

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS _____ REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Many individuals have difficulty consuming a nutritional or prescribed diet due to factors that create a barrier. Medical, psychological, and social factors can all create nutritional barriers. Up to 40% of clients in acute care facilities are malnourished either upon admission or throughout a period of their hospital stay.

Pathophysiology Related to Client Problem

1. Poor Dentition
2. Cognitive disorders
3. Altered sensory perception
4. Impairment in swallowing

Health Promotion and Disease Prevention

Healthy dentition ensures an individual consumes a nutritional diet.

ASSESSMENT

Risk Factors

1. Malnutrition
2. Tooth decay

Expected Findings

1. Recognize and diagnose all malnourished patients and those at risk;
2. Rapidly implement comprehensive nutrition interventions and continued monitoring;
3. Communicate nutrition care plans

Laboratory Tests

1. Nutritional assessment

Diagnostic Procedures

1. Screening of the patient

SAFETY CONSIDERATIONS

Refer the client to a dietitian who can discuss food options and substitutions that are appropriate.

- Frozen fruits and vegetables can be an affordable option, and are maintained longer in the freezer.
- Educate clients on how to read food labels to be aware of nutritional, caloric, and sodium values of the food they are consuming.
- Contact social services regarding the availability of food or meal delivery to the client's home. Investigate the availability of a nutrition program that provides a noon meal for older adults within a community.

PATIENT-CENTERED CARE

Nursing Care

1. Encourage the client to use dietary guidelines such as MyPlate.
2. Assist the client in locating community resources that provide education and nutrition to support healthy nutrition and weight loss.
3. Advise the clients that fad diets are generally unhealthy and often include false advertising.
4. Perform an assessment of dietary intake.
5. Encourage the client to keep a journal of dietary intake.
6. Provide the client with information on healthy foods and portion sizes.

Medications

1. Offer several small meals or snacks through the day instead of three large meals.
2. Provide oral care prior to and following meals.
3. Discourage the use of alcohol based mouthwashes for clients who have stomatitis.
4. Provide liquid supplements between meals to increase nutrient intake.
5. Diet prescription

Client Education

1. Dietary teachings

Therapeutic Procedures

1. Energy intake

Interprofessional Care

1. Encourage children and adults to use a fluoridated tooth paste and have fluoride applied to their teeth.
2. Adults who are admitted to acute or long term care facilities should have a dental inspection done by a nurse to identify issues that can affect the ability to properly eat.
3. If a barrier is found to exist, consult a dietitian so the proper diet is prescribed and nutritional supplements are added as necessary

Complications

1. Neurological disorder