VANDERBILT DIETETIC INTERNSHIP PROGRAM
SKILLED NURSING FACILITY PROJECT
GERIATRIC MEDICINE ROTATION

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 *VUMC Dietetic Internship Handbook.* Turn in to Dylan on or before designated due date.

1.   JC is an 82 yowm admitted to a SNF directly from the hospital with recent fall with fracture and h/o HTN, CHF, DM and osteoporosis. JC experiences decreased appetite during his 2 week hospital stay, which resulted in weight loss. On admission, JC reports dislike of facility food but his appetite has started improving since his hospital stay. He is admitted on a low sodium, diabetic diet with regular texture.

OBJECTIVE DATA: Ht: 6'2", Wt: 160#, Usual weight: 175#

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

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(10 pts)   _____

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   b.   Assess patient's current nutritional status, including body mass index, IBW and %IBW and write 2 appropriate PES statement.
BMI = $\dfrac{\text{Wt in kg}}{\text{Ht}^2 \text{ in m}}$

   _____

(10 pts)   _____

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References (5 pts):

2. After evaluating JC's intake over the past 7 days, you notice his intake is ~50% of meals. His weekly weight report reveals that his current weight is 153#, which puts him at 4.4% weight loss in 7 days. In following up with JC, he c/o lack of appetite, dislike of facility food and portrays s/s of depression.

   a. What interventions would you put in place to prevent any further weight loss and promote weight gain?

(5 pts)

A month later, JC is continuing to experience weight loss and his current weight is 144#, which puts him at 10% weight loss in <30 days. Despite your interventions, JC is not showing improvements in his appetite or weight status. In your weekly Resident at Risk meeting with the interdisciplinary team, you decide to send JC out for PEG tube placement and initiate tube feeding.

   b. What tube feeding recommendations would you make? Include free water flushes. (Note: JC gets therapy in the morning and afternoon daily).

(10 pts)

References (5 pts):

3. WB is an 69 yowf admitting to SNF from a 3 week stay at a nearby hospital with FTT (failure to thrive), h/o colon cancer with colostomy in place. Physical exam reveals mild-moderate temporal wasting and evidence of SQ fat loss. On admission, WB reports taste changes since finishing chemotherapy, which has resulted in usual intake of ~40% of meals while at the hospital.

   OBJECTIVE DATA: Ht: 5'5", Wt: 115#, Usual weight (6 months ago): 140#

   a. Estimate calorie, protein and fluid requirements.

(10 pts)

b. Assess patient's current nutritional status, including body mass index, IBW and %IBW and write 2 appropriate PES statement.

BMI = $\dfrac{\text{Wt in kg}}{\text{Ht}^2 \text{ in m}}$

(10 pts)

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c. What nutrition interventions would you implement on your initial nutrition assessment, in order to promote increased intake and prevent further weight loss?

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(5 pts)

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References (5 pts):

4. Outline common causes for weight loss in elderly.
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(20 pts)
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References (5 pts):