

**Nutrition Interventions & Goals:**

- Regular, Cardiac low fat, no added salt diet
- Having small frequent meals or 3 meals with low fat during the day will help her to decrease weight
- Give her education and tips about heart friendly food
- Patient will consume  $\geq 75\%$  of estimated energy requirements.
- Patient will maintain adequate hydration.
- Prevent development of pressure related injuries.
- Weight goal: Healthy and sustainable weight loss

**Monitoring and Evaluation**

- Will monitor appetite, intake, weight, nutrition impact symptoms, fluid intake, nutrition related lab values, treatment regimen and plan of care.
- Will follow-up in 1 week

Author: Reem Dasa 1/28/2026

Cosigned by: Robins, Rebecca, RD at 1/29/2026 11:03 AM

**Revision History**

Date/Time	User	Provider Type	Action
1/29/2026 11:03 AM	Robins, Rebecca, RD	Dietitian	Cosign
1/29/2026 11:03 AM	Dasa, Reem	Dietary Student	Sign

Chronic Kidney Disease,  
 Arthritis  
 Lymphedema  
 Reem

**Nutrition Pertinent Medications:** Zofran injection PRN, Calcitrol, apixaban , potassium Chloride 40 mEq  
**Nutrition Pertinent Lab Abnormalities:** (1/28/2026) Hemoglobin 7.9, Potassium 3.3, BUN 24, Creatinine 2.10, Calcium 8.2, eGFR 24, total protein 6.3, Albumin 3.1 , Triglycerides 152.

**Skin Breakdown and/or Edema:**

+3 lower extremity left and right  
+ 2 right and left pedal  
No pressure ulcers

**Last BM:** Last BM date:: 01/27/26

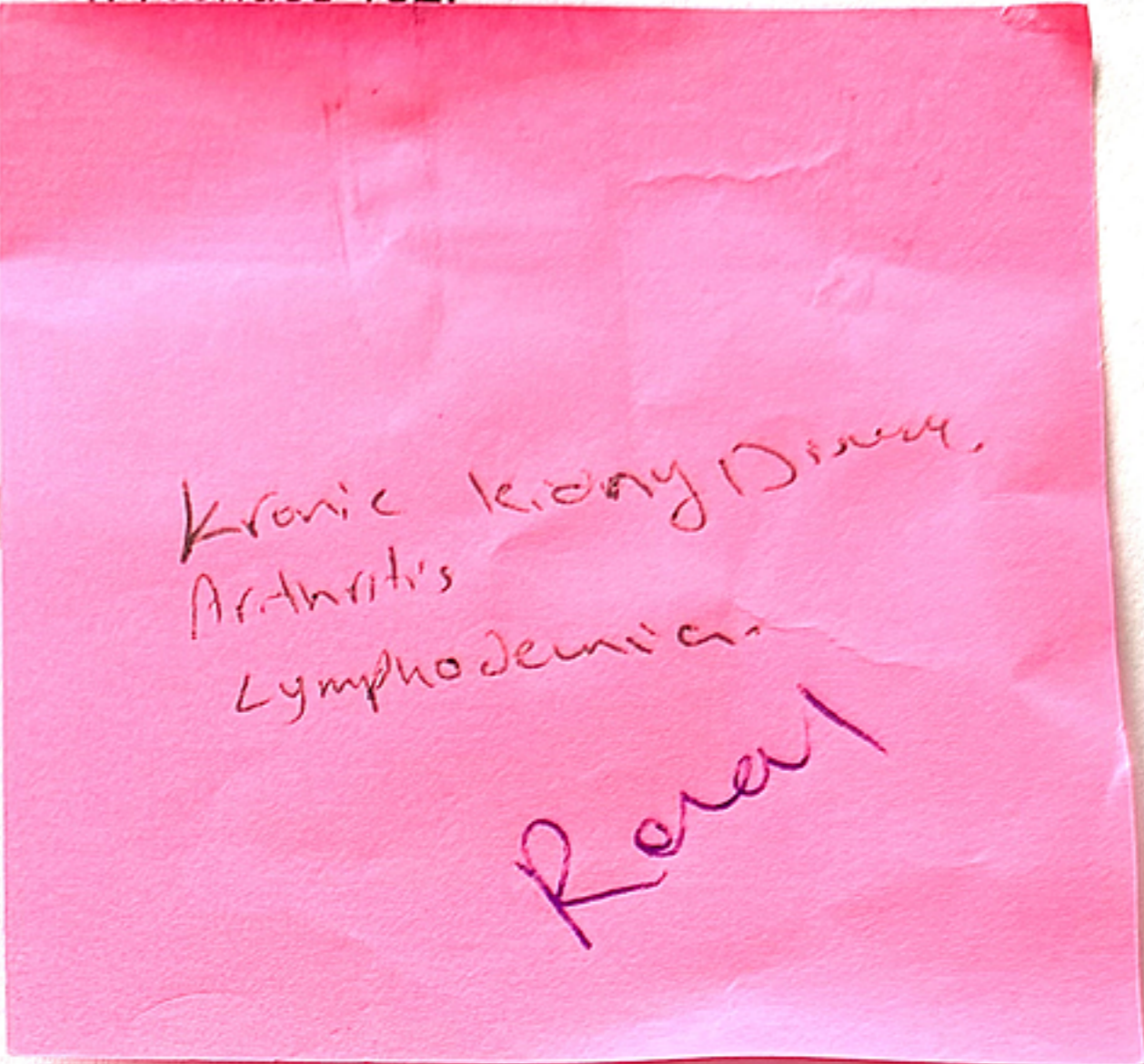
**Abdominal Assessment:** WNL

**Anthropometric Measurements**

**Usual Body Weight:** 307

**Wt Readings from Last 6 Encounters:**

01/28/26	285 lb 11.5 oz (129.6 kg)
01/12/26	307 lb (139.3 kg)
12/18/25	307 lb (139.3 kg)
12/16/25	307 lb (139.3 kg)
05/07/25	317 lb (143.8 kg)
10/28/24	317 lb 9.6 oz (144.1 kg)



- **Comments on Weight Trend:** she usually weight 307, and during the last month she lost 7%% of her usual BW related fluid changes , patient on Diuretics.

**Nutrition Focused Physical Exam:** no fat or muscle loss

**Nutrition Needs**

Calories: 2600-3240 kcal/day	Method: 20-25 kcal/kg
Protein: 103-130 g/day	Method: 0.8-1 g/kg
Fluid: 1500 mL/day	Method: minimum

**Nutrition History**

**Food Allergies/Intolerances/Cultural Avoidances:** Lentil, Shellfish (Food Only) , Strawberry (Food Only), Tomato

**Diet Recall/Meal Completion:** 25 -50 %

**Nutrition supplements/acceptance:** N/A

**Additional Comments from Nutritional Interview:**

the patient reported decline in appetite during the last month, she have information about low salt low fat food that she needs to consume but she face difficulties in preparing food due to chronic lymphedema and Edema in lower extremities, overweight and having CHF.

She added that she is living alone, prepare her food by her self and do cleaning and grocery shopping without any assistant which is hard and challenging for her, that's why she sometimes depend on caned food or ready to eat food which is mostly high in salt and fat.



She also reported that she had about 10% of her breakfast and lunch because the food received cold and lack flavor.

**Education/Handouts Provided:** low sodium food handout was provided, general information about healthy choices offered too

**Patient Acceptance & Willingness to Change:** Action

**Nutrition Diagnosis**

Excessive fat , salt intake related to difficulty to access healthy food as evidenced by CHF and lab results

**Dasa, Reem** Nutrition Initial Assessment    
Dietary Student Signed

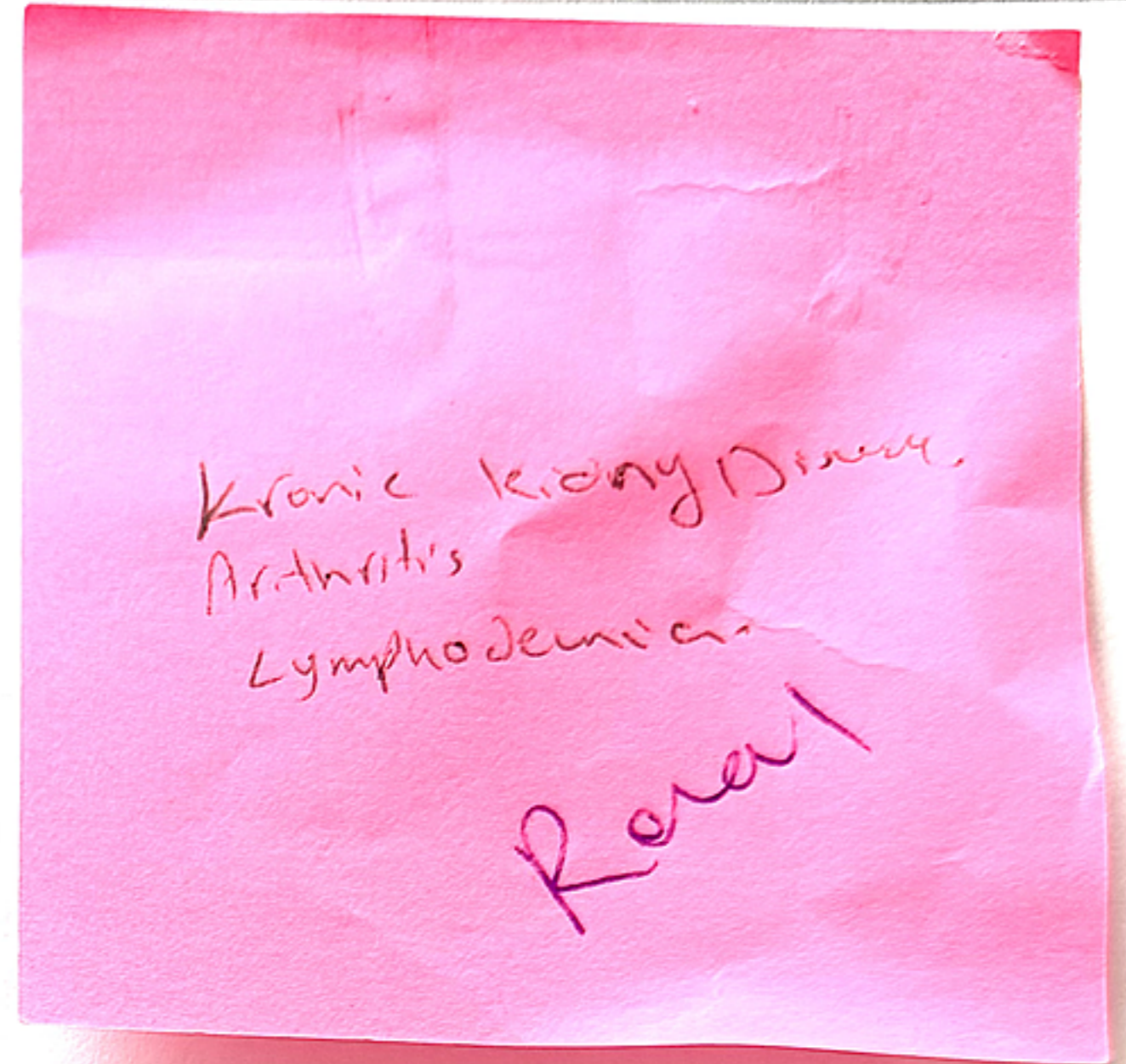
Date of Service: 1/28/2026 2:19 PM  
Creation Time: 1/28/2026 2:19 PM

**701817877**  
**Guthrie Lourdes Hospital**  
**GLH SETON 1**  
**Comprehensive Nutrition Note**

**1/28/2026**

**Patient:** Eileen Deemie  
**Admission Date:** 1/27/26  
**B #:** 467033  
**Attending:** BELLAMY, SHANNAY, MD ,MD

**Height:**Height: 5' 3" (160 cm) (01/27/26 2102)  
**Weight:**Weight: 285 lb 11.5 oz (129.6 kg) (01/28/26 0715)  
**BMI:**Body mass index is 50.61 kg/m<sup>2</sup>.



**Diet Orders**

**Diet**  
Diet Type: Regular, Other Restriction(s); Other Restriction(s): Cardiac, Low Fat, No Added Salt  
**Diet Nursing**  
Aspiration Precautions

**Principal Problem:**Chest pain

**Current Nutrition Risk:** Moderate

**Nutrition Assessment**

**History**

Patient is a 77-y.o. female here for a medical diagnosis of chest pain. Nutritional assessment being completed for recent weight loss.

**Past Medical History:**

**Past Medical History:**

Diagnosis	Date
• Anemia	
• Anxiety	
• Arthritis	
• Chronic kidney disease	
• Depression	
• Essential (primary) hypertension	
• Femur fracture, left (HCC)	
• HLD (hyperlipidemia)	
• Sepsis (HCC)	
• UTI (urinary tract infection)	

**Past Surgical History:**

**Past Surgical History:**

Procedure	Laterality	Date
• PR REMOVAL GALLBLADDER		
• PR TOTAL ABDOM HYSTERECTOMY		
• PR UNLISTED PROCEDURE MUSCULOSKELETAL SYSTEM GENERAL		