

Chart Note Activity: Ms. Marco

Below is a partially completed chart note for the dietitian's session with Ms. Marco. 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 Ms. Marco Script*.

<p>Nutrition Note—Initial Assessment</p> <p>5/4/10</p> <p><u>Findings:</u></p> <p>Ht: 61" Wt: 167#</p> <p>BMI: _____ c/w (circle) underwt / normal wt / overwt / obesity class 1 2 3</p> <p>Relevant Labs: fasting blood glucose = 115, LDL = 160, HDL = 23</p> <p>Relevant Meds: statin, blood pressure medications, and fish oil capsules</p> <p>Wt hx: _____</p> <p>Medical hx: HTN, dyslipidemia, impaired fasting glucose</p> <p>Diet recall notable for _____</p> <p>_____</p> <p>_____</p> <p>Physical Activity: <u>minimal, pt is mostly sedentary</u></p> <p><u>Impression:</u> 67 y o female with (your PES statement here) _____</p> <p>_____</p> <p>_____</p> <p>Today, discussed principles of carbohydrate-controlled diet for BG management (small frequent meals, moderate CHO q meal, avoidance of concentrated sweets and sweetened beverages). Gave recommendations for dietary changes to help pt decrease fat, calories, and sodium intake, while increasing nutrient-dense foods. Pt verbalizes good comprehension of concepts discussed and agrees to plan below. Expect (circle) poor fair good compliance with plan.</p> <p><u>Plan:</u></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. Follow-up with RD 2 weeks.</p> <p><i>Suzy S. Dietitian, RD</i> _____ Signature</p> <p>_____ May 4, 2010 Date</p>
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