

Unit 8 Assignment:

Betsy Case Study

Unit outcomes addressed in this Assignment:

- Explain how body composition changes with aging
- Describe the physiologic and non-physiologic factors that influence health and nutrition status in older adults
- Explain how energy and nutrient needs have been established for older adults
- Identify chronic diseases common in old age and the appropriate interventions
- Discuss the nutrition benefits of a senior services, which includes retirement homes, assisted living, and nursing homes

Course outcome addressed in this Assignment:

NS325-1: Discuss how nutrient needs change throughout the life cycle.

NS325-5: Explain how changing body composition, metabolism, and socioeconomic factors affect geriatric population.

GEL-7.4: Evaluate the reasoning of opposing perspectives on ethical issues.

Instructions:

Please read the following scenario:

- Betsy, a 79 year-old woman, was evaluated in your office. She lives with her 81 year old husband who is her primary caregiver. He reports that approximately 2 years ago his wife began to lose interest in the things she enjoyed like shopping, cooking, and sewing. Gradually she become less interested in food and has lost 18 pounds in the past year. He has tried commercial nutritional supplements but has not been successful getting her to consume them. He stated he is not much of a cook but has been trying his best. He is frustrated and concerned about his wife's weight loss and lack of appetite. He feels he is constantly trying to get her to eat. He does not have any family support as he and his wife never had children. Her medical evaluation revealed cognitive impairment using the Mini-Mental State Examination. She does not appear to have any chewing or swallowing problems but has not seen a dentist in over three years. She takes one prescription medication for her arthritis. This couple is on a fixed income from

social security. Her height is 5'1" and current weight is 100 pounds. Past weight was 118 pounds (1 year ago).

Answer the following questions about Betsy. Your responses should be phrased as though you were counseling the client. This means explaining your answers in detail. Please refer to question one for an example of an acceptable response.

1. As Betsy ages, how has her body composition changed from when she was 50 years old until now?

Example Response: Betsy as you age your body will go through a number of changes such as X,Y,Z. For example, when you were 50 years old you may have been able to do X, but now at 79 you may be a little limited in doing that function.

2. Based on Betsy's scenario, what are at least two physiologic and at least two non-physiologic factors that are impacting her nutritional and health status?
3. Based on Betsy's scenario, what are at least two socioeconomic factors that are impacting her nutritional and health status?
4. How do you determine Betsy's energy and nutrient needs? What is the difference between her current energy and nutrient needs and when she was 40 years old?
5. Discuss at least two diseases that Betsy could be at risk for at her age. If she had these diseases, what would be your recommendations to reduce complications?
6. What are at least two nutrition benefits for Betsy to live in a senior center (retirement home, assisted living, or nursing home)? Would you recommend Betsy and her husband consider this?

Please read the following article available in the Kaplan University Library, and use this information to help guide your responses to the following questions.

Mueller, P.S., Hook, C.C., & Fleming, K. (2004). Ethical issues in geriatrics: A guide for clinicians. *Mayo Clinic Proceedings*, 79(4), 554–562.

7. What are the ethical concerns for both Betsy and her husband, given her own personal rights as well as his concerns over her well-being? Answer this question thinking more about the nutritional aspects of ethics. Examples of

ethical concerns could be safety and abuse (for example, not feeding her the proper consistency of foods).

8. What are the challenges with these dilemmas?
9. As a nutrition professional, what could you do to help resolve them?

Requirements

- Responses are written in paragraph format.
- Double spaced, 12 point, Times New Roman font
- The minimum page limit is 3 pages or 900 words, double spaced
- The maximum page limit is 5 pages or 1500 words, double spaced
- Include at least two references. The course textbook counts as one reference. All references should follow APA style format.
- For additional support utilize the Kaplan Writing Center and review *Writing Center Resources* in Doc Sharing.

Put your responses in a Word document. Save it in a location and with the proper naming convention: username-NS325-section-Unit 8_Assignment.doc (username is your Kaplan username, section is your course section, 8 is your Unit number). When you are ready to submit it, go to the Dropbox and complete the steps below:

1. Click the link that says "Submit an Assignment".
2. In the "Submit to Basket" menu, select Unit 8: Assignment.
3. In the "Comments" field, make sure to add at least the title of your paper.
4. Click the "Add Attachments" button.
5. Follow the steps listed to attach your Word document.

To view your graded work, come back to the Dropbox or go to the Gradebook after your instructor has evaluated it. Make sure that you save a copy of your submitted project.

Unit 8 Assignment Grading Rubric = 95 points

Assignment Requirements	Points possible	Points earned by student
Describes and discusses physiological changes in elderly that impacts nutritional status (based on question 2) *- Does not address this question at all -10 points - Only describes and discusses 1 physiological change in	0–10	

elderly which impacts their nutritional status -5 points		
Describes and discusses non-physiological changes in elderly that impacts nutritional status (based on question 2) *- Does not address this question at all -10 points - Only describes and discusses 1 non-physiological change in elderly which impacts their nutritional status -5 points	0–10	
Describes and discusses socioeconomic factors that impact elderly's nutritional status (based on question 3) *- Does not address this question at all -10 points - Only describes and discusses 1 socioeconomic factor which impacts their nutritional status -5 points	0–10	
Discusses and determines nutrient needs-macro and micronutrients in elderly compared to an adult (based on question 4) *- Does not address this question at all -20 points - Discusses macronutrient needs for elderly, but does not address micronutrient needs -15 points - Discusses macronutrient and 1 micronutrient for an elderly, but does not relate this to an adult -10 points - Discusses and determines macro and at least 2 micronutrients for an elderly, but does not relate it to a 40 year old adult -5 points	0–20	
Identifies at least two diseases that affect elderly. Provides nutrient recommendations to reduce complications from these diseases (based on question 5) *- Does not address this question at all -20 points - Discusses 2 diseases, but does not address nutrition recommendations to reduce risk -10 points	0–20	
Identifies and discusses two benefits to live in a senior care center (based on question 6) *- Does not address this question at all -10 points - Identifies 2 benefits, but does not discuss in further detail -5 points	0–10	
Identifies and discusses two ethical dilemmas within this scenario (based on questions 7 and 8) *- Does not address this question at all -15 points - Identifies 2 ethical dilemmas, but does not discuss them -7.5 points	0–15	

Total (Sum of all points)	
Points deducted for spelling, grammar, and/or APA errors. (Refer to <i>How to Calculate Writing Deductions</i> in Doc Sharing)	
Adjusted total points	
Instructor Feedback:	