

CLINICAL NUTRITION CASE STUDY

Points 5

I. **Heading**

- a. Patient's Initial and file number
- b. City and State
- c. Date of service
- d. Hospital
- e. Diagnosis
- f. Student's name
- g. Date study begun
- h. Date study ended
- i. Focus of this study

Points 5

II. **Social history** (facts that have direct bearing on patient's present condition)

- a. Age/sex
- b. Height
- c. Current weight/usual body wt/IBW
- d. Marital status
- e. National origin Race
- f. Occupation
- g. Family responsibilities and problems
- h. Home environment standards of living
- i. Health habits, mental attitude
- j. Religion

Points 10

III. **Normal anatomy and physiology of applicable body functions**

Points 20

IV. **Medical history** (explain all medical terms including medication which are referred to)

- a. Theoretical discussion of disease condition (text book)
- b. Usual treatment of the condition (text book)
- c. Past history-outpatient department and previous admissions to hospital
- d. Present illness-onset, duration, and complications
- e. Etiology
- f. Symptoms (underline those you have observed)
- g. Physical examination and significant laboratory findings (compare with normal values, give significance)
- h. Physician's orders in regard to medication (purpose of medication, side effects, any drug/nutrient interactions) and treatment (i.e. diagnosis test, surgical procedures, etc)state the results obtained
- i. Prognosis

Points 35

V. **Nutrition Intervention** (this is a major focus)

- a. Diet history
 1. Usual eating pattern at home
 2. Past diets
 3. Dietary intake at home
 - i. Time and place of meals
 - ii. How food is prepared
 - iii. Who purchases food and prepares meals
 - iv. Food that are avoided
 4. Food intake via 24-hour recall
 5. Calculations of sample day's food intake and provide N5 computer printout/exchange list
 6. Student's impressions of the diet
- b. Diet order (s)-with changes according to the patient's progress
- c. List nutrition-related problems with supporting evidence
- d. Evaluation of present nutritional status
 1. kcal/pro guidelines
 2. address other nutrients as applicable
 3. consider need for vitamin/mineral supplementation
 4. consider need for alternative feeding methods: oral vs TF vs TPN
 5. evaluation of food or nutrient intake (i.e. calorie count, meal round observations, or provide a sample of patient menu for one day; tube-feeding or TPN infusion or TF/TPN surveillance sheet)
- e. Discuss relationship of dietary modifications to patient's disease state
 1. Objectives of nutrition care with theoretical explanation
 2. Restriction: fluids, salt, etc.
 3. Complicating factors
 4. Methods used to implement objectives
 5. Results obtained by nutrition intervention
- f. Factors influencing education of the patient in dietary modification
 1. Type of disease
 2. Treatment
 3. Finances
 4. Intelligence, comprehension, cooperation
 5. Cooperation and support by patient's family
 6. Idiosyncrasies
 7. Language barrier
- g. Provide an outline of subject matter taught with teaching aids used

Points 5

VI. **What I learned from this study and what I taught the patient (this section should be written in the first person).**

Points 5

VII. **Glossary** (alphabetically define all words that an incoming intern would have difficulty understanding)

Points 15

Bibliography at least 10 current articles or books written for the professional and directly related to exercise or disease involved. The references should be indicated at the place of citation in the paper and listed at the end of the paper in order of usage, Not Alphabetically. See correct bibliographic form based on current practice in J Am Diet Assoc