

# CASE 12: LIVER DISEASE (OUTPATIENT)



## Meet Ava

**Case 12** addresses liver disease in the context of Ava Williamson, a 70-year-old female with a recent diagnosis of cirrhosis of the liver with resulting hepatic encephalopathy and ascites.

## EDUCATOR MATERIALS

[Confidential Answer Guides](#)

[Discussion Guide PowerPoint](#)

[Activity Grading Form](#)

[Technical Support for Your Classroom](#)

## CASE MATERIALS

### Learning Outcomes

#### Perspective

- » Introduction to Liver Disease
- » Classifications of Liver Disease
- » Major Risk Factors for Liver Disease
- » Signs and Symptoms
- » Screening and Diagnosing Liver Disease
- » Nutrition Intervention for Liver Disease
- » Alcohol

#### Mind Maps

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

#### Resources

##### Story

- » Dietitian with Ava – Videos

##### Diet History

- » Diet History – Videos

## ACTIVITIES

- 12.1** Completing Nutrition Analysis
- 12.2** Comparing to Dietary Guidelines
- 12.3** Assessing BMI Trends & Weight Status
- 12.4** Patient-Generated Subjective Global Assessment
- 12.5** Alcohol Use Disorder Id. Test (AUDIT)
- 12.6** Assessing Energy, Protein and Fluid Requirements
- 12.7** Assessing Biochemical Data, Medical Tests & Procedures
- 12.8** Assessing Knowledge, Beliefs & Attitudes
- 12.9** Summarizing Nutrition Assessment
- 12.10** Re-Assessing and Creating a List of Initial Nutrition Diagnoses & PES Statements
- 12.11** Formulating A Nutrition Prescription and Aims
- 12.12** Formulating Nutrition Interventions
- 12.13** Support Networks
- 12.14** Creating A Meal Plan
- 12.15** Video Discussing Alcohol Misuse
- 12.16** Developing a Patient-Centered Counseling Plan
- 12.17** Creating a Plan for Nutrition Monitoring & Evaluation
- 12.18** Nutrition Progress Note
- 12.19** Video – Diet Disease Relationship
- 12.20** Optional Activities That Explore Alcohol Intake
- 12.21** Video Conversation with Physician About Recommendations for Nutrition Care for Liver Disease

