

ADIM/E CHART NOTE

Nutrition Assessment

Patient is a 58 y/o Male referred by H. Brown, M.D. for Stage IIB Adenocarcinoma of the esophagus

Ht. 6'3" Wt. 198 BMI 24.7 %IBW 101 %UBW 86 UBW timeframe: several months (3)

Pertinent Labs: Albumin 3.0L, Total Protein 5.7L, Prealbumin 12 L, RBC 4.2 L, HGB 13.9 L, HCT 38 L Keep an eye on MCH 32.4 H end & MCHC 36.5 H end

Pertinent Medications: Tums, Alka-Seltzer, Pepcid, Tube feeding formula: Isosource HN 1.5 kcal at 75 ml/hr. x 24 hrs.

EER: 2691 kcals EPR: 117 g/day

- Pertinent dietary/lifestyle information: He has not been able to eat because of the pain and heartburn and has lost 30 lbs. in the last several months, difficulty swallowing textured foods, and he is a smoker. Typical diet eggs, bacon, toast, deli sandwiches, cookies, fruit, pasta, all meats. Ice cream, homemade desserts. Because of swallowing pain and difficulty he eats small amounts of oatmeal, sips of coffee, tomato soup, crackers, macaroni cheese, & ice cream in small portions. He has lost 30 lbs. in several months.

Nutrition Diagnosis/Diagnoses:

PES

Evident protein-energy malnutrition (N.I.-5.2) related to poor P.O. intake associated with dysphagia and heartburn as evidenced by his 24 hour recall, severe unintentional 30 lb. weight loss in 3-4 months, low Albumin, Prealbumin, & total protein levels.

Nutrition Intervention:

Interventions (including referrals)

1. Food & Nutrient Delivery Medical Food Supplement (ND-3.1) to supplement macronutrients and ease swallowing difficulty.
2. Enteral & Parenteral Nutrition (ND-2) Jejunal tube feeding formula Isosource HN 1.5 kcal at 75 ml/hr. x 24 hrs. & supplement Glutamine, Arginine, Omega 3 PUFAs, & RNA. EER=2,691 kcals/day and Protein=117g/day
3. Nutrition Education, Comprehensive Nutrition Education (E-2) related to in depth advanced topics regarding nutritional needs for cancer and tube feeding.
4. Coordination of Nutrition Care (RC-2) team meeting with specialists, RD specific to cancer diet for collaboration of care.
5. Collaboration & referral (RC-2) for counseling for smoking cessation.

Individualized Treatment Goals to Address Nutrition Diagnosis

1. Client will maintain weight with no weight loss (increase weight overtime to 176-215 lbs.)
2. Increase albumin to 3.5-5, Prealbumin to 16-35, & total protein levels to 6-8.
3. RBC (4.5-6.2), HGB (14-17), HCT (40-54) labs increased to normal ranges.
4. Be aware of possible pain with oral consumption / digestion

Education Materials provided, if applicable

1. Neutropenic Diet-Counseling with RD on Neutropenic diet.
2. Nutritional information for recovery and maintenance from cancer (fiber, phytochemicals, vitamins & minerals). Recipes: Power Packed Milkshake
3. Smoking cessation information.

Monitoring and Evaluation:

- 1. Monitor client for weight gain (check for weight loss) weekly
- 2. Monitor Prealbumin labs weekly for increased levels as indicated above. Monitor total protein, albumin, including MCH, and MCHC 3-4 weeks. Check for anemia.
- 3. Monitor tolerance of PEJ tube and residuals daily.

Signed: Tamara Martinez Date: 3.9.12