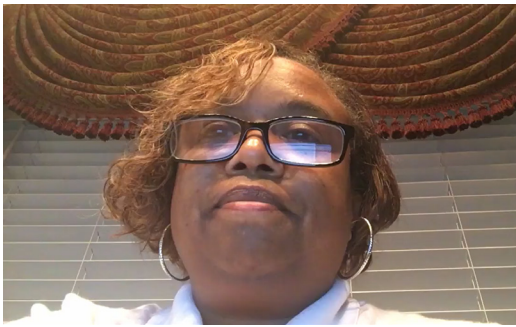


CASE 7: DIVERTICULAR DISEASE



Meet Mrs Ava Williamson

Case 7 addresses diverticular disease in the context of Ava, a 62-year-old female with a recent diagnosis of diverticulitis.

Mrs Ava Williamson has her initial consultation with you bedside in a hospital-setting in Southern Georgia. This is her third day in hospital.

PATIENT INFORMATION

AGE: 62 years old
WEIGHT: 85.3 kg
HEIGHT: 158 cm

CASE MATERIALS

Learning Outcomes

Perspective

- » Introduction to Diverticular Disease
- » Terms to Know
- » Causes of Diverticulosis
- » Etiology
- » Pathophysiology
- » Advancement of Diverticulosis to Diverticular Disease
- » Prevalence Data
- » Diagnosing Diverticular Disease and Diverticulitis
- » Nutrition Intervention for Diverticulosis
- » Nutrition Intervention for Diverticulitis

Mind Maps

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

Resources

Story

- » Talk with Ava – Videos

Diet History

ACTIVITIES

- 7.1** Completing Nutrition Analysis (Ready Reckoner Approach)
- 7.2** Evaluating Food Servings (Ready Reckoner Approach)
- 7.3** Examining the Impact of Alcohol (Optional Activity)
- 7.4** Comparing to Dietary Guidelines
- 7.5** Plotting BMI Trends
- 7.6** Estimating Energy Needs
- 7.7** Assessing Biochemical Data, Medical Tests and Procedures
- 7.8** Evaluating the Impact of Physical Activity
- 7.9** Assessing Knowledge, Beliefs and Attitudes
- 7.10** Summarising Nutrition Assessment
- 7.11** Predicting Existing Nutrition Diagnoses
- 7.12** Evaluating Existing Nutrition Diagnoses
- 7.13** Creating an Initial List of Nutrition Diagnoses
- 7.14** Developing PES Statements
- 7.15** Formulating a Nutrition Prescription & Aims
- 7.16** Creating an Initial List of Nutrition Interventions
- 7.17** Developing a Meal Plan for Discharge – High-Fibre Diet
- 7.18** Developing a Patient-Centered Counseling Plan
- 7.19** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Interventions
- 7.20** Formulating Specific Behavioural-Change Targets
- 7.21** Creating a Plan for Nutrition Monitoring & Evaluation
- 7.22** Nutrition Progress Note

