

Penn State Hershey Medical Center Clinical Nutrition
Adult Inpatient Cystic Fibrosis
Sample Documentation

SAMPLE NOTE #1:

Performed On: 04/15/2014 16:00 by Chapkovich, Larissa

Clinical Nutrition Narrative

CYSTIC FIBROSIS NUTRITION NOTE

4/15/14

PROBLEM: Cystic Fibrosis exacerbation

VITAL SIGNS: Tmax 37.3

WEIGHT: 40.7 kg (standing scale)

WEIGHT CHANGE: Increased slightly since admission (39.1 kg on 4/2/14)

DIET ORDER: Regular diet + high fat, high salt, high protein

GI: Abdominal pain with migrated mesh around PEG insertion site

LABS: Reviewed

MEDS: Calcium and vitamin D, ferrous sulfate, AquADEK, Creon24

FEV1 (4/2/14): 0.45 L (17%)

OTHER: Patient reports a good appetite and eating 100% of meals. Patient consumed all of her pot roast, mashed potatoes, vegetables and ice cream for lunch today as well as two bowls of cream of wheat for breakfast. Patient states that she requests Boost Breeze's from cater-to-you associate daily. Boost Breeze's seen unopened at bedside. Patient states she was feeling "out of it" during time of visit.

NUTRITION DIAGNOSIS:

Malnutrition related to chronic difficulty with achieving increased nutrient needs in the setting of CF as evidenced by a 13% weight loss since 1/19/14 and subcutaneous fat and muscle wasting.

INTERVENTION:

1. Agree with current diet regimen.
2. Would recommend consuming high-fat/high-protein meals and snacks along with using the PEG tube for supplemental feedings to promote weight gain after discharge.

Will follow per protocol.

Larissa Chapkovich, Dietetic Intern

Discussed/reviewed/agree - Tammy Drasher MS,RD,LDN