

## Worksheet 15-3: Charting Exercise for Cardiovascular Disease

Write a ~~ADH~~ note documenting the education session you had with F.H., advising him on the recommended food intake changes and rationale for the changes. Be sure to identify the nutrition problem that is the rationale for your recommendations in your chart note, the etiology of the nutrition problem, and the signs and symptoms that support evidence for the nutrition problem in the form of a PES statement. Also include your plans for intervention(s), monitoring and evaluation.

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| <p>A 52yom → Dx atherosclerosis, HTN on TLC<br/>         S/P instruction DASH diet 4700mgK, 500mgMg,<br/>         1240mgNa, 30gm Fiber, 2400mgNa physical activity<br/>         Labs N/A Anthropometric data: Ht 62" wt 197# (89.5kg)<br/>         BMI 25.104% EBW Diet hx: 4312K, 364mg, 1288Ca<br/>         Estimated needs: 22870 kcal 2330K, 22.7g Fiber</p> | <p>Section</p> |
| <p>D pt c ↓K, ↓Mg, ↓Fiber related to inadequate<br/>         intake of nutrients as evidence by diet hx<br/>         pt overweight related to inactivity, kcal intake<br/>         as evidence by BMI.</p>   |                |
| <p>I Review DASH diet c pt<br/>         Instruct on K, Mg, Fiber foods<br/>         Instruct pt on ↓kcal intake, ↓discretionary<br/>         calories<br/>         Instruct on 3.4gm Stanol Esters using General products</p>  | <p>product</p> |
| <p>M/E Review DASH plan c pt assess knowledge<br/>         of guidelines after instruction c emphasis<br/>         on Stanols, fiber, K, Mg<br/>         pt may contact dietetic professional<br/>         to provide support / clarify questions<br/>         regarding plan via telephone, email.<br/>         Monitor w/ lipid profile to assess plan</p>     | <p>59</p>      |