

Nutrition in College Health

Robyn Kievit, NP, RD, CSSD

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Nutrition In College Health:
Case Studies in Treatment

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NUTRITION IN COLLEGE HEALTH


- Describe nutrition related diagnosis that typically present to college health services and the range of services that are required for treatment
- Describe creative approaches to medical nutrition therapy used to develop a plan of care for nutrition related diagnosis and disease
- Describe case studies of nutrition related disease with use of medical nutrition therapy for treatment

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EMERSON COLLEGE



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THREE CASE STUDIES




Nutrition in College Health

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BRIANNE



- Emotional relationship with food
- Familial intervention
- Lack of insurance coverage for follow up labs
- Poly-pharmacy
- Substance abuse
- Depression and anxiety with sleep interruption
- DNK appointments

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JORDAN



- PMH: pilonidal cysts, depression, osteoporosis, obesity, spondylolysis, spondylolisthesis
- Medications
- Currently not in therapy
- Sought treatment for nutrition & weight loss concurrent with other medical diagnosis
- Previous diet recommendations & practices
- Exercise history

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BRIANNE



- Able to work through emotional relationship with food
- Change of habits to include regular exercise and better eating habits
- Realization of short term weight loss goal
- Further weight loss beyond short term goal & re-established long term weight loss goal
- Definitive active stage of change to maintenance stage of change during course of treatment

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JORDAN



MyNetDiary

HOME WEIGHT LOSS LEARN MORE HOW TO SUCCEED SUCCESS STORIES

MyNetDiary Overview

- Instant Calorie Counter
- Recipes & Testimonials
- Ask Dietitian
- Google Health
- My e-Labels
- Your
- Videos
- MyNetDiary Privacy
- Family-Friendly
- Food Database
- Products & Features
- Gift Cards

For Your Business

Learn More about MyNetDiary

To lose weight with a food diary, the first - and by far the most important thing - is to make it extremely easy and fun to enter your daily foods, the most laborious process, so that you don't get overwhelmed and give up. It may not seem like a big deal, but it is.

Let us explain why losing weight with MyNetDiary is easier than you think.

Sure, it's possible to keep track of your diet on paper, but doing this is so time-consuming that it takes months, sometimes years. We believe it's primarily because of its time-consuming and tedious nature. And when you're so busy, it's much easier to be generous than to be strict. At Allure or South Beach diets do. If you simply stop eating some foods, it's not you, but the diet that's wrong with your body, not the diet itself. Eating well and losing weight should be a joy, not a burden. Dietitians do.

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BRIANNE

- Recommendations moving forward
 - Nutrition plan
 - Regular exercise
- Techniques for grocery shopping and preparation of meals independently
- Follow up visits with NP/RD and therapist
- Follow up labs
- Medications and prescriptions
- All of above available on campus while student continues undergraduate education

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JORDAN

- Course of treatment
 - Regularity of visits
 - Management of vitamin D deficiency, obesity and depression
- Compliance
- Lab data
- Medication changes
- Collaboration with off campus endocrinology

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JORDAN

- Nutrition education tools utilized
 - 1. Food diary
 - 2. Individualized goal setting
 - 3. Meal plan
 - 4. Recommended books and websites
 - 5. Follow up care & frequency of appointments


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JORDAN

- Recommendations moving forward
 - Nutrition plan
 - Regular exercise in congruence with PT relationship
 - Techniques for grocery shopping and preparation of meals independently
 - Follow up visits with new primary care provider and therapist
 - Follow up labs
 - Medications and prescriptions

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JORDAN



- Emotional relationship with food
- Depression
- Multiple new medical diagnosis
- Concurrent ongoing medical issues
- DNK appointments
- Unable to establish habitual regular exercise program
- Unable to move from contemplation and preparation stages of change to action and maintenance stages of change

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LACEY



- Medications
- Currently not in therapy
- Sought treatment initially for medication refills, rash and new onset of insomnia
- Previous diet recommendations & practices
- Exercise history
- PMH: MDD, tobacco, cholecystectomy

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JORDAN



- Began to work through emotional relationship with food
- Minor new healthy nutrition habits
- Recognition of realistic weight loss goal for short and long term
- Continued care with established endocrinology for new medical diagnosis
- Addition of geneticist to medical treatment team

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LACEY



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LACEY

- Course of treatment
- Regularity of visits
- Management of ongoing diagnosis of insomnia and depression
- Management of new diagnosis of NIDDM, PCOS, acanthosis nigrans
- Acknowledgement of obesity & need for weight loss
- Compliance
- Lab data
- Medication changes

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LACEY



- Began keeping a food diary
- Maintained medication for insomnia and depression
- Began Metformin
- Followed up once for fasting labs 3 months after beginning Metformin

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LACEY

- Nutrition education tools utilized
 1. Food diary
 2. Individualized goal setting
 3. NO Meal plan
 4. Recommended books and websites
 5. Follow up care & frequency of appointments


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LACEY

- Recommendations moving forward
 - Nutrition recommendations
 - Regular exercise
 - Follow up visits with referred new primary care provider
 - Follow up labs
 - Medications and prescriptions

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LACEY



- Emotional relationship with food
- Depression, insomnia
- Multiple new medical diagnosis
- Concurrent ongoing medical issues
- DNK appointments
- Unable to establish habitual regular exercise program
- Unable to move from pre-contemplation to contemplation & preparation stages of change

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RESOURCES



- www.choosemyplate.gov
- <http://nurse-practitioners-and-physician-assistants.advanceweb.com/Editorial/Content/Archives.aspx?CTID=3952&int=3>
- www.eatright.org
- <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

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