

CASE 10: COELIAC DISEASE



Meet Eloise

Case 10 addresses coeliac disease in the context of Eloise, a 27-year-old woman, whose physician has confirmed her diagnosis.

PATIENT INFORMATION

AGE: 27 years old

WEIGHT: 65 kg

HEIGHT: 175 cm

CASE MATERIALS

Learning Outcomes

Perspective

- » Coeliac Disease Assessment
- » Gluten Loading
- » Conditions Associated with Coeliac Disease
- » Coeliac Disease Counseling
- » Student Self-Assessment

Mind Maps

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

Resources

Story

- » Dietitian with Eloise – Videos

Diet History

ACTIVITIES

- 10.1** Identifying Gluten in the Diet
- 10.2** Analysing Food Labels
- 10.3** Completing Nutrition Analysis
- 10.4** Comparing to Dietary Guidelines
- 10.5** Estimating Energy, Protein and Iron Needs
- 10.6** Assessing Knowledge, Beliefs and Attitudes
- 10.7** Summarising Nutrition Assessment
- 10.8** Nutrition Diagnosis Flow Chart
- 10.9** Initial List of Nutrition Diagnosis and PES Statements
- 10.10** Formulating a Nutrition Prescription & Aims
- 10.11** Creating a List of Nutrition Interventions
- 10.12** Formulating Specific Behavioural-Change Targets
- 10.13** Creating a Meal Plan
- 10.14** Creating a Plan for Nutrition Monitoring & Evaluation
- 10.15** Nutrition Progress Note
- 10.16** Diet-Disease Relationship Video
- 10.17** Population-Based Nutrition Action Staff Canteen