

## Progress Report Overview

<b>Student:</b>	<b>Reem Dasa</b>
<b>Activity:</b>	Maria Ramirez
<b>Start Time:</b>	08/01/2025 21:26:58
<b>End Time:</b>	08/01/2025 22:56:38
<b>Total Time:</b>	00:28:44

### Actions

Note at 08/01/2025 22:56:32

# Maria Ramirez Documentation



**Student:** Reem Dasa  
**Activity Start:** 08/01/2025 21:26:58  
**Activity Completion:** 08/01/2025 22:56:38  
**Activity Completion:** 00:28:44

## Patient Data



**Patient:** Maria Ramirez  
**Age/Sex:** 46 yo F

**DOB:** 06/21/1979  
**MR#:** 657643211

## Notes

Note at 08/01/2025 22:38:35

## Educational ADIME

### Basic Information

**Date:**

08/01/2025 22:38:35

**Author:**

Reem Dasa

**Location:**

General Hospital

### Nutrition Assessment

**Client history:**

46-year-old female

Diagnosed with type 2 diabetes (insulin-dependent for 6 years), HTN, hyperlipidemia, chronic back pain, and obesity

Recent widow, living alone, works as a waitress

Reports using herbal remedies and vitamins from non-clinical sources

NKA

**Biochemical data, medical tests and procedures:**

HgbA1c: 8.7% (↑, goal <7%)

Total Cholesterol: 205 mg/dL (borderline high)

Triglycerides: 211 mg/dL (↑)

Blood Glucose in clinic: 140 mg/dL

Home SMBG (post-breakfast): frequently >200 mg/dL

BP: 142/78 to 155/88 mmHg (elevated)

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**Anthropometric measurements:**

Weight: 170 lbs (77.1 kg)

Height: 60 in (152.4 cm)

BMI: 33.2 kg/m<sup>2</sup>.....Obese

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**Physical exam finding (nutrition focused):**

Mild edema in lower extremities

Appears well nourished

Warm, dry skin

Mild weakness in lower left extremity

No signs of malnutrition or dehydration

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**Food and nutrition history:**

High-sodium and processed food intake (restaurant work)

Irregular carbohydrate control

No SMBG log for pre-supper

Herbal seed used for diabetes; vitamins from flea market

Inconsistent insulin administration (self-adjusts doses)

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**Total energy estimated needs:**

1930 Kcal / day

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**Total protein estimated needs:**

0.8-1.0 g/kg × 77.1 kg = 62-77 g/day

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**Total fluid estimated needs:**

30 mL/kg × 77.1 kg = ~2310 mL/day

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**Nutrition Diagnosis**

**(P) Problem:**

Inconsistent carbohydrate intake and insulin regimen use

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**(E) Etiology (r/t):**

related to limited nutrition education, and non-adherence to prescribed insulin regimen

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**(S) S/S (aeb):**

as evidenced by HgbA1c of 8.7%, and patient report of irregular insulin use and dietary patterns

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**Nutrition Intervention**

Food and/or Nutrition Intake ND, Nutrition Education E, Nutrition Counseling C, Coordination of Nutrition Care RC, Population Based Nutrition Action P

**Nutrition prescription:**

Consistent carbohydrate-controlled diet (3-4 CHO servings/meal)

Reduce sodium intake

Emphasize whole foods, vegetables, and healthy fats and switch to whole grains

Limit added sugars and refined carbohydrates

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**Intervention:**

Diabetes education with focus on CHO counting and insulin timing

Meal planning support to reduce sodium and manage Blood glucose levels

Encourage eating nutrient dense home cooked meals

Guidance on safe supplement use

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**Goal:**

improve glycemic control: A1c to <7.5% within 3 months

Reduce postprandial glucose to <180 mg/dL

follow consistent CHO intake and insulin regimen

try home made food and switching to whole grains

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### Nutrition Monitoring and Evaluation

**Indicator:**

HgbA1c < 7.5

Postprandial BG <180 mg/dL

24 hour recall showing home made food and whole grain choices

weight loss by 1 pound/ week

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**Criteria:**

fix food and insulin timing

use home made food and whole grains

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**Signed:**

Reem Dasa

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**Date:**

8/1/2025

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**Time:**

10:56

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