

Sample Clinical Nutrition Case Study

George T is a 42 year old man with severe chronic obstructive pulmonary disease. He has been referred to the Respiratory Clinic for a nutrition assessment in view of lung transplantation. George receives sickness benefits, lives alone and is often anxious and depressed. His health affects his day to day functions and he is very limited in what he is able to do. He attends physiotherapy at the hospital twice a week for rehabilitation. He has never seen a dietitian

Weight history:

Height: 183cm
Current Weight: 61kg
BMI 18
Usual weight: 77kg

Weight loss has occurred gradually over the last 6 years. George has had 5 hospital admissions this year. To receive a lung transplant, George must reach a goal weight of 67 kg.

Diet history:

Breakfast: 1x Weetbix, milk, sugar

Lunch: Soup, occasionally yogurt

Dinner: Small meal of meat, potato and vegetables, (sometimes too tired to eat)

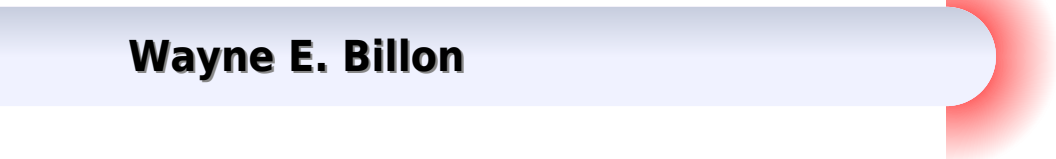
Snacks: Rarely

Questions

1. Provide a summary nutrition assessment for George, noting any assumptions made.
2. Identify and justify the optimal clinical goals and objectives of dietary management for George in order of priority. Include quantifiable goals.
3. Outline a client-focused approach for implementing these goals, including your suggested changes.
4. Prepare a plan to evaluate the effectiveness of your intervention.

Cyq Nutrition Case Study Example

Wayne E. Billon



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Dietetic and Nutrition : Case Studies , Clinical Nutrition Case Studies Wayne E. Billon,1995-01-01 **Clinical Case Studies for Nutrition Care Process (eBook)** Elizabeth Zorzanello Emery,2020-01-17 Clinical Case Studies for the Nutrition Care Process presents realistic scenarios for a variety of cases organized in the format of the Nutrition Care Process NCP The ideal resource for use in the Medical Nutrition Therapy or Clinical Nutrition course readers will find cases drawn from the author s experience and also collected from practitioners who are experts in their field providing a variety of relevant interesting cases Along with providing necessary real world content these cases help students meet standard put forth by the Accreditation Council for Education in Nutrition and Dietetics ACEND In using these cases students will learn how to utilize standardized terms develop a nutrition diagnosis and apply the standardized language to specific clinical cases In addition to the cases the text also presents a brief introduction to the Nutrition Care Process as well as a new section focused on applying the NCP in clinical practice *Clinical Nutrition Case Studies* Wayne E. Billon,1995 *Applications and Case Studies in Clinical Nutrition* Isabelle Giroux,2020-03-03 Applications and Case Studies in Clinical Nutrition engages students in activities that put their knowledge of clinical nutrition into action and prepare them for practice in any clinical setting It serves as a practical educational resource in clinical nutrition that complements the classic textbooks and references widely used in the field of dietetics At the core of this textbook are case studies and learning activities These exercises not only encourage students to practice and develop their skills they also ask students to explore resources they will use as practitioners including many from the American Dietetic Association and Dietitians of Canada Text is divided into seven sections that are structured to first establish a foundation of practical skills and knowledge and then progressively build on that foundation **Case Studies in Clinical Nutrition** Corinne Hogden Robinson,1977 Case Studies in Laboratory Assessment of Nutritional Status Mary Litchford,1997 **Case Studies in Clinical Nutrition** Corinne H. Robinson,1977 **Medical Nutrition Therapy** Marcia Nelms,2016 **Clinical Nutrition Case Studies** Wayne E. Billon,1991-01-01

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