

Brittney Scott

February 7, 2012

Pregnancy Part I

I. Identifying Data

- a. Candace
- b. Candace is a stay at home mom to a 3-year-old boy. She tries to stay busy with play dates, cleaning house, visiting the library and going to the gym.

II. Health History

- a. 23 years old
- b. Obstetrical History
 - i. Has had only one pregnancy prior in 2008. The baby was healthy and doing well.
 - ii. Candace's interconceptual period information was not provided.
 - iii. The boy weighed 6 lbs. 8 oz. and was birthed vaginally two weeks early.
 - iv. The boy is currently 3 ½ years old.
 - v. Candace and son nursed. He latched on very easily.
- c. Estimated delivery date is May 2, 2012
- d. Laboratory data is unknown. However, nothing is abnormal.
- e. No illnesses.
- f. No cigarette, drug or alcohol use.
- g. No previous nutritional deficiencies.
- h. No use of oral contraceptives or other medications.
- i. Candace likes to exercise by doing prenatal yoga at home. If she goes to the gym, she walks on the treadmill or bikes.
- j. No allergies known.

III. Nutritional Assessment

- a. 24 Hour Recall
 - i. Breakfast
 - 1. 1 packet of oatmeal
 - 2. 1 cup of low fat peach yogurt
 - 3. 1 medium size banana
 - ii. Snack
 - 1. 1 Kudos granola bar
 - iii. Lunch
 - 1. 2 slices of whole wheat bread
 - 2. 2 slices of lettuce
 - 3. 2 slices of tomatoes
 - 4. 1 teaspoon of mustard
 - 5. 1 tablespoon of mayonnaise
 - iv. Snack

1. 1 Kudos granola bar
- v. Dinner
1. 1 cup whole wheat spaghetti with vegetable oil
 2. ½ cup tomato sauce
 3. ½ cup cooked broccoli
 4. ½ cup cooked zucchini

- b. *Super Tracker print outs attached.*
- c. No use of supplemental foods.
- d. She takes one prenatal pill each night.
- e. Candace's family eats a lot of fresh vegetable and fruit. The average expense for food is \$300 per month.
- f. Candace loves to cook. She is finally not throwing up anymore so cooking has been a lot more enjoyable.

IV. Weight graphed

- a. Prepregnancy weight: 118
- b. Prepregnancy height: 4'10"
- c. Prepregnancy BMI: 24.7 (Normal)
- d. *Weight gain graph attached.*
- e. Actual weight gain is 130 lbs.

V. Nutritional Care Plan

- a. The most significant nutritional risk factors present in Candace's pregnancy is her calorie intake. Overall, she is not eating enough calories. She should be consuming 2400 calories, but according to her 24 hour recall, she is under by 970 calories. The nutrient that she needs to tremendously increase is protein. By increasing her calorie intake, I am pretty certain that all of the nutrient categories will increase because she likes to eat a variety of food. I am also concerned that she does not fall in the healthy range
- b. It is important for Candace to eat enough calories and a healthy amount of weight during her pregnancy. I know that Candace's personality is always concerned about her weight. I am concerned that she is under eating because she does not want to gain weight. I would educate her about the importance of eating enough calories for the baby's health. I would recommend that she does not worry about her weight, but eats according to what her baby needs.

Brittney Scott

March 27, 2012

Pregnancy Part II

Discussion Regarding Results

Through the online program Skype, I discussed the results from analyzing Candace's 24-hour recall. I first acknowledged that she is doing well overall. She is actively eating healthy by choosing to eat fruits and vegetables and she is actively making the effort to exercise when she can. However, I told her that my main concern was that she was not eating enough calories. According to the *SuperTracker* on the Choose My Plate website, Candace should be consuming 2400 calories per day and she was under by 970 calories. There is no concern currently, because according to her weight gain graph she is right on the line for being in the *healthy* range. I encouraged her to continue to eat the way she is in order to consume more foods to increase caloric intake and increase all the food groups in her diet. However, I especially encouraged her to increase her protein intake because she was considered low. She raised the concern that she is probably not eating enough protein because meat is expensive and she often chooses not to purchase it because of the high expense. We discussed other options of protein (beans, lentils, legumes, soy, nuts, seeds, peanut butter, and protein supplements) that she may be interested in and possible meals that she would like to make that incorporated protein sources. She seemed excited about the suggestions and agreed to incorporate more protein foods in her diet as well as increase her daily caloric intake to help her baby grow properly.

Follow-Up

A week later, I sent a Facebook message to Candace asking how she was doing (regarding increasing her daily caloric intake and incorporating more protein in her diet). Candace was doing very well. She described some meals that included more protein sources; for example, peanut butter and jelly sandwiches, bean burritos, a protein drink that she consumes along with her breakfast. She told me that she feels relieved that she does not have to worry about eating too much. Before, she felt conscious about consuming too much because she was afraid of gaining too much weight. After I chatted with her, she realized that she actually needs to eat more every day. This experience helped her to relax about eating and enjoying more foods. Overall, I believe she is following my advice quite well. Most importantly, I am grateful that she realized that weight gain is complete normal and (in her case) she does not need to restrict food. I am so proud of her.

Improvement

I would like to improve on how I presented my results. I felt slightly scatter brained during my chat with Candace. Next time, I would like to review what I need to talk about with a client/patient before I dive into the discussion. I think if I

present the material well, the client/patient will believe and trust me better because it will appear that I am confident with the material. If I do not present well, then it could appear that I am unsure about the information that I am presenting. Candace knew that this was the first time that I gave legitimate advice to someone, so she was quite understanding about the situation. For the future, I would like to speak smoother and deliver the material well. The more I practice, the better I will be.

Reflection

Overall, I am so grateful for this experience. It has taught me how to actually apply what I have learned and help a friend through her pregnancy. I am glad that I can strengthen the skills that I have and I look forward to learn more tools and skills in the near future.