

VANDERBILT DIETETIC INTERNSHIP PROGRAM
GERIATRIC ROTATION
GERIATRIC MEDICINE PROJECT

NAME: _____

DATE: _____

INSTRUCTIONS: This project must be typed. Use additional paper as necessary. Also, please **REFERENCE EACH ANSWER** according to the exact format in the *Vanderbilt Dietetic Internship Handbook*.

1. LB is an 88 yowf with h/o recent weight loss (approximately one month) resulting from decreased appetite (eating less than 50% fo >5 days), problems swallowing and poor p.o. intake. She was admitted to the hospital with aspiration pneumonia and new CVA. Evaluation by speech pathologist after admission determined that patient had pharyngeal dysphagia, requiring Dysphagia I diet without thin liquids.

OBJECTIVE DATA: Ht: 5'7", Wt: 120#, Usual weight: 140#

- a. Estimate calorie, protein and fluid needs, showing calculations.

- b. Assess patient's current nutritional status, including body mass index and write (at least 2) appropriate PES statements. $\frac{(\text{Wt (kg)})}{(\text{Ht}^2 \text{ (m)})}$ or nomogram for body mass index)

References:

2. After 3 days of caloric counts, pt's po intake is < 20% of estimated nutritional requirements.

- a. Make recommendations for tube feeding the patient (Hint! don't forget about free water flushes)

- b. List specific info you will use for determining tolerance to tube feeding as you write a follow up (monitoring & evaluation) note.

References:

3. MR is an 86 yo F, HT 5'6", usual weight 6 months ago was 140#. Current weight is 110#. She is admitted with FTT (Failure to thrive), with a h/o alzheimers dementia and osteoporosis. Physical exam reveals severe temporal wasting, hollow eyed look with dark circles under her eyes, very little space between upper arm skinfolds (when gently pinched), protruding clavicle, visible scapula, depressed area between thumb & forefinger (interosseous muscle), little muscle around her knee, no muscle definition in her calf. She has no chewing or swallowing problems noted, but a cognitive evaluation by a speech pathologist revealed that b/o patient's advanced dementia, she is no longer able to manager eating utensils and needs a "finger-food" diet.

- a. Assess patient's nutritional status, including BMI, and write at least 2 appropriate PES statements.

$$\text{BMI} = \frac{\text{wt in Kg.}}{\text{HT}^2 \text{ in m}}$$

- b. Estimate calorie, protein and fluid requirements.

- c. Plan a day's menu for this patient using finger foods and appropriate liquids, meeting all nutritional requirements of a **GERIATRIC** patient. Using the following form, show estimated portion sizes, calories, and protein for each item. Please maximize nutrients (i.e. do not use diet/reduced calorie foods). Also, note the number of servings for each food group your sample menu provides and aim to provide an appropriate number of servings from each food group. Remember, this is an older patient and his/her food preferences are probably not the same as a younger clinic patient.

SAMPLE MENU											
BREAKFAST			LUNCH			DINNER			SNACKS		
Item	Cal	Pro	Item	Cal	Pro	Item	Cal	Pro	Item	Cal	Pro
TOTALS:											
TOTALS FOR DAY:											

FOOD GROUP	Number of Servings in the Day
MILK	
MEAT	
FRUIT	
VEGETABLES	
STARCHES	
FATS	
MISCELLANEOUS	
FLUIDS	

(continued)

d. What are your recommendations for this patient?

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References:

4. Outline risk factors for malnutrition in the elderly.

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References:

5. Outline indicators of malnutrition in the elderly.

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References: