

Wednesday Jan 9, 2013:

Kayla reviewed the available information on a new admission (labs, prior medical hx, prior weights, medications, social hx), developed a list of priority concerns, interviewed the new resident (for preferences, dentition, chewing ability, allergies, snack preferences, usual diet and salt use, and knowledge of K+ needs on diuretic tx), and sketched out a meal plan using this information. Height and weight were obtained and compared to prior height and weight information.

Kayla also reviewed temporary facility menus for nutritional adequacy during kitchen repairs (using a stream-lined menu with decreased options to accommodate limited facilities during the repair).

Thursday Jan 10, 2013:

Kayla accompanied writer on a home visit for an at-risk home care client with COPD and progressive weight loss, and observed counseling in a home setting. We discussed different aspects of counseling in general, and how these relate to the home care setting. Kayla and writer then went to the home care agency central office to review nutritional concerns of a new client and complete a nutrition screening and assessment which included a review of medical history, weight history, current medications, laboratory values, and a phone interview with the family caregiver.

Kayla always arrived on-time, prepared to work, and with a professionally appropriate appearance. Her attitude was both caring and professional, and she was a pleasure to work with.

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