

Unit 8



Physical Evaluation and Nutrition Education

Vocabulary



- **alert** -If a student has a severe allergy, they need to alert their teachers.
- **assessment** -Nutritionists need to make a good assessment in order to give the patients the right kind of nutrition.
- **blood lipids** -Blood lipids, fatty substances found in the blood, can cause heart attacks.
- **caloric intake** -You need a normal caloric intake, otherwise you could gain weight.

Vocabulary



- **complain** -The patient complained about pain in her right leg.
- **GI (Glycemic index)** - The glycemic index measures the ability of any food to cause an insulin spike.
- **health education** -This includes explaining to patients why they should eat healthy food.
- **hereditary** -Some diseases are hereditary. You get them from your parents or grandparents.

Vocabulary



- **IBW (Ideal Body Weight)** -The way to measure IBW is different between men and women.
- **iodine** -The thyroid, a gland in the neck, takes up the element iodine from food that is eaten.
- **mandatory** -In Taiwan, it's mandatory to have 12 years of education.
- **nutritional label** -If you want to be healthy, it's a good idea to read nutritional labels on food packages so you understand what you are eating.

Vocabulary



- **objective** (the symptoms that the nutritionist can see, feel, hear, touch and measure) -I find it hard to be objective where he's concerned.
- **physiological** -Physiological signs of stress such as high blood pressure become measurably lower when drivers pass by vegetation.
- **promote/promotion** -It's important for health care professionals to promote healthy eating and exercise.
- **psychological** -I find consolation in the fact that psychological research shows that man is capable of empathy as well as evil.

Vocabulary



- **saturated fat** –Saturated fat, found in butter, meat, egg yolks, and coconut or palm oil, tends to increase cholesterol levels in the blood.
- **sedentary** -A sedentary lifestyle is not healthy. You need to do exercise.
- **SOAP** (including 4 parts—Subjective, Objective, Assessment and Plan)-When deciding on a dietary plan, it's important to think of SOAP.
- **subjective** (what the patient says about his or her problem, symptoms) -There is always the danger of making a subjective judgment.

Reading



● Reading

- After listening to my patient and using SOAP (Subjective, Objective, Assessment and Plan) to help me make a plan, I decided my patient needed a bit of health education in order to promote a better IBW. I told him that because his weight problem was hereditary, he was going to have to work hard to become thinner.



- This would mean that he would need to lower his caloric intake and do exercise. In other words, stop eating so much, especially food high in saturated fat and high on the GI or Glycemic index, and start doing physical activity. The patient lives a sedentary lifestyle, but that needs to change or else he could be in serious trouble. Anyway, I gave him a dietary plan and a doctor is going to talk to him about exercise.

Dialogue



Miss Wang is an experienced nutritionist at ABC Hospital. She is helping Miss Li, who is a new nutritionist.

MW = Miss Wang; ML = Miss Li.

Dialogue



MW: Hello, Miss Li. Follow me. We're going to visit a patient who recently had a heart attack. Usually, we would use SOAP to help make an assessment about what kind of diet to put him on, but because we know he had a heart attack, we just need to make an assessment and a plan.

Dialogue



ML: Okay, I see. You mean we will skip the objective and subjective part.

MW: Well, we'll skip the subjective part. It won't be necessary for him to describe his problems.

ML: Okay. I see from this report that the patient was overweight and eating too many saturated fats, so he had too many blood lipids.

Dialogue



MW: Yes, he is way over his IBW, so we'll want to get his caloric intake down and that means lots of fruits and vegetables. However, it may be hard for him to lose enough weight, because his weight problem is hereditary.

ML: So what should we do?

Dialogue



MW: There are a few things we can do. For example, we can promote good eating habits by giving him some health education. The doctor has already told him that it will be mandatory to start exercising. If he continues to live a sedentary lifestyle, he could have another heart attack.

Dialogue



ML: What about iodine? I guess he won't be allowed to eat salt.

MW: He will have to get his iodine from seafood or turkey. I will tell him he will need to bake the turkey and we can give him some baked turkey here. Also, I will give him a list of things he cannot eat and will tell him to read all nutritional labels when he buys food after he goes home.

Dialogue



ML: Can he eat sugar?

MW: He will need to really reduce his sugar intake. I will talk to him about the glycemic index so he knows which sugary foods not to eat.

ML: The poor man. He won't be able to eat anything.

Dialogue



MW: He may feel sad at first, but when his physiological situation improves, his psychological health should also improve.

ML: Do patients sometimes refuse to go on a diet?

Dialogue



MW: Yes, they do, and if this patient complains too much about the diet we give him, we will have to alert his doctor. If he wants to live, he will need to change his diet.

Circle the Correct Choice



1. What happened to the patient?

a. He went on a diet.

☒ b. He had a heart attack.

Circle the Correct Choice



2. Why does one of the nutritionists ask about iodine?

- a. Because we often get iodine from salt, but the man had a heart attack so he probably won't be allowed to eat salt..
- b. She thinks that eating a lot of iodine will make him healthy.

Circle the Correct Choice



3. What will the man have to do when he goes home?

a. Read the newspaper every day.

☒ b. Read nutritional labels.

Circle the Correct Choice



4. Why are the nutritionists going to give the patient a glycemic index?

☒ a. To help him stop eating sugar so he can lose

weight.

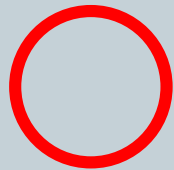
b. So he knows how much iodine is in seafood.

Circle the Correct Choice



5. What should get better if the man starts eating healthier

food?



a. His psychological health.

b. His physiotherapist.

Vocabulary Exercise



1. This sickness is hereditary.

My grandfather had it. Now I have it.

2. Living a sedentary lifestyle is very dangerous. We cannot sit down all day.

Vocabulary Exercise



3. I always read the Nutritional label to find out how many calories I'm going to consume
4. The promotion of good eating habits is a nutritionist's job.

Vocabulary Exercise



5. Your caloric intake is too high.
You need to start eating more salad and less sugar.
6. A nutritionist must do an assessment to see what the patient should and should not eat

Vocabulary Exercise



7. He's having chest pain, so we need to alert a doctor.
8. Cheese and butter contain a lot of saturated fat . This causes cholesterol which can cause heart attacks.

Vocabulary Exercise



9. The food the nutritionist gave me tastes terrible. Should I complain?
10. The S in SOAP stands for subjective. This word describes the symptoms reported by the patient.

Word Comparison



assess, access, excess

alert vs aware