Individual Counseling - Session II

Name Paige Davies

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TOTAL well done! 80 76


Recorder: Paige Davies, RD  
Date: 3/2/18  
Nutrition Care Process (NCP): Mrs. Therese Kim

**Nutrition Assessment**

- **Diagnosis:** Hyperglycemia
- **Nutrition-related PMH, treatments, surgeries:** N/A
- **Age, gender:** 42, Female
- **Dietary intake:** P.O - records
- **Food preferences, allergies, intolerances:** N/A
- **Exercise habits:** Has no time to exercise with children and working as a teacher
- **Knowledge, readiness for change:** She knows about her blood sugar and has had trouble losing weight in the past
- **Functional/behavioral factors:** N/A
- **Resources for obtaining, preparing food:** fast food and local grocery store
- **Symptoms:** has been feeling low energy

**Anthropometric measurements**

- Ht/wt: 64in / 163cm and 154# / 70kg
- BMI= 27.3
- IBW= 105+5(4)= 120 #, %IBW= (154/120)×100= 128% (obese)

**Energy, protein and fluid needs**

- = Total Energy= 1,665-2,035 kcal/d
  - For energy, used Harris-Benedict formula to determine REE then multiplied by activity (1.3)
  - +/- 10% of the total
- = Protein= 70-87.5 g/d
  - For protein, used stress factor for tumor: 1.0-1.25 g PRO/kg
- = Fluid= 2,450 mL/d
  - For fluid needs, used 35ml/kg/day

**Medications/supplements:** None

**Nutrition Diagnosis- PES format**

Excess energy intake related to (RT) excess intake of calorie dense foods as evidenced by (AEB) being 128% IBW at 154 #. (Take evidence)

**Nutrition Intervention**

1. **Meals and snacks**
   a. Whole-grain foods: 100% whole grain bread, whole wheat pasta/noodles, brown rice, oatmeal and popcorn
   b. Low cholesterol foods: egg whites, oily fish, edamame, tofu, beans, green tea, avocados, almonds, dark chocolate
   c. Other Low calorie options based on food record: diet soda, stevia packets, turkey bacon, lean ground turkey and chicken.
      i. Vegetables: cabbage, spinach, mushroom, cauliflower, kale, celery
      ii. Fruits: apples, grapefruit, strawberries, watermelon, tomato

2. **Physical Activity:**
a. Swimming laps at the pool (mentioned by client), working out at the local gym on the weekends, taking a dance class (mentioned by client)

3. Nutrition-related medication management
   a. Take a multi-vitamin women's supplement 1x daily

**Goals**

1. Lose .5-1 # per week until ideal body weight is reached (120#)
2. Consume the recommended calorie intake of 1,665-2,035 by tracking intake manually or with My Fitness Pal
3. Decrease blood sugar levels by reducing intake of added sugars (ie. have soda and sweets only on the weekends.
4. Workout 2 times a week for at least 60 minutes

**Nutrition Monitoring and Evaluation**

- Call in 3 days to go over goals
- Schedule a meeting in 2-3 weeks
- Have lab data faxed over from the clinic to evaluate blood glucose

Paige Davis
3/2/18
3-Day Analysis Averages and Discussion

Dietitian: Paige Davies

Client: Theresa Kim

Nutrient Analysis Program Used: www.supertracker.usda.gov

Nutrient Analysis Averages: Nutrients of Concern

<table>
<thead>
<tr>
<th>Nutrients of Concern:</th>
<th>Day 1: Thursday</th>
<th>Day 2: Friday</th>
<th>Day 3: Saturday</th>
<th>Average Intake:</th>
<th>Recommended Intake:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Calories</td>
<td>2328 kcals</td>
<td>2995 kcals</td>
<td>3239 kcals</td>
<td>2,854 kcals</td>
<td>2000 kcals</td>
</tr>
<tr>
<td>Added sugar</td>
<td>60 g</td>
<td>70 g</td>
<td>100 g</td>
<td>77 g</td>
<td>&lt;50 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>802 mg</td>
<td>327 mg</td>
<td>921 mg</td>
<td>684 mg</td>
<td>&lt;300 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>2990 mg</td>
<td>5749 mg</td>
<td>5405 mg</td>
<td>4,715 mg</td>
<td>&lt;2,300 mg</td>
</tr>
</tbody>
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Foods of Concern:

Total Calories: white rice and eggs with added cheese and oil

Added Sugar: Coke, brownie, cookies, added sugar

Cholesterol: scrambled eggs, chicken teriyaki, salmon

Sodium: Scrambled eggs, chicken teriyaki, bacon

Simple Switches:

White bread → whole wheat bread

Eggs → egg whites

Bacon → turkey bacon

Coke/sprite → water/sparkling water

Cheddar cheese → low-fat shredded cheeses
Discussion

Through the USDA website I was able to analyze Mrs. Therese Kim’s intake from her 3-day food record. I based her intake on a 2,000 calorie diet and found that her intake exceeded this intake amount by an average of 854 calories. Excess energy intake could be one reason why it has been difficult to lose weight in the past. One of the most calorie heavy food items in Mrs. Kim’s diet is white rice which she has frequently. I believe Mrs. Kim can reduce the amount of calories she intakes by substituting eating brown rice every couple of days. Brown rice is whole grain and will provide Mrs. Kim with more vitamins, minerals, and fiber compared to white rice. In addition to calories, other areas of concern were Mrs. Kim’s cholesterol and sodium intake. The recommended intake for cholesterol is less than 300mg and on average Mrs. Kim is consuming 683mg. The recommended intake for sodium is less than 2,000mg and Mrs. Kim is also consuming more than this at an average of 4,715mg daily. In her diet Mrs. Kim consumes many animal products like eggs, chicken, and salmon, and bacon which all contain cholesterol and sodium with some because of added seasonings and sauces. If Mrs. Kim switches to consuming egg whites instead of eggs and portions the other animal products she is consuming, her cholesterol levels should start to normalize. In addition, if Mrs. Kim uses low sodium soy sauce and teriyaki sauce her sodium levels should also lower. Lastly, Mrs. Kim consumes a lot of added sugars in her diet from sodas, cookies, brownies, and using real sugar in her coffee. Her average added sugar intake is 77g and the recommended intake is less than 50g. I talked to Mrs. Kim about what she couldn’t give up in her diet and she said she loves having her Coke every day to drink. In this case, I am going to let her still have her soda but I am going to suggest that she has it only on the weekends, instead of everyday. Reducing her soda intake and also
abstaining from sweets will help lower her added sugar into normal ranges and lower her risk of
type 2 diabetes which is my main concern as Mrs. Kim’s dietitian.

\checkmark Client Role

For these interviewing sessions, I am playing Mrs. Whitehorse who has been previously
diagnosed with hypertension. In the first session, the dietitian asked me if I would consider
having McDonald’s French fries less frequently and I agreed that I would try to do that. I plan on
telling the dietitian that in the past few weeks I have only had McDonald’s fries twice a week.
In the first interview I mentioned to the dietitian I was very in tune with my traditional values
and I plan to deny that I have hypertension because I don’t have any physical symptoms of it.
This will give the dietitian an opportunity to educate me on other signs that show I have
hypertension and help me understand the it better. My intentions are to be open to change and
ask the dietitian lots of questions about how I can better my health in a holistic way as I play
Mrs. Whitehorse in the next counseling session.