

## **Unit 9 Assignment**

### **Unit outcomes addressed in this Assignment:**

- Identify social and economic problems facing the aging American.
- Discuss how nutrition in previous life stages can affect the nutrition status of an older adult.
- Discuss the possible causes of overweight and underweight in older adults.

### **Course outcome assessed/addressed in this Assignment:**

**NS321-5:** Discuss the impact of food selection on nutrition.

### **Instructions**

Refer to the case study information on p. 309 of your textbook (“An Older Woman Living Alone”). Review the case study patient information in detail. “Miss E” is referred to you by a local community outreach service. The program director believes that Miss E can benefit from a nutritional assessment and possible nutritional therapy. For this Assignment, imagine that you are a clinical nutrition assistant at a private nutrition consulting firm and the supervising dietitian asked you to address the following questions in a formal way:

1. What physical changes have influenced Miss E’s food intake?
2. What are some socioeconomic or psychological changes that may be influencing her nutrition intake?
3. Could these changes be impacting her overall nutritional status?
4. Which nutrients are likely to be low in her diet? Why?
5. What are your general concerns about her physical condition? What are the implications of her recent weight loss? Are there any particular nutrients she may be deficient or low in?
6. How have her dietary practices and choices impacted her nutrition and health status? (Be specific.)
7. What are your nutrition recommendations? (Include estimated calorie needs, protein needs, menu changes, the recommendation — or not — of an oral supplement, e.g., a vitamin/mineral or oral drink nutrition supplement.)

### **Requirements**

- Organize your answers to the above questions into a 3-page essay (estimated word count of essay should be around 750 words). You may include a sample menu if needed. Include a minimum of three APA-style references.

Please be sure to download the file “Writing Center Resources” from Doc Sharing to assist you with meeting APA expectations for written assignments.

### Submitting Your Work

For directions on how to submit your work and review your graded Assignments, refer to the Dropbox Guide found on the Academic Tools tab. Make sure that you save a copy of your submitted work.

### Unit 9 Assignment Grading Rubric = 150 points

Assignment Requirements	Points possible	Points earned by student
<ul style="list-style-type: none"> <li>List any physical changes that have influenced Miss E's food intake.</li> <li>Describe the socioeconomic or psychological changes that may be influencing her nutrition intake.</li> </ul>	<b>0–25</b>	
<ul style="list-style-type: none"> <li>Describe what nutritional changes could be impacting her overall nutritional status.</li> </ul>	<b>0–25</b>	
<ul style="list-style-type: none"> <li>Include any nutrients that are likely to be low in her diet. Support your answer with evidence.</li> <li>What are your general concerns about her physical condition? What are the implications of her recent weight loss? Are there any particular nutrients she may be deficient or low in?</li> </ul>	<b>0–25</b>	
<ul style="list-style-type: none"> <li>Describe how her dietary practices and choices impacted her nutrition and health status (be specific, with supporting evidence included).</li> </ul>	<b>0–25</b>	
<ul style="list-style-type: none"> <li>Describe the nutrition recommendations that are needed to improve the patient's nutritional status (include estimated calorie needs, protein needs, menu changes, and the recommendation — or not — of an oral supplement vitamin/mineral or</li> </ul>	<b>0–50</b>	

an oral drink nutrition supplement).		
<b>Total (Sum of all points)</b>		
<b>Points deducted for spelling, grammar, and/or APA errors.</b>		
<b>Adjusted total points</b>		
<b>Instructor Feedback:</b>		