

Case Study:



Referral Details

Steady weight loss over past several months. Weight 60.7kg in July 2021 and 53.7kg today. 11.6% weight loss, BMI 18kg/m². Reduced appetite, can only eat small amounts. Has COPD and Ischaemic Heart Disease. I have initiated investigations regarding his weight loss. Has been trying OTC fortifying drinks and would really like help with gaining weight to help build up his strength.

Assessment

Home visit carried out. Full nutritional assessment completed including analysis of anthropometry, biochemical status, clinical situation and dietary assessment.

Problems identified: poor dentition and COPD leading to reduced intake. Referred onto COPD team and dental services as not registered with dentist.

Dietetic Team:

Oral Nutrition Support in the Community

Details of Patient Group:

Chronic Obstructive Pulmonary Disease (COPD)

Actions

Individual nutritional requirements were calculated and an appropriate plan implemented to bridge the gap between intake and requirements, in a practical way in collaboration with the patient.

Increased supplement drink to two per day and provided high energy and protein texture appropriate ideas and written information.

Outcomes

Weight increased to 64kg = 17% weight gain. BMI 21.6kg/m²

Exercise tolerance improved and managing stairs. Has seen dentist and is having all teeth extracted and dentures being made

Next Steps

Await completion of dental extraction and dentures. Wean off supplement drink.