerances:

NKA

Intake and digestive problems:

N/C

Assessment of Nutritional Status/Nutrition Risk

☑ No malnutrition noted

Nutrition Recommendations

kcal/day based on:

2363-2545 kcal/d based on 93 kg BW [(MS x AF 1.3-1.4 x IF 1.0)].

g protein/day based on:

93-121 gm/d (1-1.3gm/kg/d based on 93 kg wt)

mL fluid/day based on:

2363-2545 mL/d (mL/kcal/d)

Other:

None

Nutrition assessment summary:

WDWN pt, new dx T2DM in need of nutrition counseling and education for carb management.

Diagnosis

Nutrition Diagnosis:

Excessive carbohydrate intake (NI-5.8.2)
Inconsistence intake of type of carbohydrate simple CHO (NI-5.8.3)

PES Statement:

Excessive carbohydrate intake (NI-5.8.2) R/T complex carb overconsumption AEB HgBA1c=9% (H), glu=217 (H), and 24-hour record excessive white bread products intake.

PES Statement:

Inconsistence intake of type of carbohydrate simple CHO (NI-5.8.3) R/T simple CHO overconsumption during snack time AEB high glu conc=217 (H), adding extra sugar with sweat tea, and 1 pint of ice crease.

Nutrition Intervention

Nutrition prescription:

To control T2DM by utilizing nutrition education on the meal patterns with low carb and sugar foods to improve glucose consumption within the normal range.

Food and nutrition delivery:

Diet Rx: General/health diet (ND-1.1) with nutrition rec'd 2363-2545 kcal, 93-121 gm protein, 2363-2545 mL fluid per day.

Rec'd:
1: Rec'd reducing complex carbohydrate food: medialunas, pizza, sandwich (ND-1.2.4.3.1)
2: Rec'd having the fiber food intake/day: walnut, peanut veggie platters instead of simple CHO snack. (ND-1.2.7.4.1)
3: Rec'd limiting extra sugar with coffee, consider using 1-2 sugar per day (ND-1.2.4.3.2)

Nutrition education:

Discussed and rec'd measuring the amount of CHO per meal to improve the HgBA1c and glu conc (E-2.2)

Handout: Healthy Eating Plate, Hand-Size Portion Guide, Choose Your Food for Diabetes, and T2DMNT

Nutrition counseling:

Provided motivational interviewing (C-2.1) blood glucose monitor and testing strips for self monitoring (C-2.3), and based on social learning theory approach (C-1.3) and transtheoretical model stage of change approach (C-1.5) to improve abnormal blood glu conc.

Behavioral goals:
1: Pt can use high fiber snack instead of simple CHO snack at least 3 times per week for 2 weeks.
2: Pt can limit the 1/3 amount of complex CHO during lunch/dinner at least 3 days per week for 2 weeks.
3: Pt can use carbohydrate counting for lunch/dinner at least 1 day per week for 2 weeks.

Compliance:
Fair compliance r/t pt slept 3 overnights in hospital and just able to be discharged, and pt's report anxious to go home. (C-1.2) and Pt expected to be in the preparation stage in the transtheoretical stage of change. (C-1.4)

Coordination of care:

None

Monitoring and Evaluation

Food and nutrient intake:

1: Monitor estimated carbohydrate intake via CHO counting and written dietary record. Pt will finish at least 3 days a week and show the record to next visit. (FH 1.5.5.1)

2: Monitor insulin to carbohydrate ratio via daily dietary record/ taking picture per meal, patient will do self- monitoring everyday and show the record to next visit. (FH 1.2.2.3.1)

Anthropometric measurements

Monitor wt (AD-1.1.2.1) 1x/2wk

Biochemical data:

1: Monitor glucose profile in fasting (BD-1.5.1) in a 1 mo.
2: Monitor vitamin D level (BD-1.13.3) in a 1 mo.
3: Monitor vitamin B12 level (BD-1.13.3) in a 1 mo.
4: Monitor HgB A1c level (BD-1.5.3)

Nutrition focused physical findings:

F/U in 2 wk in clinic.

Signature/credential/date:

KaFai Li, Clinical Nutrition Student, 11/18/2022

KaFai Li

• Anthropometric History:

1) **Height:**

$178\ cm \times \frac{1\ inch}{2.54\ cm} = 70\ inch \Rightarrow 5'10"$

2) **Current Weight:**

$93\ kg \times \frac{2.2\ lb}{1\ kg} = 204.6\ lb$

3) **% weight change:**

(CBW − uBW) / uBW x100
= (93.0 − 95.5) / 95.5 x100
= −2.6178 %
= −3%

4) **IBW** = (106 lb) + (6 lbs x 10 in)
= 106 + 60
= 166 lbs x $\frac{1\ kg}{2.2\ lbs}$
= 75.5 kg

5) **% IBW** = (CBW / IBW) x 100
= (204.6 lb / 166.0 lb) x 100
= 123.2530%
= 123%

6) **% uBW** = (CBW / uBW) / 100
= (93 lb / 95.5) / 100
= 97.3822
= 97%

7) **Weight Assesment:**
(93.0 − 95.5) / 93 x100%
= −2.6882 %
= −3%

• Food and nutrition History

7) **Energy Requirement:**

MSJ (Weight) = [(10 x ? kg) + (6.25 x ? cm) − (5 x ? yr) + 5] x AF x IF
= [(10 x 93 kg) + (6.25 x 178 cm) − (5 x 46 yr) + 5] x (1.3 − 1.4) x 1.0
= (930 + 1112.5 − 230 + 5) x (1.3 − 1.4) x 1.0
= 1817.5 x (1.3 − 1.4) x 1.0
= 2362.75 − 2544.5

Range = 2363 − 2545 kcals/day

8) **Protein Requirement:**

[Estimation of Protein Requirement x CBW in kg]
= (1 − 1.3 g/kg) x 93 kg
= 93 − 120.9

Range = 93 − 121 gm/d

9) **Fluid Requirement: Method 1**

2363 − 2726 x 1 mL/kcal

Range = 2363 − 2726 mL/d

CHO Exchange

Rafai Li

1) the average of MST energy requirement:
(2363 + 2545) / 2
= 2454 kcal / day

2) CHO% 40-50%
(2454 x 0.45)
= 1104.3 kcal

$1104.3\ \text{kcal} \times \frac{1\ \text{g CHO}}{4\ \text{cal}} = 276.075\ \text{g CHO} \approx 276\ \text{g CHO}$

(276 g CHO) / 15 = 18 CHO exchange

~ 18 CHO exchange

3) Fat % 30-40%
2454 x 0.35
= 859.25 kcal

$859.25\ \text{kcal} \times \frac{1\ \text{g fat}}{9\ \text{cal}} = 95.472\ \text{g fat} \approx 95\ \text{g fat}$

4) Protein 15% - 20%
2454 x 0.175
= 429.45 kcal pro

$429.45\ \text{kcal} \times \frac{1\ \text{g Pro}}{4\ \text{cal}} = 107.36\ \text{g Pro} \approx 107\ \text{g Pro}$

5) kcal from CHO
283 x 4 = 1132 kcal

6) kcal from Protein
109 x 4 = 436 kcal

7) Kcal from Fat
95 x 9 = 855 kcal

8) Total kcal & % of kcal from CHO
(1132 / 2423) x 100 = 47%

9) Total kcal & % of kcal from
(436 / 2423) x 100 = 18%

10) Total kcal & % of kcal from
(855 / 2423) = 35%