

Please find below examples of what can be put into each of the free-text boxes in the chart note. Many of these can be guided by adding customized Smart Phrases (instructions found [here](#)). These are meant to be examples only.

Please refer to the comprehensive Chart Training [here](#) for more detailed instructions on documentation at Nourish.

Assessment, Diagnosis Intervention, Monitoring, Evaluation

Patient and family medical history* ⓘ

Medical History
-3/2024 - pre-DM
-3/2024 - hyperlipidemia
-3/2019 - cholecystectomy
-2016, 2018 - C-section

Family History
-mother - T2DM, hyperlipidemia
-father - heart attack

Menstrual History
-onset age 12
-regular cycle, every ~28 days, moderate flow
-denies hx amenorrhea
-denies hx birth control

Height Weight ⓘ BMI ⓘ

5 ft 5 in 175 lbs 29.12

Weight history ⓘ

-highest weight - 200#, 2020-2021 (working from home, limited physical activity)
-lowest weight - 160#, 6/2023 (restrictive dieting and extreme physical activity)
-usual weight - 170-180#, weight has been stable since 11/2023

Notes:
Inclusion of actual date and/or age of onset required.

Energy needs ⓘ

Activity factor Calorie adjustment ⓘ

1.0-1.4 (Sedentary - little to no ex... 0 calories

Calculate macros

Energy Protein Carbs Fat

1650 to 2310 kcal 49 to 173 g 222 to 321 g 44 to 77 g

Medications ⓘ

metFORMIN (Oral Pill)
500 mg Tab / Once daily
Start: 2024

Atorvastatin (Oral Pill)
20 mg Tab / Once daily
Start: 2024

Add new

Notes:
Estimated energy and macronutrients needs are configured based on Mifflin St Jeor and the AMDR. These calculations are designed to provide an assessment basis from which you will develop your interventions.

Notes:
Medication start date requires year only.

Lifestyle

Hydration ⓘ

- Less than 32 oz
- 32 - 64 oz
- 64 - 96 oz
- 96 - 128 oz
- 128+ oz

-3x40oz water cups daily
-12oz sparkling water 2-3x/week

Sleep ⓘ

- Poor
- Fair
- Good
- Very Good
- Excellent

-bed at 1030pm
-wake at 630am
-usually wakes multiple x/night to go to the bathroom
-does not feel rested in the morning

Notes:

Lifestyle questionnaire responses (including PHQ2, SASQ and Food Security screens) will appear if the patient has completed their 'Nutrition and Lifestyle Assessment' prior to the RD opening the chart note. If not, RD should use their clinical judgment to consider completion with the patient during the session.

Information gathered from follow-up questions should be entered below the respective lifestyle question by clicking 'add details'.

Exercise or physical activity ⓘ

- None
- 1-2
- 3-4
- 5-6
- 7

-walking the dog 10 minutes/day 2-3x/week
-hx Orange Theory 5x/week (didn't enjoy the intensity, felt obligated to go d/t expensive membership) and jogging/running 30 minutes daily. Contributed to weight loss in 2022.

Fruits ⓘ

- 0
- 1-2
- 3-5
- 6+

✍ Add details

Vegetables ⓘ

- 0
- 1-2
- 3-5
- 6+

✍ Add details

Stress ⓘ



- 1
- 2
- 3
- 4
- 5

-current stressors include work, children and household management. Mother's health is declining.

PHQ2 Q1 ⓘ

- Not at all
- Several days
- More than half the days
- Nearly every day

✍ Add details

PHQ2 Q2 ⓘ

- Not at all
- Several days
- More than half the days
- Nearly every day

Notes:

PHQ2 Q1: Over the last 2 weeks, how often have you been bothered by the following problem: **Little interest or pleasure in doing things**

PHQ2 Q2: Over the last 2 weeks, how often have you been bothered by the following problem: **Feeling down, depressed or hopeless**

Each question is scored from 0 to 3, where "Not at all" is 0 and "Nearly every day" is 3. The total score ranges from 0 to 6, with higher scores indicating a greater likelihood of depression. A common cutoff point for further evaluation is a total score of 3 or higher. If patient scores a 3 or above, please follow [care pathway here](#).

Caffeine ⓘ



- Never
- Rarely (less than once a month)
- Occasionally (a few times a month)
- Several times a week
- Once a day
- Multiple times per day

-2x8z coffee w 2T regular creamer daily
-1x12oz Diet Coke daily

Alcohol use ⓘ



- 0
- 1-2
- 3-5
- 6+

-socially on the weekends, 2-3 drinks/night on both Friday and Saturday
-usually beer or vodka cranberry

Notes:

SASQ: How many times in the past year have you had (4 for women, or 5 for men) or more drinks in a day?

If the response to this gender-specific question is "yes," this patient has screened positive for problematic alcohol use / risk for alcohol use disorder and you should follow the [care pathway here](#).

Single alcohol screening question ⓘ

- 0
- 1
- 2
- 3
- 4+

✍ Add details

Nicotine use ⓘ

- Never
- Monthly
- Weekly
- Daily

➤ Add details

Recreational drug use ⓘ

- Never
- Monthly
- Weekly
- Daily

➤ Add details

Food security Q1 ⓘ

- Never true
- Sometimes true
- Often true

➤ Add details

Food security Q2 ⓘ

- Never true
- Sometimes true
- Often true

➤ Add details

SNAP, EBT, or WIC ⓘ

- Yes
- No

➤ Add details

Notes:

Food Security Q1: Within the past 12 months, we worried whether our food would run out before we had money to buy more.

Food Security Q2: Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.

If the response to either food insecurity question is "often true" or "sometimes true", the patient is identified as food insecure, and you should follow the [care pathway here](#).

SNAP, EBT or WIC:

If patient is currently receiving these benefits, select 'Yes'.

Other patient assessment ⓘ

Medication

-MVI - ~~Megafood~~ Women's Once Daily QD

History of Dieting

-Keto 2022-2023, lost ~40#, felt it was too restrictive and craved CHO, led to overeating sweets at night

GI

-BMs 1-2x/day

-diarrhea 1-2x daily since starting Metformin 3/2024

Food Preferences / Allergies / Intolerances / Sensitivities

-preferences - almond milk vs cow's milk

-dislikes - fish/seafood, mushrooms, tomatoes

-denies allergies, intolerances, and sensitivities

Food Knowledge / Beliefs

Notes:

Include overflow information from previous sections in 'other patient assessment' including medications/supplements not included in the database, additional lab results, etc.

-PCP recommended limiting CHO for management of pre-DM, but doesn't feel she can do that long term r/t ^{hxx} cravings when on the Keto diet

-hesitant to incorporate fruit d/t sugar content

Relationship to Food / Body

-neutral relationship with her body

-positive relationship with food, knows she feels better when she prioritizes meal planning and cooking at home

Labs and tests

Hemoglobin A1C

HbA1c: 6.1%

3/1/2024

Cholesterol

HDL: 32mg/dL

LDL: 165mg/dL

Total Cholesterol: 263mg/dL

3/1/2024

Triglyceride

Triglyceride: 214mg/dL

3/1/2024

Add new

Progress questionnaires

General health

7/12/2024

Add new

Notes:

Progress questionnaires: Complete interval and Likert scale questionnaires for General Health, Eating Disorder and/or Gut Health based on the patient's specific condition(s).

Diagnoses

Inadequate fiber intake

Created 7/12/24

Etiology

Less than optimal food preparation practices (e.g., reliance on overprocessed, overcooked foods)

Signs and symptoms

Dietary intake (food & fluid)

More details

Diet recall reveals estimated intake of fiber that is insufficient when compared to recommended amounts (25g/day for women)

Food and nutrition related knowledge deficit

Created 7/12/24

Etiology

Limited prior nutrition-related education

Signs and symptoms

No prior education

More details

new dx of pre-DM (HgbA1c - 6.1%) and hyperlipidemia (TChol - 263 mg/dL, TG - 214 mg/dL)

Add new

Error saving (last saved at 11:34 AM)

Advance to I.M.E.

Assessment, Diagnosis

Intervention, Monitoring, Evaluation

Patient update ⓘ

No updates - to be collected at follow-up

View all

Diet recall ⓘ

B - Dannon Light n Fit yogurt w granola, 2c coffee w creamer. Skips breakfast 2-3x/week and only has coffee.
AM - skip
L - depends on what is available in the cafeteria at work, hamburger w French fries or 1/2 turkey sandwich w cup of chili or chicken tenders (3) w French fries. Occasionally a salad from the salad bar.
PM - 12oz Diet Coke, grazing on candy jar or snacks in desk drawer (Chewy granola bar, fruit snacks, almonds, trail mix)
PM - on the way home stops at the gas station for chips or candy bar
D - frozen skillet pasta meal (pasta, chicken, veggies, sauce)
HS - craves sweets - usually 1/2 pint ice cream 3-4x/week

Import logs

View all

Interventions

RD interventions* ⓘ

Food and/or nutrient delivery, Nutrition education, Nutrition counseling

Intervention details* ⓘ

Food and/or Nutrient Delivery

-2200 kcals (111g pro (1.4g/kg), 277g CHO (50%), 73g fat (30%))
-3 meals and 1-2 snacks/day
-25 g/day fiber

Nutrition Education

-educated on pairing CHO and protein foods for blood sugar control
-educated on daily fiber recommendations for women
-provided "Food Sources of Fiber" handout

Nutrition Counseling

-discussed benefits of self-monitoring via Nourish app to increase awareness and accountability with food choices and eating patterns

Notes:

The intervention is the documentation of what the RD did during the session to address the nutrition diagnosis (PES). Based on your selection of interventions, include details of what dietetic tools you are using.

If you are providing estimated energy and/or macronutrient recommendations, they should be included in the intervention details section.

Goals

Short-term goals* ⓘ

Log meals/snacks daily in Nourish app to increase awareness of food choices and eating patterns

Added 7/12/2024

Pack a balanced snack for work days to incorporate between lunch and dinner

Added 7/12/2024

Ideas: nuts/fruit, cheese/crackers, fruit/nut butter, turkey jerky/dried fruit

Incorporate fiber source at breakfast 5x/week

Added 7/12/2024

Ideas: blackberries, chia seeds or oatmeal

⊕ Add a to-do

Notes:

Short-term goals should reflect how the patient is going to carry out the interventions (i.e. patient behavior).

Long-term goals* ⓘ

Adequate intake to meet needs and support health
Improvement or resolution of symptoms (diarrhea)
Increased activity
Compliance with nutrition plan of care
Better understanding of individual nutrition needs

Summary

Follow-up plan* ⓘ

1 week


Appointment summary* ⓘ

Hi Courtney,

Thank you for meeting with me today! Below are the goals and recommendations we discussed during your initial appointment.


Short term goals

- Daily meal logging in Nourish app to increase awareness of food choices and eating patterns
- Pack a balanced snack for work days to incorporate between lunch and dinner (Ideas: nuts/fruit, cheese/crackers, fruit/nut butter, turkey jerky/dried fruit)
- Increase frequency of breakfast to 5x/week
- Incorporate fiber source at breakfast 5x/week (Ideas: blackberries, chia


 Food_Sources_of_Fiber_Handout.pdf

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 Generate

 Attach resource

 Attach file

 Preview email

Last saved just now

 Sign and lock

Notes:

When attaching handouts to appointment summary, (1) do not attach handouts unless first reviewed with the patient, (2) avoid overwhelming the patient with an excessive number of handouts.

Use “generate summary” button for appointment summary.
Use your clinical judgment to review and edit.