

CASE 6: CHRONIC KIDNEY DISEASE



Meet Mei Ling

Case 6 addresses chronic kidney disease in the context of Mei Ling, a 56-year old female with chronic kidney disease (Stage 4).

She was diagnosed with chronic kidney disease seven years ago and was transferred from the endocrinologist to the nephrologist for ongoing care at that time. At Mei's last appointment her nephrologist told her she needed to see the dietitian to get "back on track" with her diet, slow her CKD progression and set the stage for possible initiation of dialysis.

PATIENT INFORMATION

AGE: 56 years old
WEIGHT: 65.3 kg
HEIGHT: 155 cm

CASE MATERIALS

Learning Outcomes

Perspective

- » Introduction to Chronic Kidney Disease, Stage 4
- » Major Risk Factors for Chronic Kidney Disease
- » Screening and Diagnosing Chronic Kidney Disease
- » Classifications of Chronic Kidney Disease
- » Management of Chronic Kidney Disease
- » Nutrition Intervention for Chronic Kidney Disease

Mind Maps

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

Resources

- » Talking with a nephrologist – Videos

Story

- » Talk with Mei Ling – Videos

Diet History

ACTIVITIES

- 6.1** Completing Nutrition Analysis (Ready Reckoner Approach)
- 6.2** Evaluating Food Servings (Ready Reckoner Approach)
- 6.3** Comparing to Dietary Guidelines
- 6.4** Assessing Biochemical Data, Medical Tests and Procedures
- 6.5** Nutrition Focused Physical Assessment
- 6.6** Plotting Weight and BMI Trends
- 6.7** Estimating Energy and Protein Needs
- 6.8** Evaluating the Impact of Physical Activity
- 6.9** Assessing Knowledge, Beliefs and Attitudes
- 6.10** Summarising Nutrition Assessment
- 6.11** Creating an Initial List of Nutrition Diagnosis
- 6.12** Developing PES Statements
- 6.13** Formulating a Nutrition Prescription & Aims
- 6.14** Creating an Initial List of Nutrition Interventions
- 6.15** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Intervention
- 6.16** Formulating Specific Behavioural-Change Targets
- 6.17** Creating a Plan for Nutrition Monitoring & Evaluation
- 6.18** Nutrition Progress Note