

**Patient:** Minn Htaik

**Assessment**

- 57 year old male, referred by physician for high cholesterol.
- Complains of not being able to lose weight.
- Patient does the grocery shopping and the cooking for himself and his family.
- Height: 5'6"
- Weight: 220 lbs
- BMI: 31.6
- Cholesterol level: 240, LDL: 165, HDL: 25
- Triglyceride level: 140
- Began taking Lipitor 2 weeks ago to reduce his cholesterol levels.
- Patient experiences heart pains when exercising.
- Drinks 4-5 servings of alcohol every other day.
- Tends to skip breakfast most days of the week.
- Feels out of control around foods like chips, popcorn, and ice-cream.
- Eats for reasons other than hunger; stressed, lonely.
- He is motivated to make dietary changes at this meeting.
- Physical activity that he likes to do is swimming and walking.

**Diagnosis**

- Food and nutrition related knowledge deficit (NB-1.1), related to lack of previous medical nutrition therapy, as evidenced by asking for advice on ways to lower cholesterol.

**Intervention**

- Nutrition-Related Behavior Modification Therapy (C-1), goal setting strategies to encourage lower cholesterol foods and increase physical activity.
- Goals:
  - Outcome goals: 1) Lower cholesterol levels to <200 by the next session. 2) Lose 1 lb a week by the next session.
  - Action Goals: 1) Incorporate vegetables into meals as least 4 times a week. 2) Encourage family members to join in on grocery shopping and cooking dinner.

**Monitoring/ Evaluation**

- Follow up with client in 1 month to monitor weight loss, and to assess cholesterol and triglyceride levels.