

Nutrition Care Plan

Date: 17th April 2012

RE: Xiwang "Susie" Lee DOB: 04/03/1988 (24 years old)

Anthropometry:	<p>Weight: 38.2kg Height: 142cm BMI: 18.9kg/m² Goal weight: 37.5-42.3kg (based on BMI 18.5-21kg/m²) <i>NB. Susie's weight remains stable from 38-41kg- she looks well, remains healthy and has adequate subcutaneous fat stores; therefore a goal weight range of 37.5-42.3kg is appropriate.</i> Weight History average monthly wt (kg) (weighed weekly):</p> <table border="1" data-bbox="491 499 1326 595"> <thead> <tr> <th></th> <th>Jan</th> <th>Feb</th> <th>Mar</th> <th>Apr</th> <th>May</th> <th>Jun</th> <th>Jul</th> <th>Aug</th> <th>Sept</th> <th>Oct</th> <th>Nov</th> <th>Dec</th> </tr> </thead> <tbody> <tr> <td>2011</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>41</td> <td>41</td> <td>41</td> <td>40</td> <td>39.8</td> </tr> <tr> <td>2012</td> <td>39.5</td> <td>39.5</td> <td>38.2</td> <td>38.1</td> <td>38</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec	2011								41	41	41	40	39.8	2012	39.5	39.5	38.2	38.1	38							
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Nutrition summary:	Minced and moist diet and moderately thickened fluids (Level 400) as per Speech Pathologist.																																							
Estimated requirements:	<p>Energy Req: ~4500kJ/day (1075kcal/day) (Schofields,40kg, AF 1.3) x 0.7 Fluid Req: 1855-2385ml/day (35-45ml/kg/day) Protein Req: 30-40/d (0.75-1g/kg/day)</p>																																							
Pathology:	Iron: 29.6umol/L, Transferrin: 2.8g/L, Saturation: 0.46, Ferritin: 109ug/L, Fasting Glucose: 4.2mmol/L, Vit B12: 340pmol/L, RBC Folate: 2274 nmol/L (has remained stable), Vit D: 50nmol/L, Fasting Chol: 5.0mmol/L (has decreased from 5.5mmol/L), Trig: 1.4mmol/L, HDL Chol: 0.9mmol/L (has remained stable), LDL Chol: 2.0mmol/L.																																							
Diagnosis:	Intellectual disability, cerebral palsy (GMFCS 4), orthopaedic deformities, scoliosis, dysphagia, GORD, epilepsy, osteoporosis, Lactose intolerance.																																							
Assessment:	<p>Susie continues on a minced and moist diet with moderately thickened fluids. Her weight remains within her goal weight range, however it has been gradually decreasing since November (3kg, 7.3% body weight). Support staff report she has been eating less at each main meal over the past 7 months and she has not been offered mid meals. As per her GP, Susie she has Mintec, Acidophilus and Motilium to reduce gas and maintain intestinal flora. She also continues on Pariet to manage her GORD and calcium and Vitamin D. Susie has been diagnosed by her GP with lactose intolerance.</p> <p>Bowels: Susie continues on Movicol, 1x sachet twice a day, 1x glycerine suppository in the evening and 1x Microlax enema in the evening to keep her bowels regular.</p> <p>I recommend ensuring Susie receive morning and afternoon tea and supper each day (see her Meal Plan for suggestions) to increase her energy intake and stabilize her weight.</p>																																							
Plan:	<ol style="list-style-type: none"> 1. Please provide Susie with morning and afternoon tea and supper as per suggestions on her Meal Plan. 2. Continue minced and moist diet with moderately thickened (Level 400) fluids as per Speech Pathologists Mealtime Management Plan. 3. Please ensure Susie receives lactose free dairy products (she prefers lactose free milk to soy milk). 4. Please continue to weigh Susie weekly. 5. Continue to follow Meal plan dated 17/04/12- to increase and stabilise her weight. 6. I will continue to monitor Susie's weight, bowels and oral intake and will review her in three months time or earlier as required. 																																							

Yours sincerely

Accredited Practicing Dietitian

This Nutrition Care Plan was updated by Accredited Practising Dietitian Amanda Cossey.