Patient Summary

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During my community rotation, I was able to work with clients with different needs snd issues. All of the clients I worked with were adults with different cases except one adolescent girl. One of the client's sessions I attended was with a 46-year-old female who had an overweight issue. She wanted to lose weight healthily and change her lifestyle. She did the genetic test and need direction on understanding the test and adjusting her meal plan according to the result of the teat. The genetic test included that she would lose weight if she eats more carbs and add weight lifting to her exercise rotation. After my receptor explained to her the test result, she adjusted the client plan to two days of cardio and three days of wight left. I send her a list of food that high in vitamin A and a list of food that high in nitrate, because they showed low on the genetic test. I made a three-day sample menu for her considering the weight loss and food is in vitamin A and nitrate. I did a food analysis and entered her menu on her fitness pal account. Having the sample menu in my fitness pal is more convenient, and the client is more likely to fallow it because it is more convenient than an email or other form files.

The other client I worked with was female. I t was a flow up session. She wants to lose weight and need help in changing her lifestyle. She mentioned that she works a lot, so she does not have time to plan her meal or exercise. Another client I worked with is an interesting case who is 48 years-old athlete wight lifter female that wants to lose weight without losing muscle mass. She got out for shape because of the offseason. Is was a follow-up session, so it is more of a motivational interview to continue with the plan that was built for her in the beginning. My preceptor is a sports nutrition dietitian, so she suggested that the client make some adjustments to the snack to go fuel with her exercise.

A new client who is 68-year-old male is diagnosed with Alzheimer's and want to eat healthier to reduce the progression of his disease. He is active and eats verity of food. He also wants to want to lose weight. New patients need to provide three days of food diary and with the amount and the timing of the food. Then she would provide the client three days sample for him to fallow according to his need in this case food are high in antioxidant.

 Another client was female with obesity, anxiety, and sleeping problems. That she needs time to overcome her anxiety and sleeping problem, she is hoping that if she loses her extra weight, she might help her with her anxiety and might sleep better. She has been doing a session for some time because she mentioned that she got it, and she would continue doing what she was doing, and she contact him if she needs more assistant. Another client I worked with was a female with obesity who was very motivated. She lost three sized from size 24 to size 18 working with my preceptor. She is very motivated. She logs her food and changes the food purchasing and eating habits to a healthier one. She looks up nutritional information all the time and tries to make healthy choices. Her achievement is motivating her to continue eating healthy and exercising. My preceptor is great at motivating talk to her clients, and I learned some of her skills in consulting sessions.

A client was a professional baseball player who is off session. He wants to eat better and make sure that he is getting enough nutrition to keep his body composition in the right balance. He was a new client, so as usual h was asked to provide a three-day food diary to be able to make a 3-day meal sample plan. He was an interesting client to continue and see his improvement in performance and body composition.

An adolescent 16-year-old female diagnosed with PCOS needs to control her hormonal and lose weight. She wants to lose weight, but she is frustrated but getting all this weight in little time. And nothing seems to work for her, and during quarantine, she gains more weight. Since she has PCOS, so there are much more factors to consider other than just food to lose weight. Too many medications are part of her frustration. Another issue that frustrates her is her mother's pressure of losing weight. During quarantine, her schedule was missed up, and so her mealtime. She was anew patient, so it was the part of taking the story and 24 hours recall, but not much of the motivational interview yet.

Marathon runner was one of the most exciting clients because she was already motivated and want to get better. She wants to lose weight without losing muscle and getting ready for the marathon events. She was off sports season that get her out of her shape and reach out to get hep to get back. I create her meal plan and food analysis. I worked around her three days eating diary that she provided by using her favorite food. I added some food items and removed some to meet her micronutrient need that I calculated for her body needs. I added extra calories from snacks and sports drinks on the days she trains or while she is training.