

- Gelatin Plus 4oz , 160 Kcal, 20 g Protein on Lunch
- Fortify food as able
- Patient will consume  $\geq 75\%$  of estimated energy requirements.
- Patient will maintain adequate hydration.
- Weight goal: Maintenance

**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 2 days

**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 10:49 AM	Dasa, Reem	Dietary Student	Addend
1/28/2026 1:26 PM	Dasa, Reem	Dietary Student	Sign

Inadequate  
intake  
Case

**Past Surgical History:**

Procedure	Laterality	Date
• CHOLECYSTECTOMY	Right	
• HIP ARTHROPLASTY	Right	
• TOTAL KNEE ARTHROPLASTY		

**Nutrition Pertinent Medications:** Zoloft, miconazole , metoprolol succinate, Normal Saline IV

**Nutrition Pertinent Lab Abnormalities:** Glucose 102 (1/28/2026), Magnesium 1.6

**Skin Breakdown and/or Edema:** no pressure injuries, no edema

**Last BM:** Last BM date:: 01/28/26

**Abdominal Assessment:** WNL

**Anthropometric Measurements**

**Usual Body Weight:** 135 lb

Wt Readings from Last 6 Encounters:

01/27/26	135 lb 14.4 oz (61.6 kg)
01/24/26	135 lb 9.6 oz (61.5 kg)
01/13/26	134 lb 12.8 oz (61.1 kg)
01/06/26	136 lb (61.7 kg)
01/04/26	141 lb (64 kg)
12/28/25	140 lb (63.5 kg)

*Inadequate intake case*

- **Comments on Weight Trend:** 6 lb weight loss X 2 weeks, around 4% weight loss
- **Nutrition Focused Physical Exam:** moderate Fat loss in the orbital region , Triceps, moderate Muscle loss iclavicle region

**Nutrition Needs**

Calories: 1550 - 1850 kcal/day	Method: 25-30kcal/kg
Protein: 61 - 74 g/day	Method: 1-1.2g/kg
Fluid: 1500 mL/day	Method: 25ml/kg

**Nutrition History**

**Food Allergies/Intolerances/Cultural Avoidances:** no food Allergies

**Diet Recall/Meal Completion:** Nursing reported that she eat 10 - 25% of her meals since yesterday.

**Nutrition supplements/acceptance:** Ensure was ordered and patient has not received yet.

**Additional Comments from Nutritional Interview:** during the interview her son reported the sudden decline in her cognition and his concern about her low food intake, he suggested that she likes sweets such as ice cream and cheesecake

pt starts to have rapid decline in appetite and eating during the last 48 hrs, as reported by her Son, prior to change in cognition patient never consumed large meals, did drink protein shake at breakfast ,and has maintained weight for many years.

**Education/Handouts Provided:** education provided to her son about the intended increase in her protein intake using supplements , high protein Jello and Ensure shakes, and we asked him to keep her position upright during feeding


**Nutrition Diagnosis**

Moderate Malnutrition in the context of Acute illness , related to inadequate intake as evidenced by 4% weight loss in 2 weeks, and nutrition focused physical findings

**Nutrition Interventions & Goals:**

- Regular Diet
- Increase protein intake , Ensure plus shake TID (8 Oz) 350 Kcal , 20 g Protein
- Magic cup 4oz, 290 Kcal, 9 g Protein on her dinner

Dasa, Reem  
Dietary Student

Nutrition Initial Assessment   
Addendum

Date of Service: 1/28/2026 12:00 PM  
Creation Time: 1/28/2026 12:00 PM

701814296  
Guthrie Lourdes Hospital  
GLH 1 ROSS  
Comprehensive Nutrition Note

1/28/2026

Patient: ~~REDACTED~~

Admission Date: 1/27/26

~~REDACTED~~

Attending: REEIS-MARTIN, TALI, MD ,MD

Height: 5' 7" (170.2 cm) (01/27/26 1539)  
Weight: 135 lb 14.4 oz (61.6 kg) (01/27/26 1539)  
BMI: Body mass index is 21.28 kg/m<sup>2</sup>.

Diet Orders

Diet

Diet Type: Regular

Nourishments

Dietary nutrition supplements All Meals; Ensure

Principal Problem: Recurrent falls

Current Nutrition Risk: Moderate

Nutrition Assessment

History

Patient is a 90-y.o. female here for a medical diagnosis of recurrent falls. Nutritional assessment being completed for consult received for cachexia.

Past Medical History:

Past Medical History:

Diagnosis

Date

- Anxiety
- ASHD (arteriosclerotic heart disease)
- DDD (degenerative disc disease), lumbar
- Depression
- Depression
- Diarrhea
- Gait abnormality
- Generalized OA
- GERD (gastroesophageal reflux disease)
- Hearing loss
- Hyperlipidemia, mixed
- IBS (irritable bowel syndrome)
- Imbalance
- Macrocytosis
- MCI (mild cognitive impairment) with memory loss
- Numbness and tingling

Past Surgical History:

*Inadequate intake case*