

2 Dietetics example

Community Nutrition and Dietetics Department, Adobe Health Centre, Donaldstown, DO1 4XP (01234) 567890
Susan Blight, Community Dietician cndd@adobehc.nhs.uk

Patient demographics <i>Patient name</i> Mr. Thomas (Tom) Linacre <i>Date of birth</i> 01/01/1960 <i>Gender</i> Male <i>NHS number</i> 123456789 <i>Hospital ID</i> TL98765 <i>Patient address</i> 29 Acacia Road BM9 6PL <i>Patient email address</i> thomas@linacre.net <i>Patient telephone number.</i> 077 7777 777	Attendance details <i>Date of appointment/contact</i> 01/05/2017 <i>Contact type</i> First appointment <i>Consultation method</i> Face-to-face <i>Seen by</i> Susan Blight, Community dietician (01234) 569870 <i>Outcome of patient attendance</i> Appointment will be made at a later date for follow-up by telephone within 1 month. GP Practice details <i>GP practice identifier</i> A111111 <i>GP name</i> Dr. C. O'Reilly <i>GP details</i> Canvas Health Centre, 27 Acacia Road, BM9 6PM, (01234) 956412
--	---

Dear Dr. O'Reilly,

Diagnoses: Stroke

Problems and issues: Acquired swallowing difficulties

I had the pleasure of meeting Mr. Linacre at the Community Nutrition and Dietetics outpatient clinic on 1 May 2017, referred by Sugra Bibi, Hospital dietician at St Crispin's Hospital, Donaldstown, DO5 7TP.

History

Mr. Linacre attended the community nutrition and dietetics outpatient clinic for review of feeding.

Following a stroke Mr. Linacre developed swallowing difficulties. During a recent admission to hospital Mr. Linacre was established on PEG tube feeding. The feeding tube insitu is a 15 French PEG tube placed on 05/04/17. The regimen is: 1000 ml Energy Multifibre Feed at 100 ml/hour for 10 hours (09:00-19:00) with 1400 ml water given as divided flushes (e.g. 10 x 140ml) throughout the day e.g. before and after feed and with medications. His weight is stable.

Examinations

Weight 80kg, Height 175cm, BMI 26 kg/m²

Clinical summary

The estimated nutritional requirements for Mr. Linacre are Energy 1500 kcal/day, Protein 80 g/day, Fluid 2400 ml/day.

Mr. Linacre is tolerating his feed and fluid flushes well as per his feeding regimen and he reports taking his medication. Mr. Linacre's PEG site has healed and was clean and dry and exposed (no dressing) on assessment. Mr. Linacre's bowels are opening daily (with no bowel meds), all pressure areas are intact and his weight is stable.

Allergies and adverse reactions: No known allergies or adverse reactions.

Changes to medications and medical devices

(only changes to medications and medical devices as a result of the outpatient encounter are included)

Medication name	Energy fibre feed (ACBS Indicator of dysphagia)
Form	Liquid
Route	Enteral
Site	PEG
Method	Pump
Dose amount	100 ml
Dose timing	Per hour for 10 hours daily, 09:00-19:00
Additional instructions	1400 ml water given as divided flushes (e.g. 10 x 140 ml) throughout the day e.g. before and after feed and with medications.
<i>Medication change summary</i>	
Status	Amended
Reason for medication change	Medication to be continued and now prescribed by GP
Date of latest change	01/05/17
Medication change	GP now to prescribe 28 x 1000 ml bags per 4 weeks, ongoing.
Comment/recommendation	Please send the ePrescription directly to Dripfeed Intl Ltd (Dripfeed@gmail.com) who will deliver direct to patient's home address.

Actions for healthcare professionals

A backpack has been ordered (05/05/17) so that Mr. Linacre can feed when he goes out during the day as he did not like feeding during the night when he was in hospital and feels restricted to stay at home at the moment. Feeding Company Nurse (Doug Sway) has been asked (05/05/17) to train Mr. Linacre on use of backpack.

Actions for patient or their carer

Mr. Linacre has been asked to continue on feeding regimen.

Information and advice given

Given the clinic contact details and a copy of the feeding regimen with Trust guidance.

Yours sincerely

Person completing record

Susan Blight, Community Dietician

Date: 06/05/17: 16:42

Distribution list:

Mr. Linacre (patient),

Dr. C. O'Reilly (GP)

Doug Sway, Feeding nurse, Dripfeed Intl Ltd

Sugra Bibi, Hospital dietician, St Crispin's Hospital, Donaldstown, DO5 7TP

Dr. Gerald McManus, Neurologist, St Crispin's Hospital, Donaldstown, DO5 7TP