

Client Consultation Form – Diet & Nutrition

College Name: A College
[REDACTED] [REDACTED]
Student Name: A Student
Student Number: D12345
Date: 23rd January 2008

Client Name: Roger
Address: 1 A Street
A Town, AB1 2CD
Profession: Executive
Tel. No: Day 01234 567890
Eve As above

PERSONAL DETAILS

Age group: Under 20 20–30 30–40 40–50 50–60 60+

Lifestyle: Active Sedentary

Last visit to the doctor: 17.01.07

GP Address: Perth Health Centre

No. Of children (if applicable): 2

Date of last period (if applicable):

PERSONAL INFORMATION (select if/where appropriate):

Muscular/Skeletal problems: Back Aches/Pain Stiff joints Headaches

Digestive problems: Constipation Bloating Liver/Gall bladder Stomach

Circulation: Heart Blood pressure Fluid retention Tired legs Varicose veins Cellulite

Kidney problems Cold hands and feet

Gynaecological: Irregular periods P.M.T Menopause H.R.T Pill Coil Other:

Nervous system: Migraine Tension Stress Depression

Immune system: Prone to infections Sore throats Colds Chest Sinuses

Regular antibiotic/medication taken:

Herbal remedies taken:

Ability to relax: Good Moderate Poor

Sleep patterns: Good Poor Average No. of hours: 7

Do you see natural daylight in your workplace? Yes No

Do you work at a computer? Yes No If yes how many hours: 5

Do you eat regular meals? Yes No Bingeing? Yes No Overeating? Yes No

Do you eat in a hurry? Yes No

Do you take any food/vitamin supplements? Yes No

How many portions of each of these items does your diet contain per day?

Fresh fruit: 3 Fresh vegetables: 2 Protein: 1 source? meat/fish

Dairy produce: 3 Sweet things: 2 Added salt: 2 Added sugar: 0

How many units of these drinks do you consume per day?

Tea: 4 Coffee: 1 Fruit juice: 0 Water: 8+ Soft drinks: 0 Others: 0

Do you suffer from food allergies? Yes No

Do you smoke? No Yes How many per day? 1-5

Do you drink alcohol? No Yes How many units per day? 1

Do you exercise? None Occasional Irregular Regular Types

What is your skin type? Dry Oil Combination Sensitive Dehydrated

Do you suffer/have you suffered from: Dermatitis Acne Eczema Psoriasis

Allergies Hay Fever Asthma Skin cancer

Stress level: 1–10 (10 being the highest)

At work 8 At home 4

Client profile (to include any current issues):

My client, Roger, is a 52 year old senior executive who leads a very busy, stressful life working long hours in an office, sometimes 12 hours, with at least an hour's journey drive home through busy traffic which is sometimes more stressful than his work. He tends to be very sedentary at work with very little time to move from his desk, even eating his lunch whilst working at his computer. He admits he is overweight, eats too much fatty food and probably drinks too much alcohol. He is very happily married with 2 children although the children have now left home, and a dog which he walks for approximately 15 minutes every night and then for about an hour each day at the weekend. He used to play squash and cricket but now has the beginnings of arthritis in his right hip and lower back which prevents him from exercising too much apart from walking the dog. He knows he is not eating healthily and would like some advice on how to change his diet which would hopefully, help in him losing some weight as well.

Full diet plan taking into account the client's current lifestyle with a rationale for the plan (use own charts/paperwork for this part of the case study):

Looking at the diet during the week, it lacks variety as is the same during each day. There is too much consumption of dairy and fried food, which would result in high cholesterol. He is consuming sufficient fibre, vitamins, minerals, water and the green tea will be helping with fighting the free radicals as it is a good antioxidant.

The times that he eats are not ideal as they are too spaced out, but as this would be difficult to change due to his working hours the diet would need to be adjusted accordingly. There is difficulty in changing his way of eating at work as there is no facility there for anything other than a sandwich or soup. He always ensures that the soups are different everyday, varying between fish, meat and vegetable.

For his snacks he needs to eat more of a variety of fruit e.g. oranges, pears, apples, grapes, peaches, nectarines and other fruits when in season. Having 2 yogurts a day can amount to a high intake of sugar if flavoured varieties are eaten, and total quite a lot of fat if creamy types are chosen. I would suggest that he tries to eat plain, low-fat yogurt, and adds fresh fruit to it for flavour and variety. This could also assist him in increasing his fruit intake.

His evening meals are varied although the portions are probably large because of the length of time between meals. He should, because of the lateness of eating, try to have a healthy snack (fruit, raw nuts, seeds etc) in the afternoon rather than a night-time one after his main meal. This would help keep his blood glucose levels more stable and mean he is not as hungry by the time he eats his evening meal, and he may therefore be satisfied after smaller portions.

Looking at the diet over the weekend it would be much better for him to eat 3-5 small meals rather than the 2 large ones he is eating at the moment. Everything seems to be fried, full of saturated fats which will be causing weight gain and increasing his cholesterol. Everything he is frying he should change to grilling which would give the food more taste and be much better for him. He needs to cut out the roast potatoes and replace with jacket potatoes again because of his saturated fats intake being so high. He is eating salads and fresh vegetables, which is good.

The other main problem is his alcohol intake, which is very high. If he could cut the ½ bottle of red wine down each time to one glass and cut out the extra alcohol he has on a Saturday night then this would really help. Fruit juices would be a good substitute. He also needs to increase his water intake over the weekend and maybe, for a change, drink some different herbal teas like peppermint or chamomile as a substitute for coffee and tea which are high in caffeine.

He needs to do more exercise, maybe try and take the dog for a walk for longer as the dog would never say no.

To deal with his high stress level I recommend he has a regular massage which would help him relax and 'switch off'. Also, to help lower his stress levels, he could join a local yoga class as this would not be too difficult for his back, keep him flexible and would help him mentally as well as physically.

Feedback to show evidence of the progression of the new diet:

Week 1

Roger has had great difficulty in changing his diet this week as he has been extremely busy at work and not been eating regular meals, just getting in snacks when he has time. However, he has started to drink peppermint tea as well as green tea during the day but did not like chamomile. He has promised to start changing his food intake next week as he should have finished his project at work by then and feels he will be able to devote more attention to his own needs then. He found at the weekend, by having snacks throughout the day rather than 2 meals, was too time consuming. He felt he was eating more as he was constantly thinking it must be snack time so ate something. He also found his little snacks ended up by being bread, biscuits or cheese which he knew were bad for him.

Week 2

Roger has managed to change some of his diet this week by eating only fruit as a snack and plain yogurt with fresh fruit in the afternoon. The snacks suggested of nuts and seeds he found were difficult to consume in work and did not curb his appetite enough in the evenings. He has tried to cut down on the amount of food he eats for dinner but has found this very difficult as he is still so hungry. His alcohol intake he is struggling with, as he is so stressed and feels that he needs to spoil himself over the weekends, but he has managed to cut out the wine during the week. He has grilled rather than fried everything and although thinks it doesn't taste as nice, is willing to persevere because of the worry of high cholesterol. After the last weekend he decided this weekend to go back to just 2 meals a day but grilled his food as opposed to frying, which he was much happier with. He did start to take the dog for a walk for longer but it affected his hip and back so had to go back to the normal length of time although he has decided to increase it by a few minutes per week rather than per day. He has not had a massage as he is not very keen on it and also yoga does not interest him.

Week 3

Roger is persevering with this diet although he is still feeling hungry in the evenings so struggles to cut down. However he has noticed he is feeling less bloated and has managed to lose one kilogramme so is quite happy. He has also found that by cutting out the alcohol during the week he has been sleeping better which has helped with his stress levels.

Week 4

Roger has really worked hard this week to stick to his diet and admits that he feels very much better in himself. He did have a dinner he had to attend last Wednesday, but was very careful not to eat too much and only drank water and grapefruit juice. He has lost another kilogramme so is feeling very pleased and far less bloated. He has decided to continue with this diet as he now feels he understands what he should and shouldn't be eating and the reasons why.

Reflective practice:

I would like to have changed his diet more but due to the problem of long hours and lack of facilities for variety in his diet at work this was difficult. I did suggest he took in sandwiches but that was too difficult for him to think about as he would have to make them the night before and he wasn't prepared to do that.

I'm glad he managed to cut down on his alcohol intake but I wonder how long that will last as Roger does have a very busy social life and does like his wine. I was very pleased when he went out that he kept off the alcohol but that was only the first time. However, with him feeling better in himself and starting to lose weight slowly I think he will decide himself how much alcohol he can have and still keep losing weight.

It is a shame Roger hasn't taken up the suggestion of massage and/or yoga as I feel this would be the icing on the cake with regard to his stress levels and would result in him feeling more positive about eating properly.

Overall conclusion:

As Roger is a senior executive this involves some entertaining which always involves alcohol. This has been difficult to cut down and will be an ongoing problem for him. Fruit juices were suggested but he wasn't very keen on them although he didn't complain after his first evening entertaining and only drinking fruit juice and water. His diet is varied now eating more fruit and vegetables but the problem he does still have is the timing of his meals which are too spaced apart, which will again be an ongoing problem. Cutting out all fried foods and cutting down on his dairy intake i.e. fruit yogurts, has obviously helped his intake of saturated fats and his cholesterol level.

We have agreed to meet again in a month's time to make sure he is still following the diet and hopefully lost some more weight. I will maybe suggest a few other changes that will help him as well.

Date of Diet: Start 23.01.08 **Finish** 13.02.08

Therapist/ Student signature: *A Student*

Client signature: *Roger*