Mr. Smithers is 83 years old with dementia, and swallowing difficulty. He is a very slow eater and is fed in his room by staff. Recently his meal intake has decreased to an average of 75%. Mr. Smithers is 6'5" tall and currently weighs 146#. He has experienced a 30-pound weight loss since admission three years ago, and his Body Mass Index has decreased to 17kg/m^2. The Registered Dietitian calculated his daily energy needs as 1986 calories and 95 grams of protein. His serum albumin level has declined from 3.3 g/dL last quarter to 3.0 g/dL.

Diagnosis: Dependence for Activities of Daily Living (ADL)

DATE	PROBLEM	GOALS	APPROACHES	DISCIPLINE	REVIEW DATE
	Potential for unintended weight loss related to: • dependence for meals • BMI below 19kg/m^2; 70% ideal body weight • isolation during meals • nutritionally significant laboratory values below normal	• Mr. Smithers will maintain weight between *138 and 154#*. • Maintain BMI ≥*17* • *Mr. Smithers will eat 10 meals a week in the dining room*	1. Provide a *pureed consistency* diet.	Food Service	
			2. Escort Mr. Smithers to the dining room for lunch and dinner no more than 15 minutes prior to meal service.	Nursing/CNA	30 days
			3. Staff will sit to assist Mr. Smithers.	Nursing/CNA	30 days
			4. Document meal intake daily in the official record and monitor weekly.	Nursing/CNA	Weekly
			5. If/when less than 50% meal intake occurs, offer substitute first and then a liquid nutritional supplement.	Nursing/CNA	Review weekly
			6. Weigh Mr. Smithers weekly for one month and reassess.	Nursing/CNA	Weekly
			7. Offer high calorie snacks between meals and before bedtime including pureed preferences of: *banana pudding, vanilla ice cream, peanut butter with syrup*.	Food Service	30 days
			8. Laboratory values will be evaluated every quarter as available.	Nursing	Review quarterly
			9. Notify the physician, family, and RD if Mr. Smithers loses an additional *4#* despite interventions	Nursing	prn
			10. Refer Mr. Smithers' to speech therapy for swallowing evaluation and therapy.	ST	Review quarterly

Sample

TEXAS Department of Aging and Disability Services