Clinical Patient Summary

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During my pediatric rotation at Cardinal Glenn Children’s Clinic, I worked with children of various ages for different nutritional issues. One of the patients was a child with obesity and needed to lose weight. Other cases consisted of kids struggling to gain weight, break their picky eating habits, or had a growth issue. During my community rotation at WIC, I also worked with mostly adolescents. My patients’ typical ages ranged from one to 5 years old; I provided advice to their mothers about breastfeeding, formula feeding, milk, solid food, and breaking picky eating habits.

My most extended rotation was my clinical rotation at Missouri Baptist medial center, where I consulted many patients with different diagnoses. Some of these diseases are diabetes, cardiovascular disease, renal, cancer, orthopedic, and neurological diseases. I was consulted to see the patient after his surgeries. I also worked with patients in the ICU, some of them feeding through the parental nation. The following cases are some of the many patients I consulted.

One of the interesting cases I saw in my clinical rotation was admitted to the hospital because of an internal fracture of the neck because he fell. His symptoms included hyperglycemia, hypertension, hyperlipidemia, cardiomyopathy, PBH, Erectile dysfunction, glaucoma, pro-state, and kidney disease. Additionally, he had lost his appetite, so my goal was to increase his energy intake. Specifically, I increased OP intake and added a supplement to his meal. He is taking a pro-state smoothie because he is only eating 25% of these meals, so the supplement helps heal his pressure injury.

Furthermore, I attended to a 97 y.o female with cellulitis in the right upper extremity. She has COPD, coughing, hypercholesteremia, and hypertension. Her food intake did not fit for the malnutrition criteria, so I just educated and encouraged her to increase her protein intake for healing. The other patient I saw was a 58 y.o. Male with a BMI of 59.88; he had CKD stage 3. He was seen for a follow up for a left foot open pressure wound and was put on a restricted sodium 2 GM diet and Juven supplement. The plan is to continue his diet and encouraged him to consume his supplement for healing.

On of the pt is 55 y.o admitted with altered mental status with stroke, T2D, Hypertension. The reason for counsel is stroke. The speech therapist recommended a mechanical soft diet because of difficulty swallowing. I order for him heat healthy diet and a consistent carbohydrate diet. The other pt 77 y.o F was admitted with a brain mass and confused.

At the surgical evaluation center, the patient will get registered, do blood work, and meet with a dietitian. The dietitian will recommend increasing protein intake before and after surgery. Educational material and explanation would be provided during the visit. Educational information about high protein, low fiber diets, and soft diets for GI surgeries are the specifics of the resources provided. Then a follow-up, after surgery on the floor will be done. I saw patients after surgeries to assess their intake and supplement needs. Some of the issues that needed surgeries were hiatal hernia, the anastomotic structure of the small intestine, atherosclerosis of the native artery of the left leg, and hyperbilirubinemia.

In the outpatient clinic, some of the consults included educating about pediatric surgeries. The goal is to teach patients what to eat before and after surgery. It is essential to provide the patient with this knowledge because it tells the patient what to expect, improving the outcome. I also worked to help a diabetic patient that were newly diagnosed. Next, I aided patients that need to do pediatric surgeries,

Community rotation at Macdanial Nutrition Therapy was unique because of demographics for patients. One of them was a 64 years old patient who wanted to lose weight while another patient was determined to manage diabetes through diet. Next, I saw a teenager with polycystic ovary syndrome (PCOS) that needed consultation about losing weight and managing her symptoms. Interestingly, I also aided athletes such as marathon runners, bodybuilders, a Cardinal player who wanted to build muscles and improve their performance. Once, the patient brought his genetic test and asked us to interpret the data on it, which was a great experience.