

CASE 3: TYPE 2 DIABETES



Meet Mr Robertson

Case 3 addresses Type 2 Diabetes in the context of Mr Robertson, a 66-year-old overweight man with a new diagnosis of type 2 diabetes. In the last 18 months, he has seen a dietitian twice and has made many positive lifestyle changes. This is his fourth visit to a dietitian.

Mr Robertson has implemented changes in his diet and exercise. He has benefited from some loss of weight. Mr Robertson's condition is being treated by a combination of metformin and a low-sodium diet. He has been consciously more active and shows interest in learning about diabetes.

PATIENT INFORMATION

AGE: 66 years old
WEIGHT: 85 kg
HEIGHT: 175 cm
BMI: 27.8 kg/m²
PA: Low

CASE MATERIALS

Learning Outcomes

Perspective

- » Introduction to Type 2 Diabetes
- » Major Risk Factors for Type 2 Diabetes
- » Symptoms of Uncontrolled Diabetes
- » Diagnosing and Classifying Type 2 Diabetes
- » Impact of Nutrition Intervention for Type 2 Diabetes
- » Comorbidities of Diabetes Mellitus
- » Diabetes and Coronary Heart Disease

Mind Maps

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

Resources

Story

- » Talk with Mr Robertson – Videos

Diet History

ACTIVITIES

- 3.1** Apportioning Recipes
- 3.2** Completing Nutrition Analysis (Ready Reckoner Approach)
- 3.3** Evaluating Food Servings (Ready Reckoner Approach)
- 3.4** Comparing to Dietary Guidelines
- 3.5** Plotting BMI Trends
- 3.6** Estimating Carbohydrate Distribution and Type
- 3.7** Evaluating the Impact of Physical Activity
- 3.8** Estimating Energy Needs
- 3.9** Assessing Knowledge, Beliefs & Attitudes
- 3.10** Summarising Nutrition Assessment
- 3.11** Evaluating Existing Nutrition Diagnoses
- 3.12** Creating an Initial List of Nutrition Diagnoses
- 3.13** Developing PES Statements
- 3.14** Formulating a Nutrition Prescription & Aims
- 3.15** Creating an Initial List of Nutrition Interventions
- 3.16** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Intervention
- 3.17** Formulating Specific Behavioural-Change Targets
- 3.18** Creating a Plan for Nutrition Monitoring & Evaluation
- 3.19** Creating a Meal Plan
- 3.21** Nutrition Progress Note
- 3.21** Closing Video

