

Case Study 7

Nutrition

Annette is a 30-year-old gravida 3, para 2 at 12 weeks' gestation with a planned and desired pregnancy. The registered nurse is performing a nutrition assessment and gathers the following data:

Hemoglobin 10.3 g/dL

Prepregnant body mass index (BMI): 35

Prepregnant weight: 185 lb

Current weight: 195 lb

Patient states that she has followed a vegetarian diet for 10 years.

1. What nutritional risk factors can be identified from these data? Nutritional risk factors that can be identified from this data includes anemia, obesity, excessive weight gain, and her vegetarian diet means that she could be lacking vitamin B12, calcium, iron, and zinc (McKinney et al, 2019, p. 264).
2. How should the nurse explore Annette's diet? The nurses should ask Annette specific questions such as what type of vegetarian diet does she follow, for example is she a lacto-ovo-vegetarian, or a lacto-vegetarian. Other assessments can include doing a 24 hours dietary recall with her to see what kinds of foods she eats in a 24 hour time frame. Lastly the nurse should ask the client if she had a history of anemia do to her low hemoglobin count (McKinney et al, 2019, p. 269).
3. Annette's nurse-midwife has prescribed ferrous sulfate 325 mg daily. What teaching is important with this supplement? The nurse should first teach the patient the reason she is getting the ferrous sulfate. Explain to her that it is a iron supplement specifically prescribed for her anemia to build her red blood cells back up. Explain to her that it would likely be needed throughout the pregnancy. Instruct her to take the iron supplement with water or juice and that it is not recommended to be taken with milk. Instruct her to take the iron supplement with vitamin C because vitamin C helps absorb iron. Teach her that she should take this vitamin on a empty stomach, however, it could be taken with food if she is experiencing nausea and vomiting. Advise her to increase fiber rich foods and drink 8 oz of water daily. Lastly, explain that stools may appear dark and that it is a normal finding (McKinney et al, 2019, p. 266).
4. What high-iron foods should be recommended to Annette? I would recommend vegetarian foods that are high in iron. Some vegetarian foods that are high in iron includes lentils, pinto beans, spinach, dark green leafy vegetables, eggs, fortified cereals, oatmeal, nuts, and tofu (McKinney et al, 2019, p. 260).
5. How should Annette be counseled regarding weight gain? Annette should be

Maternity Nursing Case Studies

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Maternity Nursing Case Studies:

Reviewing **Maternity Nursing Case Studies**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Maternity Nursing Case Studies**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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