

**I. Nursing History:**

**A. Patient's Data:**

**Patient's Initials:** JF      **Age:** 42      **Nationality:** African American

**Height:** 66 inches      **Weight:** 77.8 lbs (35.4 kg)

**BMI:** 12.6 (underweight)

**Ideal Weight and Range:** Ideal weight for an individual of 66 inches would be between 118 to 148 pounds and a BMI of 19 to 24.

**Activity Level:** Non-Ambulatory, Bedridden

**Vital Signs:** N/A

**B. Medical Diagnosis:** Multiple Sclerosis

**C. Signs and Symptoms:**

- **Contractures:** tightening of muscles in upper and lower extremities in the absence of stimuli
- **Incontinence:** urinary and bowel incontinence; patient wears adult diapers
- **Hypertension:** increased BP; systolic over 140 and/or diastolic over 90
- **Dysphagia:** difficulty swallowing
- **Extremity Weakness:** related to MS; patient is unable to walk due to MS and is bedridden
- **Muscle Stiffness:** loss of muscle tone due to MS; patient unable to walk and is bedridden
- **Stage One Decubitus Ulcer:** nonblanchable erythema of intact skin located on the sacrum

# How To Write A Nutrition Case Study Paper

**D Kirk**



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