

## Supervised Experience for Kayla Slater, Winter Break 2012-2013

Friday Jan 4, 2013:

Kayla furthered her interest in nutrition-related skin care by completing a decubitus ulcer nutrition assessment on a resident with a chronic wound. She reviewed weights, labs, and wound healing progress. Using consumption sheets, Kayla calculated average intake of protein, kcal and fluids and compared them to calculated needs. We jointly interviewed the resident for changes in preferences to better assist in meeting nutritional needs and implemented changes. We discussed some general concerns of wound care and nutritional interventions. Kayla used the information gathered to complete a separate quarterly assessment on this resident.

We reviewed a new admission with multiple medical concerns including brittle type I diabetes, and discussed medical and nutrition management, and interventions that had been put in place.

Monday Jan 7, 2013:

Kayla completed the nutrition assessment on a new skin integrity concern using the tools previously utilized, interviewed the resident, reviewed high protein foods with this oriented resident (who habitually has a marginal protein intake) and was able to formulate concrete nutritional interventions to assist in meeting nutritional needs for healing. Kayla completed the decubitus ulcer nutrition assessment (including the information as above).

Kayla started a full initial nutrition assessment on a new resident (GB), gathered the objective information required, and developed a list of nutrition concerns to address on the assessment.

Tuesday Jan 8, 2013:

Kayla completed the nutritional intake assessment for two residents with weight loss concerns and reviewed current interventions to prevent further weight loss.

Kayla interviewed the new resident (GB), and completed the nutrition assessment which included interventions to address the list of nutrition concerns she had formulated. We jointly reviewed and refined her analysis, and discussed alternate ways available to address concerns. We discussed education requirements for common drug-nutrient interactions (Coumadin/vit K, and Lasix/K+), and interpretation of lab values relevant to these medications.

We reviewed lab values for 5 other residents, including labs for glycemic control, renal function, hematologic measures, lipids, and indicators of hydration status vs. renal failure.