Unit 9 Assignment

Unit outcomes addressed in this Assignment:

- Explain the impact that ventilator support has on a person's nutritional requirements.
- Explain the role that dietary intake plays in the management of COPD.

Course outcome(s) addressed in this Project:

NS335-3: Create a nutrition care plan for a specific disease state using the nutrition care process.

NS335-6: Choose the appropriate type of nutrition support for a patient who is unable to consume a normal oral diet.

Instructions:

Review the following case study details for a patient with COPD and respiratory failure:

Mr. C is a 72-year-old male who was admitted to the hospital complaining of shortness of breath. Mr. C has a complicated medical history that includes: COPD, HTN, depression, obesity, and sleep apnea. Mr. C has smoked since the time he was a teenager. He is a retired auto-mechanic and is married to his wife, Mrs. C. Mr. C is 5'10" and 240 pounds. He has been instructed to follow a heart healthy diet and to lose weight, but his wife reports that he is non-compliant with any dietary therapy. He is currently taking a diuretic, a blood pressure medication, and an anti-depressant, and he uses an inhaler when SOB (shortness of breath). The patient uses a breathing mask at night due to his sleep apnea history. His wife reports that she recently bought him a special multi-vitamin containing omega 3 fatty acids. It is designed to help older men's hearts and other medical issues.

Upon admission to the hospital, Mr. C’s respiratory status declines, and the ER physician decides to intubate the patient in order to deliver proper oxygenation. The MD also starts the patient on IV fluids consisting of NS (normal saline) for hydration. While on ventilator support, the patient is sedated and is unable to talk or consume an oral diet. The medical chart notes from the pulmonologist reveal that there are no immediate plans to extubate the patient (wean from the ventilator). Currently, the laboratory lab values of the patient are all within normal limits (WNL). However, upon admission and before vent support was initiated, his labs were abnormal. Some affected lab values were: CO2, BUN/Cr, pH, and Na. The patient has had an NPO (nothing by mouth) diet
order status for 4 days and has only received IV fluids for intake. The nursing notes reveal that he has normal urine output and bowel sounds are present and normal.

As a nutrition professional working at this hospital, you are to start the nutrition care process on this patient. Your hospital has a protocol to see all patients that have NPO diet orders and/or are on the ventilator for more than 4 days. You have NOT received a doctor’s consult for a tube feeding (enteral) order; however, it is imperative that this patient is assessed and appropriate nutrition recommendations are made.

For this Assignment, you will write a descriptive essay concerning COPD. The essay will include a detailed definition and explanation of COPD. The patient’s personalized ADIM/E chart note (nutrition care plan) should include an appropriate nutrition intervention based on the patient’s current nutritional problem (nutrition diagnosis). You MAY use the ADIM/E Chart Note TEMPLATE located in Course Documents.

This descriptive essay should include the following:

1. Describe COPD, its risk factors, and its common treatments.
2. Explain Mr. C’s current status. Describe why he was intubated and how vent support can impact a patient.
3. What are the nutrition therapy goals for a patient with COPD receiving vent support?
4. What are your specific nutrition therapy recommendations for Mr. C while he is on ventilator support? Include estimated calorie and protein requirements and the method(s) for how he should receive these nutrients (enteral, parenteral, or oral diet/supplements). You do not need to include details of specific brands, amounts/serving sizes and/or infusion rates.
5. When the condition of the patient improves and he is taken off the vent, what are your recommendations for nutrition therapy for Mr. C upon discharge from the hospital? What are some specific diet plans, oral drink supplements, or vitamin/herbal therapies that may benefit Mr. C?
6. Appendix: Write a Nutrition Care Plan/Chart note on this COPD patient, addressing the current clinical situation of the patient. Write this note as though you were the nutrition professional caring for this patient in a hospital setting. Please refer to Box 11-1, Tables 11-3 and 11-4 for information regarding Nutrition diagnoses terms/codes and for information on the ADIME chart note process. You may utilize the ADIM/E chart note TEMPLATE available in Course Documents to complete the Appendix section of the assignment.

Requirements:

- Your descriptive essay should be written in paragraph format, including an introduction, body, and conclusion. Refer to the structure provided below. The viewpoint and purpose of this essay should be clearly established and sustained.
Your writing should be well ordered, logical and unified, as well as original and insightful. Your work should display superior content, organization, style, and mechanics.

Your writing should:

- Follow the conventions of Standard American English (correct grammar, punctuation, etc.).
- Include a title page and reference page.
- Follow APA style format and citations guidelines, including Times New Roman 12-point font and double spacing. The minimum page requirement is 2 pages not including the title page, reference page, and appendix.
- Include at least 4 references. References may include your textbook, other textbooks, and scholarly websites and journal articles. Use APA style for all citations, including course materials.
- For additional support, utilize the GEL 1.1 Universal Writing Rubric and the Kaplan University Writing Center, and review Writing Center Resources in Course Documents.

Please organize your essay in the following paragraph format. Please see the Kaplan University Writing Center for more information regarding essay and paragraph format.

Section 1: Introductory paragraph(s) (incorporate your response to question 1)

Section 2: Body paragraph(s) (incorporate your response to question 2)

Section 3: Body paragraph(s) (incorporate your response to question 3)

Section 4: Body paragraph(s) (incorporate your response to question 4)

Section 5: Concluding paragraph(s) (incorporate your response to question 5)

Appendix: Nutrition Care Plan/Chart note. Please refer to Box 11.1, Table 11-3 and 11-4 in your textbook for information on the ADIME/ Nutrition Care Process. You may utilize the ADIME Chart note TEMPLATE available in Course Documents for this section of the assignment.

**Submitting your work:**

Submit your Assignment to the appropriate Dropbox. For instructions on submitting your work, view the Dropbox Guide located under Academic Tools at the top of your unit page.
Please be sure to download the file “Writing Center Resources” from Course Documents to assist you with meeting APA expectations for written Assignments.

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 work.

**Unit 9 Assignment Grading Rubric = 230 points**

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<thead>
<tr>
<th>Assignment Requirements</th>
<th>Points possible</th>
<th>Points earned by student</th>
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<tbody>
<tr>
<td>Describes COPD, its risk factors, and its common treatments.</td>
<td>0–30</td>
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<tr>
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<td>0–30</td>
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<tr>
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<td>Lists recommendations for nutrition therapy for Mr. C upon discharge from the hospital after the condition of the patient improves and he is taken off the vent. Explains some specific diet plans, oral drink supplements, or vitamin/herbal therapies that may benefit Mr. C.</td>
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<tr>
<td>Addresses the current clinical situation of the patient and makes appropriate nutrition intervention recommendations. Includes all parts of the Nutrition Care Plan (Assessment, Diagnosis, Intervention and Monitoring) *Use ADIM/E Template in Course Documents</td>
<td>0–60</td>
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<td>Effectively incorporates at least four high quality references in APA style that provide support to decisions and descriptions related to the patient’s state of health.</td>
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**School of Health Sciences**

**NS335**

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<td><strong>Total (Sum of points earned)</strong></td>
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<tr>
<td>The Proposal is written in the most current version of APA format with no grammatical, spelling, copyright, plagiarism or proofreading errors.</td>
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<td><strong>Points deducted for spelling, grammar, and/or APA errors.</strong></td>
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<tr>
<td>Adjusted total points earned</td>
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<td><strong>Instructor Feedback</strong>:</td>
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*Instructor may also leave feedback comments within Assignment submission.*