

## Progress Report Overview

**Student:** Reem Dasa

**Activity:** Anna Cordova

**Start Time:** 03/04/2026 22:21:40

**End Time:** 03/05/2026 21:01:06

**Total Time:** 22:39:25

### Actions

Note at 03/05/2026 21:00:23

# Anna Cordova Documentation



**Student:** Reem Dasa  
**Activity Start:** 03/04/2026 22:21:40  
**Activity Completion:** 03/05/2026 21:01:06  
**Activity Completion:** 22:39:25

## Patient Data



**Patient:** Anna Cordova  
**Age/Sex:** 54 yo F  
**Location:** General Hospital ER

**DOB:** 04/25/1971  
**MR#:** 2366502  
**Admit Date:** 03/04/2026

## Notes

Note at 03/05/2026 20:28:13

## Educational ADIME

### Basic Information

**Date:**

03/05/2026 20:28:13

**Author:**

Reem Dasa

**Location:**

General Hospital ER

### Nutrition Assessment

**Client history:**

The patient is a 54-year-old transgender female presenting with shortness of breath and right leg swelling. Imaging revealed multiple bilateral pulmonary emboli with mild right heart strain.

Active conditions include:

Bilateral pulmonary embolism (acute)

COPD

GERD

Fibromyalgia

Anxiety with depression

Previous transient ischemic attack

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

WBC 12.7 , Glucose 173, HbA1c 6.5%, troponin 0.30, Albumin 4

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**Anthropometric measurements:**

Height: 183 cm

Weight: 102 kg

BMI: 30.6

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

General appearance: Well appearing, in no acute distress.

Extremities: Right calf with swelling and tenderness noted. +Homans sign.

Skin: Normal capillary refill. No rashes.

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**Total energy estimated needs:**

20 -25 Kcal / kg (ABW): 2040 -2550 Kcal

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**Total protein estimated needs:**

1.2 - 1.5 gm/kg : 122- 153 gm

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**Total fluid estimated needs:**

1ml /Kcal : 2040 -2550 Kcal

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**Nutrition Diagnosis**

**(P) Problem:**

Altered nutrition-related laboratory values  
Food and nutrition-related knowledge deficit

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

impaired glucose metabolism and possible corticosteroid therapy  
lack of education regarding lifestyle and dietary factors influencing cardiovascular and thromboembolic risk

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

blood glucose 173 mg/dL and HbA1c 6.5%  
new diagnosis of pulmonary embolism and presence of modifiable risk factors (smoking, prolonged immobility).

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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:**

Nutrition Education , Carbohydrate management  
Nutrition Education – Cardiovascular and clot prevention

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**Intervention:**

heart-healthy diet pattern (DASH or Mediterranean)  
reducing saturated fat and processed foods  
increasing fruits, vegetables, whole grains  
maintaining hydration  
avoiding prolonged immobility during travel  
importance of smoking cessation

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**Goal:**

improve the lab results

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**Nutrition Monitoring and Evaluation**

**Indicator:**

Patient knowledge  
Diet behavior  
Lifestyle behaviors

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**Criteria:**

Patient able to identify  $\geq 3$  strategies to reduce clot risk  
Increased intake of fruits/vegetables and whole grains  
Patient verbalizes plan for movement during travel and smoking cessation

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