

- Chapter 17

- Nutrition Care

- Chapter 17

Lesson 17.1

- Key Concepts

- Comprehensive health care is best provided by a team of health professionals and support staff.

- A personalized health care plan, evaluation, and follow-up care guide actions to promote healing and health.

- Setting and Focus of Care

- Health care setting

- Person-centered care

- Health care team

- Physician and support staff

- Role of the nurse

- Role of the dietitian

- Setting and Focus of Care, cont'd

- Nursing role

- Coordinator and advocate

- Interpreter

- Teacher or counselor

- Setting and Focus of Care, cont'd

- **Setting and Focus of Care, cont'd**
- **Nurses and dietitians provide essential support and personalized care.**
- **Registered dietitians (RDs) carry major responsibilities.**
- **A real partnership with patients and caretakers is essential to valid care.**
- **Nutrition care must be person centered.**
- **Phases of the Care Process**
- **Nutrition assessment**
- **Nutrition diagnosis**
- **Nutrition intervention**
- **Nutrition monitoring and evaluation**

- **Phases of the Care Process, cont'd**
- **Nutrition assessment**
 - **Anthropometric data**
 - **Biochemical tests**
 - **Diet evaluations**
 - **Clinical observations**

- **Phases of the Care Process, cont'd**
- **Nutrition assessment, cont'd**
 - **Anthropometrics**

- Age
 - Gender
 - Weight
 - Height
 - Body frame
 - Body composition
- Phases of the Care Process, cont'd
 - Nutrition assessment, cont'd
 - Anthropometric measurements
 - Weight
 - Weigh patients at consistent times.
 - Weigh patients without shoes in light indoor clothing.
 - Ask about recent weight loss or gain.
 - Height
 - Use fixed measuring stick on wall or moveable measuring rod on platform clinic scale.
 - Have patient stand as straight as possible with no shoes or cap.
- Phases of the Care Process, cont'd
 - Nutrition assessment, cont'd
 - Anthropometric measurements, cont'd
 - Body composition
 - Skinfold thickness measurement with calipers
 - Hydrostatic weighing
 - Bioelectrical impedance analysis
 - Dual energy x-ray absorptiometry
 - BOD POD body composition tracking system

- Phases of the Care Process, cont'd
 - Measuring height in an infant

- Phases of the Care Process, cont'd

- Nutrition assessment, cont'd
 - Biochemical tests
 - Plasma protein
 - Protein metabolism
 - Immune system integrity
 - Skeletal system integrity
 - Gastrointestinal function

- Phases of the Care Process, cont'd

- Nutrition assessment, cont'd
 - Biochemical tests, cont'd
 - Plasma protein
 - Hemoglobin, hematocrit, serum albumin
 - Help detect protein and iron deficiencies
 - Protein metabolism
 - Basic 24-hour urine tests
 - Elevated levels may indicated excess breakdown of body tissue
 - Immune system integrity
 - Determine lymphocyte count

- Phases of the Care Process, cont'd

- Nutrition assessment, cont'd

- Biochemical tests, cont'd
 - Skeletal system integrity
 - Status of bone integrity and possible osteoporosis
 - Gastrointestinal function
 - Radiographs used to detect peptic ulcer disease
- Phases of the Care Process, cont'd
- Nutrition assessment, cont'd
 - Dietary evaluation
 - History
 - Usual intake, current intake, restrictions, modifications (use 24-hour recall and food diaries)
 - Support system
 - Nutrition supplements, vitamin or mineral supplements
 - Food allergies, intolerances
 - Activity level (average energy expended per day)
- Phases of the Care Process, cont'd
- Nutrition assessment, cont'd
 - Observations
 - Clinical signs of nutrition status
 - Physical examination
- Phases of the Care Process, cont'd
- Nutrition diagnosis
 - Problem
 - Etiology

— Signs and symptoms

● Chapter 17

Lesson 17.2

● Key Concepts

● Valid health care is centered on the patient and his or her individual needs.

● A personalized health care plan, evaluation, and follow-up care guide actions to promote healing and health.

● Phases of the Care Process

● Nutrition intervention

— Disease modification

— Personal adaptation

— Mode of feeding

- Routine house diet
- Oral feeding
- Assisted oral feeding
- Enteral feeding
- Parenteral feeding

● Phases of the Care Process, cont'd

● Nutrition monitoring and evaluation

— Nutrition goals

— Changes

— Ability to follow diet

— More information or resources needed

- Drug Interactions
- Over-the-counter self-medications
- Prescribed drugs
- Alcohol
- “Street drugs”
- Drug-Food Interactions
- Alcohol
- Analgesics and nonsteroidal antiinflammatory drugs
- Antiulcer agents (histamine blockers)
- Antibiotics
- Anticoagulant
- Antineoplastic drugs
- Drug-Food Interactions, cont’d
- Antiemetics
- Anticonvulsants
- Antidepressants: Monoamine oxidase inhibitors
- Antihistamines
- Antihypertensives
- Drug-Food Interactions, cont’d

- **Antihyperlipemics (HMG-CoA reductase inhibitors) or statins**
- **Antiparkinson drugs**
- **Antituberculosis drugs**
- **Bronchodilators**
- **Corticosteroids**
- **Hypoglycemic agents**

- **Drug-Nutrient Interactions**
- **Primarily occur when medications are taken in combination with over-the-counter vitamin and mineral supplements**
- **Examples**
- **Drug-Herb Interactions**
- **Least well defined**
- **Common examples**
- **Summary**
- **The basis for effective nutrition care begins with the patient's nutrition needs and must involve the patient and family.**
- **Such person-centered care requires initial assessment and planning by the dietitian and continuous close teamwork among all team members providing primary care.**

- **Summary, cont'd**

- **Careful assessment of factors influencing nutrition status requires a broad foundation of pertinent information (e.g., physiologic, psychosocial, medical, and personal).**
- **Nutrition therapy is based on the personal and physical needs of the patient.**
- **Summary, cont'd**
- **Drug interactions with nutrients, foods, or other medications can present complications with patient care.**
- **Careful questioning to determine all prescription and over-the-counter supplements and medications taken will help guide education needs for the patient.**