

Case Study ADIME Note:

Assessment:

- Patient States: Heartburn and difficulty swallowing past 4-5 months. Noted wt. loss of over 30 lbs in several months. Decreased appetite and feeling full all the time.
- Patient is: 58 y/o male, Ht. 6'3", Wt. 198 lbs, BMI: 24.8, IBW: 196 lbs, %UBW: 86% (14% wt. loss).
- Labs: Alb: 3.0 mg/dL, PreAlb: 12 mg/dL, Transferrin: 175 mg/dL

Diagnosis:

Inadequate oral food/beverage intake (NI-2.1) related to dysphagia and decrease appetite as evidence by 14% unintentional weight loss over several months and patient report of difficulty swallowing.

Intervention:

- Current TF is not meeting patient Kcal needs. Patient needs 2912 Kcals; he is only receiving 2700 kcals.
- We recommend increasing TF rate to 85 ml/hr, which provides 3060 Kcals and 138 g protein.
- If signs of intolerance, switch to elemental formula, Peptamen 1.5, at 85 ml/hr.
- Education on smoking cessation and alcohol consumption.
- Stop involuntary wt. loss and increase serum protein levels.

Monitor/ Evaluate:

- Monitor any changes in weight, electrolytes and serum proteins.
- Monitor for tolerance of TF; check for diarrhea and nausea.
- Follow- up in 24 hrs; referral to speech pathologist in 1-2 weeks for swallowing test to determine if patient can be advanced to a PO diet.

RD: Lacey Pettigrew

Signature: (X)

Date: May 5, 2009