

Diagnosis Post surgical.

*** Final Report ***

Nutrition Recommendations

1. continue regular diet.
2. Encourage adequate PO intake of meals.
3. Ensure daily at breakfast to assist w/ wound healing.

Nutrition Risk Level

Moderate

Assessment and Monitoring

Pt seen for initial nutrition assessment secondary to rehabilitation admission, she presented to the hospital complaining of shortness of breath, dizziness, left arm tingling and jaw discomfort, diagnosed w/ acute MI. She had an open heart surgery (2/26/2026). Also noted recent hiatal hernia repair (2/19/2026). She reported poor appetite during her hospital stay , also stated that she is a picky eater, she is not eating all her meals d/t many reasons, reports limited tolerance after recent hernia surgery, on the other hand her personal preferences, she doesn't always like meals at the hospital with (dislikes mayonnaise, gravy, egg, acidic foods, asparagus, and others).

12% increase in her BW in 5 days, could be due to fluid accumulation. NFPE unremarkable. deep tissue pressure injury at coccyx area and another pressure injury at ankle area noted by Wound Care. Ensure - chocolate flavor added to her breakfast to speed up healing the pressure injury, pt agreeable. Pt encouraged to start eating heart healthy diet after discharge and to increase her protein intake to help in healing . will continue to monitor and follow-up as per protocol.

Estimated daily nutritional needs (ABW 68.3):
Energy = 25 - 30 Kcal /kg :1708 - 2049 Kcal
Protein = 1.2 - 1.5 gm/ kg : 82 - 102 gm
1 ml /Kcal = 17078 - 2049 ml

Nutrition Diagnosis

increased nutrient needs r/t wound healing, illness/injury a/e/b open heart surgery, deep tissue pressure injury

Nutrition Goals

meal intakes > 75% , meets nutrient needs, promote wound improvement, supplement acceptance

Nutrition Interventions

Reason for Visit

CRITICAL ILLNESS MYOPATHY

Problem List/Past Medical History

Ongoing

Seasonal allergies

Historical

No qualifying data

Procedure/Surgical History

- Coronary Artery Byp Grft (02/26/2026)
- Vein Harvesting (02/26/2026)
- Nissen Fundoplication Lap Robot Asst (02/19/2026)
- EGD With Biopsy (01/21/2026)
- EGD With Biopsy (05/30/2025)
- Colonoscopy
- Hysterectomy

Social History

Alcohol

Never

Employment/School

Employed, Part time

Exercise

Exercise type: Walking.

Home/Environment/Abuse

Living situation: Home with assistance.
Injuries/Abuse/Neglect in household:
No. Abuse Concerns: No Signs or Symptoms. Neglect Concerns: No Signs or Symptoms.

Marijuana Recreational Use

Never smoker

Result type: Nutrition Records
 Result date: March 03, 2026 13:24 EST
 Result status: Auth (Verified)
 Result title: Nutrition Note
 Performed by: Dasa, Reem Y Student Worker on March 03, 2026 14:15 EST
 Verified by: Dasa, Reem Y Student Worker on March 03, 2026 14:27 EST
 Encounter info: PAWB001070257, PA Wilkes Barre, Inpatient, 3/2/2026 -

Printed by: Dasa, Reem Y Student Worker
Printed on: 03/03/2026 14:32 EST