

CASE 2: HYPERTENSION



Meet Mr Robertson

Case 2 addresses Hypertension in the context of Mr Robertson, a 65-year-old diagnosed with overweight/obesity. Mr Robertson's family doctor has referred him to a dietitian for advice on dietary treatment of hypertension. Since his last consultation 6 months ago, Mr Robertson has cut down on occasional foods. His diet continues to exceed his recommended intake and he still enjoys beer. Mr Robertson's physical activity continues to be sedentary.

PATIENT INFORMATION

AGE: 65.5 years old
WEIGHT: 90 kg
HEIGHT: 175 cm
BMI: 29 kg/m²
PA: Sedentary

CASE MATERIALS

Learning Outcomes

Perspective

- » Introduction to Hypertension
- » Major Risk Factors for Hypertension
- » Signs and Symptoms of Hypertension
- » Diagnosing Hypertension
- » Classifications of Hypertension
- » Medical Management
- » Managing Diet and Lifestyle
- » Dietary Patterns that Improve Cardiometabolic Health

Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

Resources

Story

- » Talk with Mr Robertson – Videos

Diet History

ACTIVITIES

- 2.0** Opening Video with Mr Robertson
- 2.1** Completing Nutrition Analysis (Ready Reckoner Approach)
- 2.2** Evaluating Food Servings (Ready Reckoner Approach)
- 2.3** Comparing to Dietary Guidelines
- 2.4** Plotting BMI Trends
- 2.5** Assessing Knowledge, Beliefs & Attitudes
- 2.6** Summarising Nutrition Assessment
- 2.7** Evaluating Existing Nutrition Diagnoses
- 2.8** Creating an Initial List of Nutrition Diagnoses
- 2.9** Developing PES Statements
- 2.10** Formulating a Nutrition Prescription & Aims
- 2.11** Creating an Initial List of Nutrition Interventions
- 2.12** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Intervention
- 2.13** Formulating Specific Behavioural-Change Targets
- 2.14** Creating a Plan for Nutrition Monitoring & Evaluation
- 2.15** Nutrition Progress Note

