

PSYCHIATRIC CLINIC  
123 Main Street  
Anywhere, US 12345  
555-678-9100

**Smith, Stacey**

10/30/2013  
2:36:04 PM

ID: 1000010651905

DOB: 9-5-1998

**Dietitian Daily Progress Note  
Liz Lobao, Registered Dietitian**

***Measurements:***

Height = 5' 5" (165 cm)

Weight = 100 lbs. (45.4 Kg)

BMI = 16.6, < 10th Percentile, considered Healthy Weight

Ideal Weight Range = 118-131

% Ideal Weight = 80

Current Kcal =

***Current Dietary Orders / Meal Plan:***

Gentle Diet

Add 200 300 400 kcal snack for total of kcal / day.

Add Benecal to 10 AM 3 PM 8 PM Scandishake snack for a total of kcal / day. Change 10 AM 3 PM 8 PM snack to 200 300 400 kcal snack for a total of kcal / day.

***Session Notes:***

**Dietitian's Notes:**

Meal Behavior: Meals have been eaten slowly with some reluctance apparent. Stacey's affect during meals tends to be tense or unhappy. Stacey did not complete a meal today.

Response To Program: Stacey continues to deny the Eating Disorder diagnosis. Stacey is resistant to the program, diets, and activities. Stacey expresses the desire to leave the program.

Verbal Content: Stacey expressed ideas that reveal a distorted perception of her body shape and weight. Stacey spoke of feelings having to do with striving for perfectionism and power as a method of self control. Feelings of lethargy are today described. Feelings of depression were today described by Stacey. Stacey today spoke of feeling of anxiety.

Counseling/Assignments: Stacey was counseled regarding her current weight and dietary needs. the dietary plan and its goals were reviewed and explained to Stacey. She was given explanatory dietary literature. Educational explanations and literature regarding a healthy and nutritious diet was given to Stacey. Stacey was assisted in creating a healthy and nutritious meal plan.

**Goals:** Stacey will gain five pounds. Stacey will learn and follow a healthier diet, as outlined

**Smith, Stacey**

10/30/2013

2:36 PM

ID: 1000010651905

DOB: 9-5-1998

Dietitian Daily Progress Note  
Liz Lobao, Registered Dietitian

by dietitian. Stacey will accept Eating Disorder Diagnosis. She will eat the following percentage of meals: 75%. She will participate in assigned activities.

**Mental Status Exam:** Today Stacey appears depressed. She is glum and unanimated. Her demeanor is sad. Thought content is depressed. There are signs of anxiety. She is fidgety and restless. There are no signs of hallucinations, delusions, a thought disorder or other signs of psychotic process. Stacey's speech is normal in rate, volume and articulation and is coherent and spontaneous. She was distracted and inattentive today. Stacey's associations are congruent with content. No signs of cognitive loss are present.

90837 Psychotherapy 60 min.

Time spent on patient: 60 minutes

Session start: 14:00

Session end: 15:00

Elizabeth Lobao, RD

Electronically Signed

By: Elizabeth Lobao, RD

On: 10/30/2013 2:37:47 PM