

ASSESSMENT DATA

Nursing Assessment

Mrs. Rose Santini, a 59-year-old homemaker, attends a community hospital–sponsored health fair. She approaches the nutrition information booth, and the clinical specialist in nutritional support gathers a nutritional history. Mrs. Santini is very upset about her 9-kg (20-lb) weight gain. She relates to the nurse clinician that since the death of her husband 1 month ago she has lost interest in many of her usual physical and social activities. She no longer attends YMCA exercise and swimming sessions and has lost contact with her couple’s bridge group. Mrs. Santini states she is bored, depressed, and very unhappy about her appearance. She has a small frame and has always prided herself on her petite figure. She says her eating habits have changed considerably. She snacks while watching TV and rarely prepares a complete meal.

Physical Examination

Height: 162.6 cm (5’ 4’’)
 Weight: 63.6 kg (140 lb)
 Temperature: 37°C (98.6°F)
 Pulse: 76 BPM
 Respirations: 16/minute
 Blood pressure: 144/84 mm Hg
 Triceps skinfold: 21 mm
 Small frame, weight in excess of 10% over ideal for height and frame

Diagnostic Data

CBC normal, urinalysis negative, chest x-ray negative, thyroid profile within normal limits

NURSING DIAGNOSIS

Imbalanced Nutrition: More than body requirements related to excess intake and decreased activity expenditure (as evidenced by weight gain of 20 lb, triceps skin fold greater than normal, undesirable eating patterns).

DESIRED OUTCOMES*

Weight Control [1612] as evidenced by demonstrating

- Eats three meals each day that result in a 500-calorie reduction in intake.
- Develops a physical exercise plan that engages her in 15 to 20 minutes of exercise by day 5.
- Identifies eating habits that contribute to weight gain by day 2.

NURSING INTERVENTIONS*/SELECTED ACTIVITIES

RATIONALE

Weight Reduction Assistance [1280]

Determine current eating patterns by having Mrs. Santini keep a diary of what, when, and where she eats.

Increases awareness of activities and foods that contribute to excessive intake.

Set a weekly goal for weight loss.

The desirable weight loss rate is 1–2 pounds per week.

Encourage use of internal reward systems when goals are accomplished.

Goal setting provides motivation, which is essential for a successful weight-loss program.

Set a realistic plan with Mrs. Santini to include reduced food intake and increased energy expenditure.

A combined plan of calorie reduction and exercise can enhance weight loss since exercise increases caloric utilization.

Assist client to identify motivation for eating and internal and external cues associated with eating.

Awareness of factors that contribute to overeating will assist the individual in planning behavior modification techniques to avoid situations that prompt excess food consumption.

Encourage attendance at support groups for weight loss and/or refer to a community weight control program.

Overweight people are often nutritionally deprived. Intake must be reduced by 500 calories per day to obtain a one-pound-per-week weight loss.

Develop a daily meal plan with a well-balanced diet, reduced calories, and reduced fat.

Support groups can provide companionship, increase motivation, and offer practical solutions to problems associated with dieting.

Nutritional Counseling [5246]

Facilitate identification of eating behaviors to be changed.

Increases individual’s awareness of those actions that contribute to excessive intake.

Use accepted nutritional standards to assist Mrs. Santini in evaluating adequacy of dietary intake.

Comparing the individual’s dietary history with nutritional standards will facilitate identification of nutritional deficiencies and/or excesses.

NURSING INTERVENTIONS*/SELECTED ACTIVITIES**RATIONALE**

Help Mrs. Santini to consider factors of age, past eating experiences, culture, and finances in planning ways to meet nutritional requirements.

Social, economic, physical, and psychologic factors play a role in nutrition and/or malnutrition.

Discuss Mrs. Santini's knowledge of the basic four food groups, as well as perceptions of the needed diet modification.

Helps to determine the client's knowledge base and identify misconceptions and/or gaps in understanding.

Discuss food likes and dislikes.

Incorporating Mrs. Santini's food preferences into the dietary plan will promote adherence to the weight loss program.

Assist Mrs. Santini in stating her feelings and concerns about goal achievement.

Fear of success, failure, or other concerns may block goal achievement.

Behavior Modification [4360]

Assist Mrs. Santini to identify strengths and reinforce these.

Reinforcing strengths enhances self-esteem and encourages the individual to draw on these assets during the weight-loss program.

Encourage her to examine her own behavior.

Involving Mrs. Santini in self-appraisal will promote identification of behaviors that may be contributing to excessive caloric intake.

Identify the behavior to be changed in specific, concrete terms (e.g., stop snacking in front of the TV).

Identification of specific behaviors is essential for planning behavior modification.

Consider that it is easier to increase a behavior than to decrease a behavior (e.g., increase activities or hobbies that involve the hands such as sewing versus decreasing TV snacking).

Habitual behaviors are difficult to change. Breaking old habits may be easier if viewed from the standpoint of increasing an enjoyable, healthy activity.

Choose reinforcers that are meaningful to Mrs. Santini.

Positive reinforcement is not likely to be an effective part of behavior modification if the reinforcer is meaningless to the individual.

EVALUATION

Outcome met. Mrs. Santini kept a dietary log for 5 days and has eaten balanced meals each day, resulting in a daily deficit of 400 to 500 calories. She is aware that she eats excessively because she is bored and depressed. She has reestablished her former social contacts including her church bridge club. Mrs. Santini has purchased a stationary bicycle and exercises 20 minutes daily. She enrolled in a knitting class that meets two nights per week. She has lost 11/2 lb in the past week. As a reward, Mrs. Santini renewed her membership to the YMCA.

**The NOC # for desired outcomes and the NIC # for nursing interventions are listed in brackets following the appropriate outcome or intervention. Outcomes, interventions, and activities selected are only a sample of those suggested by NOC and NIC and should be further individualized for each client.*

APPLYING CRITICAL THINKING

1. How do Mrs. Santini's personal characteristics influence her nutritional needs?
2. What further information do you need regarding Mrs. Santini's present diet?
3. Offer suggestions for ways to modify Mrs. Santini's tendency to snack.

4. Mrs. Santini asks what her weight should be. How do you respond?

See *Critical Thinking Possibilities* in Appendix A. 