

Mrs. Bouvier is 72 years old and is a recent admission to the facility secondary to a recent fall. She receives Lopressor for Hypertension. Mrs. Bouvier has no cognitive deficit or dementia. Since her husband's death in 1995, she has lived alone and traveled extensively with a social club. She has no living children or siblings. Since admission, Mrs. Bouvier has complained of loss of appetite and frequently has a sad expression on her face. She readily admits to being "particular" about her food preferences, rarely eats dinner, and frequently complains about how the food is seasoned. The physician has prescribed a No Added Salt (NAS) diet. Mrs. Bouvier is 60" tall and reports that her usual body weight is 107-110# but that her weight has steadily declined over the past year to her current weight of 95#. Her current BMI is 18.5. The consultant RD assessed her current needs as 1425 calories, 50 grams of protein, and 1785 cc. fluids.

**Diagnosis:** Depression and Therapeutic Diet

Date	Problem	Goals	Approaches	Discipline	Review Date
12/12/07 1/9/08	Potential for unintended weight loss related to: <ul style="list-style-type: none"> <li>• new admission</li> <li>• depression</li> <li>• history of gradual weight loss</li> <li>• therapeutic diet</li> <li>• many food complaints</li> </ul>	<ul style="list-style-type: none"> <li>• Mrs. Bouvier will maintain current body weight (CBW) of at least <u>95#</u> through review date. <u>CBW: 96# (1/2/08)</u></li> </ul>	<ol style="list-style-type: none"> <li>1. Discuss discontinuing the NAS diet restriction with physician. <i>2nd request made by RD 1/8/08</i></li> <li>2. Provide Mrs. Bouvier's preferences of: <u>oatmeal with fresh fruit at breakfast, and green salad with lunch. Do not provide dislikes of: pork, broccoli, peanut butter, or milk. Remove plate from meal tray as preferred by Mrs. Bouvier.</u></li> <li>3. Provide high calorie snacks and beverage preferences such as <u>cappuccino and a croissant</u> mid-morning and afternoon. <i>accepts afternoon snack only 1/08</i></li> <li>4. Provide <del>1 glass of red wine with evening meal per normal routine at home.</del> <i>d/c resident refusal 1/08</i></li> <li>5. Escort Mrs. Bouvier to the dining room for lunch and dinner no more than 15 minutes prior to meal service.</li> <li>6. <del>Resident council will "adopt" Mrs. Bouvier and invite her to participate in activities and meals.</del> <i>Mrs. Bouvier has developed friendships and eats most meals in the dining room with them.</i></li> <li>7. Document meal intake daily in the official record and monitor weekly.</li> <li>8. If/when less than 50% meal intake occurs, offer stated preference of <u>soup and pimento cheese sandwich</u> and then liquid nutritional supplement.</li> <li>9. Weigh Mrs. Bouvier weekly for one month and reassess. <i>continue weekly weights for 30 days 1/9/08</i></li> <li>10. Notify the physician and RD if Mrs. Bouvier loses an additional 2# despite interventions.</li> </ol>	RD  Dietary Manager  Nursing / Dietary  Dietary  Nursing  Resident Council  Nursing  Nursing / Dietary  Nursing  Wt. Committee Nursing	30 days  update quarterly  update quarterly  Resolved 1/08  Review Weekly  30 days  30 days