

NUTRITION ASSESSMENT

Client History:

Age: 57

Sex: MALE

Admitting Dx: Chronic Substance Dependence

Reason for visit/chart review:

Veteran presents for admission to SAR RTP for residential treatment of "alcoholism."

Medical history is significant for hypertension, hyperlipidemia and intermittent back pain.

Pertinent Medical History:

Chronic alcohol abuse

Alcohol intoxication

Hypomagnesemia

Hypertension

Gastroesophageal reflux disease

Pertinent Active Medications:

Amlodipine

Atenolol

Sucralfate

Famotidine

Ezetimibe

Pantaprazole NA

Atorvastatin Calcium

Folic acid

Multivitamin

Thiamine

ANTHROPOMETRIC & NUTRITION FOCUSED PHYSICAL FINDINGS:

Height: 73 in [185.4 cm] (09/12/2025)

Weight: 215 lb [97.72 kg] (09/12/2025)

BMI: Patient's BMI is 28 on Sep 12, 2025

BMI status: Overweight (25-29.9)

WEIGHT CHANGE/SIGNIFICANCE:

Per EMR, there has been no significant loss or gain. Per XX/XX Nutrition

Assessment note, veteran reported >29# (12.9%) weight loss in 6 months 2/2 alcohol intake.

BIOCHEMICAL, MEDICAL TESTS/PROCEDURES, LABS:

UREA NITROGEN	5 L mg/dL	9 - 20	11-Sep-25
---------------	-----------	--------	-----------

SODIUM	141 mmol/L	135 - 145	11-Sep-25
--------	------------	-----------	-----------

PO4	3.1 mg/dL	2.5 - 4.6	11-Sep-25
ALBUMIN	3.0 L g/dL	3.5 - 5.0	11-Sep-25
MAGNESIUM	2.0 mg/dL	1.7 - 2.5	11-Sep-25
WBC	5.40 k/cmm	4.6 - 10.8	11-Sep-25
RBC	2.92 L M/cmm	4.44 - 6.1	11-Sep-25
HGB	9.7 L g/dL	13.9 - 18.0	11-Sep-25
HCT	29.9 L %	41.0 - 52.0	11-Sep-25
MCV	102.4 H um3	80 - 98	11-Sep-25
PLT	364 k/cmm	130 - 440	11-Sep-25
LYMPH #	1.75 k/cmm	1.2 - 3.6	11-Sep-25
POTASSIUM	3.9 mmol/L	3.5 - 5.0	11-Sep-25
CALCIUM	8.5 mg/dL	8.4 - 10.5	11-Sep-25
CREATININE	0.7 mg/dL	0.5 - 1.2	11-Sep-25
GLUCOSE	84 mg/dL	65 - 99	11-Sep-25
eGFR(2021 CKD-EPI)	>90 mL/min		11-Sep-25

NUTRITION-FOCUSED PHYSICAL FINDINGS:

Appearance/Physical Assessment:

No significant physical signs of nutrient excesses or deficits

SKIN/WOUND:

Skin is intact

CHEWING/SWALLOWING:

Veteran reports no difficulty

GI SYMPTOMS:

No symptoms reported

LAST BM: XX/XX

FOOD AND NUTRITION HISTORY:

Diet followed prior to admission:

Veteran reports poor appetite at home and consuming "One piece of chicken around 3 in the afternoon" and snacks such as Cheez-its and a mini-Sprite 1x day.

Current Diet Order: REG

Appetite/% PO Intake:

Veteran reports good appetite and consuming 100% of meals. Veteran reports consuming additional leftover meals not eaten by other Veterans.

Allergies: Patient has answered NKA

Ethnic/Religious/Other Food Preferences discussed and updated in Computrition as possible.

ESTIMATED ENERGY REQUIREMENTS:

Energy Requirements: 2443-2931 Kcal/day (25-30kcal/kg of Actual BW)
Protein Requirements: 78-97 gm/day (0.8-1g/kg of actual BW)
Fluid Requirements: 2443-2931 ml/day

NUTRITION DIAGNOSIS:

Diagnosis: Unbalanced diet pattern related to attitude finding that hinders food and/or nutrition behavior change (behavior etiology) as evidenced by Veteran report of consuming 1 piece of chicken, Cheeze-it, and a mini-Sprite 1x day and Veteran reporting active substance abuse.

- Status: New nutrition diagnosis

MALNUTRITION DIAGNOSIS:

Pt meets 0-1 of 6 of the ASPEN/AND malnutrition criteria; no malnutrition diagnosis.

INTERVENTION:

Goals of care are to provide adequate nutrition to support recovery from alcohol abuse and to provide adequate energy to allow veteran to return to UBW.

Nutrition Prescription: Regular

General healthful diet

Diet as ordered will provide adequate nutrition

Content related nutrition education

- Veteran provided education on how to order menus. Veteran educated on the availability of RD to assist with menu ordering and/or health goals as needed.

MONITORING:

Estimated percent of meals eaten in 24 hours

- Veteran will consume at least 75% of meals.

Fluid measured intake from oral nutrition in 24 hours

- Veteran will maintain adequate hydration without overhydration.

General, healthful diet order

- Veteran will make healthy choices when selecting menu items.

Measured weight

- Veteran will gain 0.5-2 lbs. per week until goal wt of 225 is achieved.

Clinically indicated follow up date:

Date: Quarterly

/es/ EMMA CECILIA BECKER
DIETETIC STUDENT
Signed: XX/XX/2025 12:44