

**NSC 420 Medical Nutrition Therapy
Pediatric Weight Management ADIME Note
Abigail Graham**

Food and Nutrition Related History

Food and Nutrient Intake:	4,225 Kcals/ day 486 grams/ carbs 183 grams/ fat 158 grams/ protein
Food and Nutrient Administration:	Does not have any prior diet experience, parents lack nutritional knowledge, she has no food intolerances, her parents provide her meals. 24-hour food recall: 2 breakfast burritos, 8 oz whole milk, 4 oz apple juice, 6 oz coffee with ¼ c cream and 2 tsp sugar. Lunch: 2 ham and cheese sandwiches with 1 tbsp mayonnaise each, 1-oz pkg Fritos corn chips, 5-6 Oreos, 8 oz whole milk. After-school snack: peanut butter and jelly sandwich (2 slices enriched bread with 2T. crunchy peanut butter and 2 tbsp grape jelly) 12 oz whole milk. Dinner: Fried chicken (2 legs and 1 thigh) 1 c mashed potatoes (made with whole milk and butter) 1 c fried okra, 20 oz sweet tea. Snack: 3 c microwave popcorn, 12 oz Coca-Cola
Medication and Complementary Alternative Medicine:	Flintstone Gummies
Knowledge, Beliefs, and Attitudes:	None identified
Behavior:	No perceived barriers or negative emotions,
Factors Affecting Access to Food and Nutrition Related Supplies:	None identified
Physical Activity and Function:	Sedentary, likes to play video games and reading, elementary school discontinued physical education.

Anthropometric Measurements:

Height for age:	85 th percentile
Weight for age: Significant?	97 th percentile
BMI for age:	97 th percentile
Height:	57 inches
Weight:	115 lbs
BMI	24.9

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Biochemical Data, Medical Tests, and Procedures

Chemistry	Ref. Range	9/22
Sodium, 10–14 yo (mEq/L)	136-145	142
Potassium, 10–14 yo (mEq/L)	3.5-5.0	4.3
Chloride, 10–14 yo (mEq/L) Carbon dioxide, 10–14 yo (mEq/L)	98-108 22-30	101 25
BUN, 10–14 yo (mg/dL)	5-18	8
Creatinine serum, 10–14 yo (mg/dL)	≤1.2	0.6
Uric acid, 10–14 yo (mg/dL)	2.5–5.5	3.1
Glucose, 10–14 yo (mg/dL)	70-99	112 ↑
Phosphate, inorganic, 10–14 yo (mg/dL)	2.2-4.6	3.1
Magnesium, 10–14 yo (mg/dL)	1.6-2.6	1.7
Calcium, 10–14 yo (mg/dL)	8.6-10.5	9.1
Osmolality, 10–14 yo (mmol/kg/H ₂ O)	275-295	302 ↑
Bilirubin total, 10–14 yo (mg/dL)	≤1.2	0.9
Bilirubin, direct, 10–14 yo (mg/dL)	<0.3	0.2
Protein, total, 10–14 yo (g/dL)	6-7.8	6.5
Albumin, 10–14 yo (g/dL)	3.5-5	4.8
Prealbumin, 10–14 yo (mg/dL)	17-39	33

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Cholesterol, 10–14 yo (mg/dL)	<170	165
HDL-C, 10–14 yo (mg/dL)	>45	34 ↓
VLDL, 10–14 yo (mg/dL) LDL, 10–14 yo (mg/dL)	Calculated <110	13 118 ↑
LDL/HDL ratio, 10–14 yo	<3	9.07
Triglycerides, 10–14 yo (mg/dL)	<90	65
T4, 10–14 yo (µg/dL)	5.6-11.7	6.1
T3, 10–14 yo (µg/dL)	83-213	79 ↓
HbA1C, 10–14 yo (%)	3.9-5.2	4.5
Hematology		
WBC, 10–14 yo (×10 ³ /mm ³)	4.0-13.5	4.1
Hemoglobin, 10–14 yo (Hgb, g/dL)	11-16	13.1
Hematocrit, 10–14 yo (Hct, %)	31-43	38

Glucose: elevated	Slightly elevated; not a fasting lab and Hgb A1c WNL
Osmolality - elevated	Slightly elevated glucose
HDL-C – elevated	High fat diet; physical inactivity
LDL – elevated	High fat diet
T3 – decreased	Inconclusive- need more testing

Nutrition Focused Physical Findings:

Vital Signs:	
Pulse	85
Resp rate	27
BP	123/80
Body Language:	Irritable, and tired
Muscles/ bones	Occasional c/o of nonspecific knee pain
Digestive:	normoactive bowel sounds in all four quadrants.

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Cognition:	Conscious, alert, and oriented. Cranial nerves II through XII are intact grossly and symmetrically. No focal neurologic deficit.
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Client History:

Family History	Possible gestational diabetes; type 2 from mother and grandmother, mother has a BMI of 41- Obesity class III, sister has a weight/height in the 85 th percentile.
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Comparative Standards:

Estimated Calorie Needs:	1727 kcal (WHO formula for overweight females aged 9-13) sedentary
Estimated Protein Needs:	65 grams/ day- 15%
Estimated Fluid Needs:	2144 Fl/ Oz
Estimated Carbohydrate Needs:	237 grams/day – 55%
Estimated Fat Needs:	58 grams/ day – 30%

Diagnosis

Problem:	Excessive oral intake
Etiology:	Food and nutrition related knowledge deficit
Signs/Symptoms:	Patient is under parent's care, who state they have said no prior nutrition education. Daily caloric intake of 4,225 Kcal compared to the recommended intake of 1727 Kcal/ day.

Intervention:

Nutrition Prescription/ Meal Pattern	Jamey's individualized recommended dietary intake of 1727 kcal/ day with macronutrients of 65 grams of protein/ day, 237 grams carbs/ day, and 58 grams fats/ day. Increase fruit and vegetable intake, decrease intake of saturated fat and sugar and processed foods and increase H2O intake.
Vitamin and Mineral Supplements	Omega 3s to increase HDL- C and overall health recommended
Nutrition Related Medication Management	none
Nutrition Education/ Counseling	Recommended modifications using a family centered approach by goal setting, social support, motivational interviewing, and

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	rewards. Providing nutritional education of food label reading, and cooking classes.
Nutrition Collaboration of Care/ Referrals	Referral to doctor for T3 levels.
Physical Activity	Increase physical activity to at least 3 times a week for 30 minutes by incorporating activity-based video games.

Monitoring and Evaluation: *Return to clinic in 3 months for follow up*

Labs	Monitoring Hgb A1c and lipids
Growth	Monitor weight/age, length/age, and BMI/age
Physical Activity	Monitor physical activity type and duration
Intake	Monitor food and beverage type, amount, and timing.
Knowledge and Behavior	Monitor knowledge, attitudes, and behaviors; identify barriers to change
Physical Signs and Symptoms	Monitor improvement of sleep apnea, BP, enuresis, and knee pain