

**Chart Note Activity: Jessica**

Below is a partially completed chart note for the dietitian's session with Jessica. Print this document, and, using the information you gathered from your observation of the counseling session, complete the shaded areas. If needed, refer to *Case Study Jessica Script*.

<p><b>Nutrition Note—Initial Assessment</b> 5/4/10 <u>Findings:</u> Ht: 65"      Wt: 125#      BMI: _____ (55<sup>th</sup> %ile for age) Relevant Labs: fasting blood glucose = 85 Relevant Meds: none Wt hx: Medical hx: Diet recall notable for _____ _____ _____ Physical Activity: <u>Swim practice 5 days/w x 2 hours + swim meets on weekends x 3 hours + walk to and from school 30 minutes total 5d/w</u> <u>Impression:</u> 16 y o female with (your PES statement here) _____ _____ _____ Pt also with concerns about type 2 DM as she has family hx of DM. Today, clarified that pt's FBG is in normal range and offered to discuss DM prevention more at future visits. Discussed importance of regular meals and snacks for adequate energy to support daily activity, growth/development, and athletics. Helped pt identify strategies for increasing intake of fruits, vegetables, and dairy foods. Pt verbalizes excellent comprehension of concepts discussed and agrees to plan below. Expect (circle) poor fair good compliance with recs. <u>Plan:</u> 1. _____ 2. _____ 3. _____ 4. Pt to note times at swim practice next week. 5. Follow-up with RD 2 weeks.  <i>Suzy J. Dietitian, RD</i> _____ Signature Date <u>May 4, 2010</u></p>
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