

Unintended Weight Gain

Mr. King is 70 years old. He is obese and has sleep apnea. He is alert and oriented, but confined to a wheelchair. Mr. King is 5'9" tall and weighs 216 pounds (BMI=32). He has steadily gained weight at the rate of 4 lbs/month since admission one year ago. He is not on any medications that contribute to his weight gain. He does not have edema. Mr. King is on a Regular Diet which provides 2000 kcal/day and 80 gms protein/day. He enjoys eating and his meal intake is always 100%. Mr. King also buys a regular soda and candy bar from the vending machine each afternoon and each evening. Mr. King is concerned that his undesirable weight gain is causing his sleep apnea to worsen and would like to implement a weight management program. The consultant RD assessed his current needs as 2500 kcals, 80 gms protein, and 3000 cc fluids.

Care Plan – Diagnosis: Obesity and Sleep Apnea

Date	Problem	Goals	Approaches/Interventions	Discipline	Review Date
03/17/11	Undesirable weight gain due to: <ul style="list-style-type: none"> • Excessive caloric intake • Sedentary 	<ul style="list-style-type: none"> • Mr. King will reduce his weight by a gradual weight loss of 1 lb/week to a weight goal of 190-200 lbs (BMI=28-29.5) over the next 6 months. 	<ol style="list-style-type: none"> 1. Continue Regular Diet, but substitute 2% milk for whole milk 2. Reduce caloric intake by 500 kcals/day by substituting his regular sodas and candy bars with a diet soda 3. Provide a high protein snack (i.e. ½ sandwich with 1 oz turkey) in the afternoon to meet additional protein requirements of 1.0 gm/kg 4. Ask Mr. King for preferences for a low-calorie evening snack 5. Provide a multiple vitamin mineral supplement 6. Participate in 10-20 minutes of seated exercises every other day 7. Weigh weekly until goal weight is reached 8. Notify the physician and RD if Mr. King's weight varies as much as 2 lbs/week 9. Periodically reassess Mr. King's desire to continue his weight management program 10. Provide education about safe weight reduction 	Dietary Nursing Dietary Nursing Family Dietary Nursing Dietary Manager Nursing Nursing Activities/Physical Therapy Nursing Nursing RD Dietary Manager RD Dietary Manager	30 Days Weekly Weekly 90 Days 30 Days Weekly Weekly 30 Days 30 Days