

DeKalb Medical  
**Documents Review Report**

Include Correction History: 0

[REDACTED]	[REDACTED]	DOB: [REDACTED]	Age: 84y	M
[REDACTED]	Admit Date: 02-Apr-2019	Provider: [REDACTED]		ADM
KBC Adult Nutrition Assessment 3.0		Last Updated: 4/5/2019 11:26:05 AM   Entered: 4/5/2019 11:22:00		
Authored By: Daw, Maria B (Clinical Dietitian)				

Comment: RD

**General Information**

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Reason for Admission/Chief Complaint: Rectal Bleed, Confusion  
Diagnosis: PMH: CAD + AAA repair + CABG, HTN, T2DM, HTN, HLD, Prostate Cancer  
Reason for Assessment: identified at risk by screening criteria; MST score of 4 with unintentional 14-23# wt loss  
At Risk Screening Criteria: weight loss unintentional  
Screen by Dietitian: Initial assessment

Current Diet: NPO

**Anthropometrics**

**Height**

Height (ft) Height (ft): 6 ft  
Height (remainder in inches) Height (in): 3 inch(es)  
Height (cm) Height (cm): 190.5 cm

**Current Weight**

Weight (kg) Weight (kg): 68.1 kg  
Weight (lbs) Weight (lbs): 150.1 lb

**IBW (Ideal Body Weight)**

Ideal Body Weight (kg) Ideal Body Weight (kg): 89.1  
Ideal Body Weight (lbs) Ideal Body Weight (lbs): 196  
% of Ideal Body Weight % of Ideal Body Weight: 76

**UBW (Usual Body Weight)**

Usual Body Weight (kg) Usual Body Weight (kg): 83  
Comment: UBW on 10/27/2018 per EMR  
Usual Body Weight (lbs) Usual Body Weight (lbs): 183  
Usual Body Weight (%) % of Usual Body Weight: 82

**BMI (Body Mass Index)**

BMI (kg/m<sup>2</sup>) BMI (kg/m<sup>2</sup>): 18.7  
Body Mass Index BMI Grade: 18.5 - 24.9 - Normal  
Percent of Weight Change Weight Change (%): 17.95  
Unintentional Weight Change: yes  
Time Period Related to Weight Change: 5 months

**Diagnostic Tests/Procedures**

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**Lab Results**

Lab Results Reviewed: yes  
Lab Results: POC 175; (4/3) BUN 26, Ca 8.1

**Medications**

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Reviewed: yes  
Medication Comments: Pepcid, NS@125mL/hr. PRN: Dulcolax, Tums, SSI, Zofran

**Physical Assessment**

**Physical Assessment**

Gastrointestinal: pt c/o sore throat; LMN x1/incontinent (4/5)  
Physical Findings: NFPE findings: severe fat loss (triceps/biceps, thoracic); severe muscle loss (temples, clavicle/pectoralis, clavicle/acromion)

**Calorie Requirements**

**Mifflin-St. Jeor Equation**

Comments: 2043-2384 kcal/day (30-35 kcal/kg ABW, cancer/malnutrition)

**Protein Requirements**

Protein Recommendations: 82-102 g/day (1.2-1.5 g/kg ABW, cancer/malnutrition)

**Fluid Requirements**

Fluid Recommendations: 1 mL/kcal/d or per MD

**Carbohydrate**

Carbohydrate Recommendations: 45-55%

**Feeding/Nutrition Therapy**

**Feeding/Nutrition Therapy Analysis**

Kcal and Protein Intake: not meeting kcal needs; not meeting protein needs  
Fluid Intake: not meeting assessed needs

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Tolerance: n/a

**Nutrition Diagnosis**

Malnutrition Diagnosis: E43-Unspecified severe-protein-calorie malnutrition

**Nutrition**

Nutrition Diagnosis: Severe protein-calorie malnutrition

Related to: chronic illness (cancer, CAD)

Sign(s) & Symptom(s): 18% unintentional weight loss over 5 months; severe fat loss ( triceps/biceps, thoracic); severe muscle loss (temples, clavicle/pectoralis, clavicle/acromion)

Interventions: advance diet to consistent CHO/Diabetic ADA Diet as medically feasible and tolerated or per MD

Nutrition Services - Acuity: At Risk

Nutrition Services - Next Visit: 4/8-4/9 - Maria

Monitoring/Evaluation: advancement of diet, weight, labs, POC

**Goal Communication**

Mutually agreed upon goal(s): Pt will not lose any additional weight during LOS. Pt will advance to PO diet as tolerated within 3 days.

**Outcome Summary**

Outcome Summary (Overall): Nutriton assessment for MST score of 4 with unintentional weight loss. Patient states he has been continuously losing wt over several months, but was found to be a poor historian; reported UBW indicates a weight gain that is not consistent with EMR weight history. Patient c/o sore throat and was difficult to understand. Patient states PTA to admit, he had someone cooking 3 meals/day for him for 4 days/week; PO intake PTA is uncertain. Patient received NGT yesterday for possible future TF. NFPE revealed severe muscle and fat loss. Patient meets criteria for severe protein calorie malnutrition per ASPEN guidelines. Dietetic Intern will continue to monitor patient per protocol. Assessed by: Maria Daw, Dietetic Intern. Approved by: ●●●●●● MS RDN LD.