

SOAP CHART NOTE

Subjective

Pertinent dietary/lifestyle information: Patient has emesis & nausea, & smokes 1 pack/day of cigarettes for 40 years. Patient has a good appetite. Patient has family history of CAD & Myocardial Infarction at the age of 59. Patient exercises 15 minutes /day. Dietary recall consists of large bagels, canned soups, red meat, mayonnaise, and 6 oz. of pork for dinner, and salad dressing.

Objective

Patient is a 61 y/o male referred by Regina H. Smith for Myocardial Infarction.

Ht. 6'1" **Wt.** 185 lbs. **BMI** 26.5 **%IBW** 111 **%UBW** 100 **UBW** 100% **Timeframe:** N/A

Pertinent Labs: CO2 mEq/l 20 (L), glucose 136 mg/dl, TC 235-214 mg/dl (over 3 days), HDL 30-33 mg/dl (over 3 days), LDL 160-141 mg/dl (over 3 days), LDL/HDL ratio 5.3 (H)-4.3 (H) over 3 days, Apo A L 72(L) & 98(L), Troponin T: (H) 2.1-2.7 ng/dl, Troponin I: 2.4-2.8 (H),

Pertinent Medications: N/A

EER: 2,875 kcals/day **EPR:** 85 kg /day

Assessment (PES only):

Food and Nutrition-related knowledge deficit (NB 1.1) related to limited restrictions of food choices and portion sizes, as evidenced by 24 hour recall and elevated 160 LDL, 235 Cholesterol, and decreased 30 HDL as per patient records.

Plan:

Interventions (including referrals)

- 1. Meals and Snacks (ND-1):** patient will be counseled on AHA cardiac diet (fish, chicken, lean meats, vegetables, fruits, whole-grain products and fat-free or low-fat dairy products, 30 mins. of physical activity).
- 2. Comprehensive Nutrition Education (E-2)** related to AHA diet. Instruction / training in the AHA diet with i.e. eat less than 300 milligrams of cholesterol/day, eat less than 1,500 milligrams of sodium/day, limited or no trans fats, and minimal saturated fat. Portion size related to activity level and weight goal.
- 3. Coordination of Nutrition Care (RC-1)** collaboration/referral to other providers. Patient will be referred to cardiac rehab, continued nutrition counseling with outpatient dietitian, smoking cessation counseling (motivational interviewing).

Individualized Treatment Goals to Address Nutrition Diagnosis

- Patient is adhering to AHA cardiac diet with improvement towards set goal in blood lipid values. Set goal of <100 LDL; > 45 HDL; < 199 TC; ratio LDL/HDL <3.55; ALT & AST < 35; ALK phos < 120. Check on protein levels as Total Proteins are dipping in the low category at 5.9.
- Patient limits whole bagels to ½ a bagel, multi-whole grain, whole fruit, and protein for breakfast. Limit high sodium canned soups or chooses low sodium.
- Patient changes calories, protein, carbohydrates, and fats to portions to adhere to AHA cardiac portion recommendations.

Education Materials provided, if applicable

- Patient will be given a list on appropriate food choices for AHA cardiac diet.
- Patient will be given a pamphlet on appropriate exercises and time range for his condition.
- Smoking Cessation material