

Name: _____

Case Study

50 points

Use your text and the MyFitnessPal reports to answer the questions. Do not use any other sources.

Mrs. Greene comes to a clinic with a large skin tear (a trauma-related wound) to her right lower leg which she sustained when she tripped over her husband's walker. She visits the clinic weekly for check-ups on her wound healing. On her 4th visit, the wound is not showing signs of improvement despite the proper treatment. Mrs. Greene has been compliant with the directions for the care of the injury, and a home care nurse has also been to the home to change the dressings, and to administer the treatments to her leg as directed by the physician.

DATA: Mrs. Greene is an 86 year old woman who is a retired bank teller. She lives with her husband, Tom, who has dementia and other health issues. She has cataracts. She is a type 2 diabetic and she takes oral medications to control her blood sugar. She admits to missing some doses on occasion. She follows no special diet and takes no supplements or multivitamins.

NUTRITION INFO: Height= 5'4". Weight=98 pounds now. Weight 6 months ago = 115 pounds.

LABS: Blood glucose: 270 mg/dl. Vitamin D: 11 mg/mL. Vitamin B12: 153 pg/mL. Hemoglobin 7.1 g/dL.

Blood pressure: 135/95

At the 4th visit to the clinic & she volunteers the following information:

- "I'm so tired because I have to take care of Tom. It's hard to get any house work done."
- "I gave up driving because of my eye trouble, but my 90 year old sister comes & takes me shopping a few times a month."
- "We never had any children; my sister is our only relative who lives nearby."

Mrs. Greene's nurse believes some of these issues are related to nutrition, and she is referred to a dietitian. The dietitian asks Mrs. Green to do a 2 day diet journal so the results can be analyzed.

Assignment: Create a profile in MyFitnessPal for Mrs. Green. Enter in her 2-day food journal create the reports to analyze her daily diet. If the question asks for an average, add days 1 and day 2 answers together, and then divide by 2 to find the average. Type your answers directly into the case study and attach in Canvas.

Day 1:

Breakfast: 8oz Tea with 2 teaspoons of sugar, 1 slice of white toast with 2 tsp. unsalted butter, ½ cup sweetened applesauce, and 4 ounces of orange juice.

Lunch: 1 cup of canned vegetable soup, 4 saltines, ½ cup of canned peaches in syrup, and 8oz hot tea with 2 teaspoons sugar.

Dinner: 12 oz frozen box of macaroni and cheese (Stouffers or similar), ½ cup steamed broccoli, and 8oz hot tea with 2 teaspoons sugar.

Snack: 2 Chips Ahoy chocolate chip cookies.

Day 2:

Breakfast: 4 ounces oatmeal, 6 ounce vanilla yogurt, 4 ounces apple juice.

Lunch: sandwich with 1 slice white bread, 2 slices of deli ham, 1 slice American cheese, ½ cup canned pears in syrup, 8oz hot tea with 2 teaspoons sugar.

Dinner: 3 ounces baked chicken breast, 2 ounces chicken gravy, ½ cup white rice, ½ cup steamed carrots, 8 ounces unsweetened iced tea.

Snack: ½ cup cherry gelatin, 2 oatmeal-raisin cookies, 4 ounces whole milk.

1. What is Mrs. Green's BMI?
2. Is this underweight, normal weight, overweight or obese?
3. What is Mrs. Green's daily calorie needs? Is her average intake over/under/within range?
4. What is Mrs. Green's daily carbohydrate needs? Is her average intake over/under/within range?
5. What is Mrs. Green's sugar intake? What percentage of her carbohydrate intake comes from sugar?
6. What is Mrs. Green's daily protein needs? Is her average intake over/under/within range?
7. What is Mrs. Green's daily fat needs? Is her average intake over/under/within range?
8. What percentage of Mrs. Green's average fat intake comes from Saturated fats? How does it compare to the recommended amount?
9. What percentage of Mrs. Green's average fat intake comes from Polyunsaturated fats? How does it compare to the recommended amount?
10. What percentage of Mrs. Green's average fat intake comes from Monounsaturated fats? How does it compare to the recommended amount?
11. What percentage of Mrs. Green's average fat intake comes from Trans fats? How does it compare to the recommended amount?
12. How much dietary sodium is Mrs. Green consuming on average? How does it compare to the recommended amount?

13. How much potassium is Mrs. Green consuming on average? How does it compare to the recommended amount?
14. How much iron is Mrs. Green consuming on average? How does it compare to the recommended amount?
15. How much calcium is Mrs. Green consuming on average? How does it compare to the recommended amount?

Make 4 recommendations of foods that Mrs. Green could exchange for a different option to better meet her nutritional needs.

- 16.
- 17.
- 18.
- 19.

20. Do you think Mrs. Green would benefit from a multivitamin? Defend your answer.
21. Based on her lab values, what conditions might Mrs. Green be at risk for?
22. Does Mrs. Green have any clinical signs that her diet may have deficiencies?
23. What is the ideal blood glucose range for controlled diabetes? How may Mrs. Green's diet contribute to her current blood glucose reading?
24. What is the normal range of healthy blood pressure? How may Mrs. Green's diet contribute to her current blood pressure?
25. What are some reasons that her wound may not be healing?