MODULE #4: Integration

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INPATIENT
Video One
@ FIDN Academy 2017

APPLICABLE	4
 Inpatient acute care Rehabilitation facilities Behavioral facilities 	
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CHALLENGES

- Limited time (if shorter term stay)
- Diet education is guided by/directed by MD order

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- Mindset of professionals
- Mindset of patient
- ► Policy

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DIET + INTUITIVE EATING

➤ T2 Diabetes

- ➤ Sodium reductions for HTN
- ➤ Weight loss
- Inflammatory Bowel Disease(s)
- ≻ GERD
- ➤ IBS (with or without FODMAP)

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WHAT TO ADDRESS WITH LIMITED TIME

- ➤ Assessment questions (Module One, Video Four)
- > What questions work best for your assignments?
- Explore and experiment (even test out your own assessment questions)

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9 MY SUGGESTIONS \succ Are you currently on a ➤ Do you often ignore the diet? sensations of hunger until you are ravenous? ➤ Do you currently ➤ Do you often eat past the restrict a specific point of "comfortably food(s) or food group? full"? ➤ Do you regularly eat for ➤ Where are most meals a reason other than eaten? hunger? ► Do you feel you mindlessly eat during the day? Evening? Inpatient I Video One

BEST PRINCIPLES WITH LIMITED TIME 10 · Honor your hunger + feel your fullness Image: Nindful eating techniques · Inner dialogue Journaling what you eat + why you are eating

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GG Discussing the psychology of		
restriction is tricky!	_	
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WHAT DO YOU DO IF A DIET, DISEASE OR	-	
RESTRICTION SEEMS UNFLINCHING?		

MY THOUGHTS	13	
➤ Celiac disease		
 Kidney and Liver disease related restrictions 		
► Sodium restrictions for Heart Failure		
> T1 Diabetes		
 Mechanically altered diets 		
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	14	
G How can make their restrictions more manageable?		
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MANAGE RESTRICTIONS	15
 Mindful eating techniques 	
► Honor hunger and satiety	
 Exploring new foods that are allowable under the restriction 	
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CASE STUDIES	

CASE STUDY #1: INPATIENT ACUTE CARE

- ➤ 56 year old male, professional
- ► Acute MI, BMI=27
- Divorced, 1 college aged daughter
- ➤ Works 60+ hours per week
- ➤ Runs at 2-3 miles 4-5 days per week
- ➤ Thrives on stress

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MORE INFO	18
► Has never been on a diet or restricted food in anyway	
► Weight maintained via running; stays within +/- 5#	
 Breakfast-Protein Bar or pre-made shake in car 	
 Lunch-Delivery-Grilled Chicken Salad 	
 Drinks lots of coffee (black) during the day 	
 Dinner-After work food related functions once per week; work days fast food, delivery (states-never health choices like B & L) 	
 Snacks-Occasionally will skip dinner and just snack in front of the computer (if not finished with work or TV if relaxing) 	
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OBSERVATIONS	19
➤ Mindless eating	
➤ Coffee: reduces ability to sense hunger via caffeine	
➤ Self limits intake during the day; eats more at dinner	
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WHERE TO START WITH LIMITED TIME?

INTUITIVE EATING PRINCIPLES	21
 Mindful eating techniques 	
► Follow the patients requested pace	
 Information provided: mindful eating techniques 	
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LET'S TALK ABOUT	
HANDOUTS	

CASE STUDY #2 INPATIENT BEHAVIORAL HEALTH

► 22 year old female

- ► Estimated 7-10 day stay
- > Dx: Worsening Symptoms of Depression and Anxiety

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- Recent weight gain of 25# in 3 months since starting new meds for depression and anxiety
- ► Increased appetite
- ➤ Feels weight gain has decreased her self-esteem

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MORE INFO	24
► Recently moved back home with parents	
➤ Has little to no control over what food is in the house	
 Mother constantly trying to feed her; patient feels it's because she doesn't know how to deal with her depression/anxiety 	
 Patient is very interested in improving her overall well being 	
 Parents are supportive; she feels they would help the process of IE 	
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MEDICATION AND	
APPETITE CHANGES	

INTUITIVE EATING PRINCIPLES	26
➤ Honor your hunger and satiety	
 Appetite is not biological hunger 	
 Bring awareness to her previous biological signs of hunger and satiety 	
 Journaling; hunger levels, satiety levels and emotions while eating 	
 Mindful eating techniques (slow down, savor) 	
 Checking in with emotions before a meal or snack 	
 Exercise-feel the difference 	
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 To Do Think about your current client population What questions could add to your assessment? What information could you have ready that would be beneficial? What principles do you feel would serve them best? 		BRAINSTORM	27
 to your assessment? What information could you have ready that would be beneficial? What principles do you feel would serve them 	To Do	► Think about your current	
you have ready that would be beneficial? ➤ What principles do you feel would serve them	d u		
feel would serve them	1.78	you have ready that would	
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