

## CASE STUDY 1: SCREENING AND ASSESSING NUTRITION NEEDS

### MR ALBERT SMITH \*

Mr Smith is an 81 year old resident who weighed 64 kg on admission, two weeks ago. He has not been losing weight during this time and is not acutely ill, and has been eating normally. His ulna length is 28.5cm.



### COMPLETE THE *RESIDENT MONTHLY WEIGHT CHART*.

- Record Mr Smith's ulna length (**28.5 cm**) in the green box at the bottom of the chart, and estimate his height using the table on the back of *Information Sheet 2: Screening Residents Nutrition Risk (1.76 m)*.
- Record today's date and Mr Smith's weight (**64 kg**) in the blue boxes at the bottom of the chart. Mark Mr Smith's weight with a cross in the blue column on the graph.
- Using the *BMI Table (Tool 1)*, calculate Mr Smith's current BMI, and record this at the bottom of the chart. Mr Smith's current BMI is **21**.
- Note that the resident's BMI falls into the **orange zone** of the BMI chart. This colour corresponds to the *Nutrition Screening Flowchart (Tool 2)*. Based on Mr Smith's current condition, he falls into the **low risk** group. The aim for Mr Smith is then to gain **1kg per 6 months** and to achieve a **BMI of 25 or more**.
- Record the optimal BMI on the *Resident Monthly Weight Chart*. Find the resident's height on the BMI chart (**1.76m**) and the corresponding weight that would give a BMI of 25 (**76 kg**). Mark a line on the *Resident Monthly Weight Chart* along the 76 kg row as a visual check of Mr Smith's goal BMI.

### COMPLETE THE *ACTION PLAN*:

- According to Mr Smith's current condition he requires **1/2 serve** from the *Snack Food Suggestions list (Tool 3)*.
- Consult Mr Smith and record his food preferences on the *Snack Food Suggestions Chart (Chart 2)*.
- Based on Mr Smith's preferences and his required supplement plan, make a plan with Mr Smith, and document this on the *Action Plan (Chart 3)*. For now, Mr Smith's diet will be supplemented with one plain sweet biscuit per day.
- Each day record the supplements Mr Smith is given and consumes on the *Action Plan*.
- Review the plan in one month and document the date the plan needs to be reviewed on the *Action Plan*.

## CHART 1

110						SAMPLE
109						
108						

MR ALBERT SMITH  
22222222  
3333333  
DR BROWN  
Arthritis, Previous MI  
15/08/1928

Resident:  
Medicare No.  
Pension No.  
Medical Officer:  
Diagnosis  
DOB:  
Veterans No.

To complete this chart:

1. Record ulna length and estimated height in the green boxes below (height is estimated using the table on the back of *Information Sheet 2*).
2. Record date and weight (to nearest kg) in the blue boxes at the bottom of the graph and mark weight up the blue column on the graph.
3. Calculate BMI using the *BMI Table (Tool 1)*, rounding up height if needed.

Optimal BMI lines:

Optimal BMI is determined by the action plan on the *Flowchart (Tool 2)*.

To calculate optimal BMI  
for this resident:

1. Using *BMI Table* find residents height and corresponding weight that would give the goal BMI (take first instance of the goal BMI on the table). Draw the goal BMI line on the chart.

ULNA LENGTH:	28.5 cm
HEIGHT:	1.76 m

ULNA LENGTH:	28.5 cm
HEIGHT:	1.76 m

SAMPLE

Resident:	MR ALBERT SMITH
Medicare No.	22222222
Pension No.	3333333
Medical Officer:	DR BROWN
Diagnosis	Arthritis, Previous MI
DOB:	15/08/1928
Veterans No.	

FOOD ITEM	SERVE SIZE	RESIDENT CHOICE ✓ OR ✗
Biscuit	1 cream filled	✓
	OR 2 plain sweet	✓
	OR 3 crispbread	✗
Bread	1 slice, thin (30g)	✗
Fruit	1 average	✗
Dried Fruit	1 ½ tablespoons	✓
Fruit Juice	1 glass (200 mL)	✗
Cheese	20g, 1 thick slice Cheddar	✗
	OR 1 portion pre-sliced	✗
	OR 1 tablespoon grated (20g)	✗
Cream	1 tablespoon	✓
Creamed Cheese	1 tablespoon	✗
Creamy Dessert or similar	⅓ 150g tub (~50g)	✗
Fruche ® or similar	⅓ 200g tub (~70g)	✓
Ice Cream	1 scoop	✗
Milk	½ cup (~120mL)	✗
Yoghurt (flavoured, full cream)	1 x 100g tub (80g)	✗
Margarine (poly/mono unsaturated)	2 teaspoons	✗
Mayonnaise	1 tablespoon	✗
Peanut Butter	2 teaspoons	✓
Honey	1 tablespoon	✓
Jam	1 tablespoon	✓
Sugar	5 teaspoons	✓
Mars Bar ®	Kid sized 22g bar	✓
Chocolate	2 squares	✓
Cordial	1 cup (250mL)	✗
Chips	20g (average pkt)	✓
Milo ®	3 heaped teaspoons (15g)	✗
Beer	Light 300mL	✗
	Regular 200mL	✓
Wine	100mL	✗
Polyjoule ®	1 tablespoon	✗
Sustagen ®	1 tablespoon (20g)	✗
Two Cal ®	40mL	✗

SAMPLE

DATE: 13/09/09	BMI: 21
ILLNESS: Albert is not acutely ill.	FOOD INTAKE: Albert has been eating normally.

Resident: MR ALBERT SMITH  
Medicare No. 22222222  
Pension No. 3333333  
Medical Officer: DR BROWN  
Diagnosis Arthritis, Previous MI  
DOB: 15/08/1928  
Veterans No.

DATE	TIME	FOOD GIVEN AND AMOUNT	AMOUNT CONSUMED	SIGNATURE
13/09/09	10 am	1 plain sweet biscuit	All	NMurphy

PLAN: Give Albert one plain sweet biscuit with his coffee at MT.
REVIEW: 13/10/09