

GERIATRIC MEDICINE Skills Fair—STATION 2

Nutritional risk assessment: Determine checklist

STUDENT CASE B: Mr. Wright

Mr. Wright is a 72 year old man who stops at the Healthy Aging Fair booth at the County Fair, after having just eaten a funnel cake. He picks up the DETERMINE checklist.

He lives in his own home with his wife. His medical problems include hypertension, diabetes mellitus, coronary artery disease, congestive heart failure, arthritis, and benign prostatic hypertrophy. These medical conditions are stable, and his weight is stable. He is on 8 prescription medications. He walks one mile daily, and goes to the office twice a week. He and his wife travel frequently. They typically eat a light breakfast together while reading the paper, each lunch in town at their favorite diner where they regularly meet up with their friends, and cook at home for dinner. They enjoy gourmet cooking and entertaining. They have no financial concerns with either medication or food purchases.

Mr. Wright drinks one glass of wine most nights with dinner. His diet is widely varied, but he usually limits his salt and sugar intake because of his hypertension/CHF and diabetes. He eats several fruit, vegetable, and dairy foods daily. He has no oral/dental concerns.

How will he score on the DETERMINE checklist?