

ADIM/E CHART NOTE

Nutrition Assessment

Patient is a 26 y/o female referred by physician for Renal Transplant
Ht. 60" Wt. 165 lb. BMI 32 %IBW 140% %UBW _____ UBW timeframe: _____

Pertinent Labs:

PO4 6.3, glucose 282, BUN 69, creatinine 12, alk phos 131, cholesterol 200, triglycerides 195, HbA1C 7.1, RBC 4, HGB 10.9, HCT 35

Pertinent Medications:

Neora 450mg, Imuran 150mg, Prednisone 90g, Magnesium oxide 400mg, Bactrim, Neutra-phos, Persantine, omeprazole, Glucophage

EER: 2,000-2,450 kcal/ day EPR: 76.32 grams/ day

Pertinent dietary/lifestyle information:

Patient diagnosed with Type II Diabetes mellitus at age 13. Patient diagnosed with Stage 5 chronic kidney disease 2 years ago. Patient is on hemodialysis. Patient denies smoking. Patient admits to drinking alcohol; 12 ounces of beer, once a week.

Nutrition Diagnosis/Diagnoses:

Food and nutrient-related knowledge deficit (NB-1.1), related to patient report of usual dietary intake of food choices not recommended for patients with CKD, as evidenced by patient report of Na²⁺ intake of 2,460mg and 2 diet cokes, lab values high in PO₄⁻, glucose, BUN, and creatinine

Impaired nutrient utilization (NC-2.1), related to recent kidney transplantation, as evidenced by high creatinine (12.0mg/dL) and BUN (69mg/dL) laboratory values.

Nutrition Intervention:

Interventions (including referrals)

1. Food and nutrient delivery (ND-1) - Modify patient diet to Renal diet
2. Coordination of Other Care During Nutrition Care (RC-1) - Collaborate with other providers: Physician, Registered Nurse, Social worker
3. Nutrition –Related Behavior Modification Therapy (C-1) - Motivational Interviewing and goal setting approaches

Individualized Treatment Goals to Address Nutrition Diagnosis

1. Patient will try to eat only beans on the days she will be dialyzed after.
2. Patient will start buying herself sourdough bread instead of wheat.
3. Patient will start exercising for 30 minutes, four days per week.
4. Patient will start drinking half a diet coke at lunch, and the other half for dinner

Education Materials Provided, if applicable

1. Renal Diet information booklet

Monitoring and Evaluation:

1. Weekly serum analysis for 2 months post transplant: Renal panel, including Na²⁺, K⁺, phosphorous, lipids, glucose and protein.
2. Weekly monitoring of fluid intake/retention by RN at dialysis appointments
3. Increase follow-up visits with Renal RD to 1x per month for 6 months

Signed _____ Date: _____