ADIME Note

Session date and time:	October 31, 2024, 10:15 AM
Patient's name:	Justine Wentworth
Date of birth:	June 14, 1970
Gender:	Female
Reason(s) for referral:	Weight loss due to radiation therapy treatment

Assessment

ABW:48.0kg // H: 161cm // BMI: 18.5// IBW: 57.8kg (17% below)
BW prior to first radiation treatment: 52.0kg, WL of 4kg in past 4 weeks

Undergoing RT for oropharyngeal cancer (4/7 weeks complete). Justine has recently had her treatment paused for a re-plan due to weight loss.

Oral mucositis makes it difficult for her to eat, as well as nausea from treatment leading to her weight loss.

Consumes <<800kcal daily, mostly sugary drinks and coffees. One regular meal daily with family.

Diagnosis

Insufficient protein and caloric intake due to nausea and oral mucositis leading to weight loss.

Intervention

Increase caloric intake by 600 kcal daily including 70g protein daily via prescribed protein supplement drinks. Goal to maintain weight for remaining three weeks of radiation therapy, then to work on weight gain to reach IBW.

Educated family on importance of weight maintenance during radiation therapy and encouraged to eat more meals together as a family to ensure Justine maintains her weight.

Monitoring and evaluation

I will see Justine weekly for the remaining treatment weeks to monitor her weight maintenance.

Nutritionist's name:	Sally Foote
Nutritionist's signature:	Sally Foote
Date:	October 31, 2024