## NUTRITIONAL COUNSELING EDUCATION SESSION EVALUATION FORM

	The state of the s								
	- mail book								
Instructor:	Ford .	Lygif							
The following ite	ms were included in the nutritional counseling sessi	on teerlan							
<u></u>	Purpose of session was discussed								
	Three Day Food Diary was collected (Sunday –	Tuesday OR Thursday – Saturday)							
7	Dental history was evaluated (i.e., past, current, fluoride sources, sealants, plaque index								
	special diets, food allergies, food dislikes)								
\	Pertinent medical history was gathered (i.e., n	nedications, supplements, xerostomia)							
<u> </u>	Typical daily routine was discussed								
V	Caries information was supplied (4 circles, pH,	demineralization/remineralization)							
V	Cariogenic exposures were identified *must be								
_	Form and frequency of sucrose intake was eva								
1	Potential acid production was determined (mir								
7	Balance and adequacy of diet was determined								
_	Utilized "MyPlate" Guidelines recommendation	ns ·							
	Discussed physical activity level								
\	Reviewed caries prevention								
7	Planned a modified diet								
	Follow-up appointment was discussed and date	e documented <u>N/A</u>							
Additional areas	of evaluation:								
<u>\</u>	Recording at correct starting position								
1	Setting conducive to information exchange and	learning							
<u>\</u>	Utilized teaching aids to enhance the learning e	experience (4 Civiles)							
<u></u>	Used communication skills that facilitate learning								
<u></u>	Paced information (approximately 15- 20 minut	res) is time as you later to broken							
V	Used terminology that the patient understands	Key:							
<u>\</u>	Used open-ended questions	2=mastery							
<u> </u>	Active participation by patient	1 = acceptable							
V	Provided positive reinforcement	0=unacceptable							
<u> </u>	Presented information accurately								
	=/	=%							
	Possible Errors Possible Points Points	Total %							

### DENH2420/2520 Theory III & IV Nutritional Counseling

**Food Diary** 

	Thursday	Friday	Saturday			
	Day 1	Day 2	Day 3			
Breakfast	11:30am	12:30 am	IPM			
	Water (Diet Sprite)	Chicken noodle Soup, applesance + water	snake protein			
	to take the about a		+ water			
Snacks	water throughout the	11:30am	Wester through out			
Lunch <	Spm: Chicken nuggets, com (Svownie, Breckfies borrho (Tortilla, soucage, eggs, Chicke, hashbow appresoucce water	Droccoll and cheese, +	chicken nuggets, mocorony bownie appressures + water			
Snacks	(0.20pm	2:30pm	Lipanian III			
<	thocolate proteinshabe	DIET SPITE				
Dinner	Brechfost bornto (sousoet, cheese egg, hashbown, tortilly appre Sauce, macaron,	Upm Unicken alfredo, toost	7:30 pm Chickenhuggets, macovent blowns agric Sough blowns Twater			
Snacks	Dietsprite + Water	8:30pm Apple Julie, Popcorn,	DPM: 3 bosco SHICKS, marinava Sauce + waker			

#### Instructions:

- 1. Include 2 routine days and one non-routine day (Sunday Tuesday or Thursday Saturday)
- Record all that you eat and drink in household measurements (teaspoons, cups, ounces, etc.)
- Record the way it was prepared (raw, cooked, creamed etc.)
- 4. Record the time and order of consumption (with meal, end of meal, etc.)
- 5. Keep diary with you at all times and record foods soon after intake

# **Nutritional Case History and Assessment**

Patient's name:	Date: 1212
Past dental information: (preventive and the	
Gets Cleanings regul	arly (every lemonths). Fluoride
reaulance (+ Varnish	at each le month cleaning),
and x-rays at 180	ist once a way
Current dental information: (results and da	ate of last check-up)
Caries controlled: Cotvolled, 1	ast appointment
Caries activity: Controlled, no	
Caries risk: Moderate YISE F	or carres
Navy plaque index: (if known) moder	
The second section is a second section of the second section is a second section of the second section	and Alleria
Fluoride sources: (past/present; water, sup	
toothouste, Act mou	th wash recular fluoride at
dental appointemen	th wash, regular Avoride at
	· · · · · · · · · · · · · · · · · · ·
Sealants: (dates and teeth)	
Food allergies, special diets, food dislikes:	
dislikes cucumbus, +	-omatos, rasins, and mustard
Pertinent medial history: (special diet, med	
NO allergies, medica	ations, or supplements
0	Bosses and St. Commission of the Commission of t
Assessment summary: (current caries statu	
Moderate caries y	ISC.

## Diet Evaluation Summary

Explanation of the dental caries process: must document the following in the space provided: 4 circles, pH, demineralization/remineralization (recording should depict interaction with patient)



o Dental cavies formation is a combination of the teeth, bacteria, Fermentable carbonydrates, and salvary factors. Normal pH is 4.2-7. Critical level for demineralization is when the pH drops below 5.5. Covingenic on the tooth surface is changed to doid in 2-4 minutes. Acid left undisturbed is not cleared from the mouth for at least 20-40 minutes (zomin-liquid; 40 min-solid). Acid attack can last undisturbed for 1-2 hours because bacteria has a storage mechanism to help ensure an energy supply.

### Form and Frequency:

		Day 1	Day 2	Day 3	totals
Solid retentive	With meal	10 2 10 m		20 13 2	4500
	Between meal			7	4
Liquid non-retentive	With meal				3
	Between meal	0	0	0	0

Total:	Solids X 40 minutes = 320 min	•
	Liquids X 20 minutes = (00 min	_
	Solid minutes + liquid minutes = 380 min	(total minutes)
	Total minutes ÷3 days = 2.11 hr day minutes or convert to hours) Per day	(total acid production in

## **Daily Diet and Activity**

The state of the s	MyPla		Day 1	Day 2	Day 3	Daily Average	i je					
ruits 2 3 7 2.3 19-30 2 C 19-30 2 C 19-30 2 C	mple	s for w	hat co	unts in	each fo	od group	Female				Adequate	
31-50	to ww	w.chc	osemy	plate.g			Age	Amount		Amount	Yes	No
egetables 3 2 2 2 3 19-30 2 ½ C 19-30 3 C    31-50 2 ½ C 31-50 3 C     51+ 2 C 51+ 2 ½ C     51+ 5 02 51+ 6 02     51+ 5 02 51+ 6 02     51+ 5 02 51+ 5 02     51+ 5 02 51+ 5 02     51+ 5 02 51+ 5 ½ 02     51+ 5 02 51+ 5 ½ 02     51+ 5 02 51+ 5 ½ 02     51+ 5 02 51+ 5 ½ 02     51+ 5 02 51+ 5 ½ 02     51+ 5 02 51+ 3 C 51+ 3 C     51+ 3 C 51	its		2	3	2	2.3	19-30	2 C	19-30	2 C	V	
egetables 3 2 2 2 3 19-30 2 ½ C 19-30 3 C  31-50 2 ½ C 31-50 3 C  51+ 2 C 51+ 2 ½ C  rains 8 8 8 19-30 6 oz. 19-30 8 oz.  31-50 6 oz. 31-50 7 oz.  51+ 5 oz. 51+ 6 oz.  rotein ods  31-50 5 oz. 31-50 6 oz.  31-50 5 oz. 31-50 6 oz.  51+ 5 oz. 51+ 5 ½ oz.  airy 3 3 3 3 19-30 3 C 19-30 3 C  31-50 3 C 31-50 3 C  51+ 3 C 51+ 3 C  odified Diet and Dental Health Summary:  Summary & recommendations for fluoride source 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2		l w.	-	C1		James W	31-50	1 ½ C	31-50	2 C		
31-50   2 ½ C   31-50   3 C     51+   2 C   51+   2 ½ C     51+   5 OZ.   19-30   8 OZ.     51+   5 OZ.   51+   6 OZ.     51+   5 OZ.   51+   6 OZ.     51+   5 OZ.   51+   5 ½ OZ.     51+   5 OZ.   51+   5 ½ OZ.     51+   5 OZ.   51+   5 ½ OZ.     51+   3 C   51+   3 C     51+   3 C   51+   3		100		100			51+	1 ½ C	51+	2 C		
31-50   2 ½ C   31-50   3 C     51+   2 C   51+   2 ½ C     51+   5 OZ.   19-30   8 OZ.     51+   5 OZ.   51+   6 OZ.     51+   5 OZ.   51+   6 OZ.     51+   5 OZ.   51+   5 ½ OZ.     51+   5 OZ.   51+   5 ½ OZ.     51+   5 OZ.   51+   5 ½ OZ.     51+   3 C   51+   3 C     51+   3 C   51+   3				11.5				N NAME OF STREET				
rains 8 8 8 8 19-30 6 oz. 19-30 8 oz.    31-50 6 oz. 31-50 7 oz.	getabl	es	3	2	2	2.3	19-30	2 ½ C	19-30	3 C	NF.	~
rains 8 8 8 8 19-30 6 oz. 19-30 8 oz.  31-50 6 oz. 31-50 7 oz.  51+ 5 oz. 51+ 6 oz.  rotein bods 5 4 5.1 19-30 5 ½ 19-30 6 ½ oz.  oz.  31-50 5 oz. 31-50 6 oz.  31-50 5 oz. 31-50 6 oz.  51+ 5 oz. 51+ 5 ½ oz.  airy 3 3 3 19-30 3 C 19-30 3 C  31-50 3 C 31-50 3 C  31-50 3 C 31-50 3 C  51+ 3 C 51+ 3 C  Summary & recommendations for fluoride sources  Summary of the value of sealants: VIA  Recommendations for personal oral hygiene: Only 10 20 20 20 20 20 20 20 20 20 20 20 20 20	(* J) is		1 C No. 7	part Sc		1	31-50	2 ½ C	31-50	3 C		
airy 3 3 3 19-30 3 C 19-30 3 C 19-30 3 C 19-30 3 C 31-50		Jacky J	ant English	Bay San	2573	9	51+	2 C	51+	2 ½ C \	112	3
airy 3 3 3 19-30 3 C 19-30 3 C 19-30 3 C 19-30 3 C 31-50		fill "				Start Land			Production of the second	1	\	
Totein ods 5 H 5.1 19-30 5 ½ 19-30 6 ½ oz.	ains		8	8	8	8	19-30	6 oz.	19-30	8 oz.	V	7-17
Totein oods    19-30   5 ½   19-30   6 ½ oz.				1.33	ASSESSED.		31-50	6 oz.	31-50	7 oz.	1	
Summary & recommendations for fluoride sources  Summary & recommendations for fluoride sources  Summary of the value of sealants:  Recommendations for personal oral hygiene:  Vary food textures to stimulate saliva:  Modify the form and frequency of cariogenic factors:  Plan a diet to suit individual tastes and dental needs:  A.M.  Noon  P.M.  The Act of Market States and	Alexandra Alexan	i frai	0.3865	10.44			51+	5 oz.	51+	6 oz.	-	
31-50 5 oz. 31-50 6 oz.  51+ 5 oz. 51+ 5 ½ oz.  airy 3 3 3 19-30 3 C 19-30 3 C  31-50 3 C 31-50 3 C  51+ 3 C 51+ 3 C  odified Diet and Dental Health Summary:  Summary & recommendations for fluoride sources  Summary of the value of sealants:  Recommendations for personal oral hygiene:  Vary food textures to stimulate saliva:  Nodify the form and frequency of cariogenic factors:  Plan a diet to suit individual tastes and dental needs:  A.M.  Noon  P.M.			6.5	5	4	5.1	19-30		19-30	6 ½ oz.		1
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1200 1001 201-10 2011	P.I	.M. Treat at beginning of dinner										
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Follow-up date determined and recorded (2 months):									. 1.0			