

Well-Child Project

I. Identifying Data

- A. Name: Caden
- B. Description: Caden is a healthy, active, strong boy. He has lots of blonde, thin hair, clear blue eyes, soft skin, and white teeth. He has strong muscles and seems to be healthy overall.
- C. He lives in a stable, two-parent home where the father works full-time and the mother stays home. His best friend is his older brother (5 year old Tanner). He plays with him often and also spends much time with his mom. He hardly ever has a babysitter.

II. Health History

- A. Sex: Male
 - Age: 3 years, 8 months
- B. Birth Date: June 12, 2008
 - Birth Weight: 7 # 14 oz. 50-75%
 - Birth Length: 20.5 inches 50-75%
- C. Present Weight: 34 # 13 oz. 50-75%
 - Present Height: 39 inches (on Aug 8, 2011-most recent height recorded), 50-75%
- D. 2 Siblings; Tanner is 5 years 7 months, Brady is 1 year 7 months
- E. Parity-3 previous deliveries
 - Gravida-3 previous pregnancies
 - All were full term. She gained 35 # for the first one. For the next two, she lost 20 # (due to nausea and vomiting) and then gained 32 during the pregnancy.
- F. History of asthma. Diagnosed last September (2011), but has always had it. Also didn't gain as much weight as a baby because he had acid reflux.
- G. Singulair-once a day; Albuterol-nebulizer treatment; Zyrtec-once a day; Currently on steroids to keep lungs open (recently had an asthma attack) and antibiotics; Fluoride-5 mg/day
- H. No history of cavities
- I. Allergies: None known

III. Developmental Skills Assessment

- A. See attached screening form
- B. Caden fits in the normal category. He only had three failures, and all were in the language category. However, only one was a caution item. His speech should be all understandable at this point in his development, but sometimes it is not. I think that it would probably be good for his parents to keep an eye on this to see if this problem continues. If so, he may want to see a speech therapist.

IV. Nutritional Assessment

- A. 24-hour Recall (completed on a separate sheet)

B. Discuss Diet:

Caden's energy intake was almost 300 calories higher than the recommended amount according to the foods and portion sizes reported. Besides energy needs, each of his macronutrients fell into the appropriate ranges. Carbohydrates were 53% of total calories, protein was 17% of calories, and fat was 32% of calories. These are all appropriate for his age. The fat is actually closer to the low end of the 30-40% range, but he still fits in the right range. Concerning micronutrients, Caden met most of his recommendations. The only values that did not meet the recommendations were his low potassium intake and high sodium intake.

Caden's food group equivalents were not completely what they should have been, but he was fairly close in all of the areas. He consumed 8 oz. of grain instead of the recommended 5, 1 cup of vegetables instead of 1 ½, and 1 ¾ cups dairy instead of 2 ½. He consumed the exact amount of fruits recommended and close to the correct protein amount. Overall, he had a balanced diet.

C. See printouts

D. Caden's parents said that he is not very picky. He likes pretty much everything that his parents give him. He especially likes candy, pears, grapes, crackers, jam on bread, noodles, and string cheese. He dislikes raw carrots and green salad. Common snacks include jam on bread, crackers, pretzels, and fruit.

E. Caden receives a daily multivitamin and a daily vitamin C supplement.

F. No use of supplemental foods

V. Nutritional Care Plan

A. Nutritional Risks

I honestly cannot see any nutritional risks in Caden's diet. It is well-balanced, he is healthy and extremely active, and his parents are very health conscious. Furthermore, the family living environment is stable and conducive to growth and development. Caden likes most foods and eats most of what his parents provide him. Caden's diet seems to generally follow Choose My Plate and the macronutrient distribution ranges. According to the recorded amounts of food, Caden is consuming many more calories than needed. However, I know from watching him eat that he stops eating when satisfied and that his parents do not force him to finish his portions. I know he is active as well, and he has not had excess weight gain. I think that the excess caloric intake may be due to overreporting portion sizes. Also, Caden was just getting over being sick when I did the assessment, and the sickness may have increased his resting energy expenditure.

B. Planned Recommendations

My main goal in providing suggestions is to encourage Caden's parents to continue the healthy lifestyle they are living. I will encourage them to continue having balanced meals. In our first interview we talked about what to do if a child does not want to try new foods. I let the mother know and will remind her again that she should not force the child to eat any

foods. I told her that it can often take 10-20 times of exposure to a new food before a child is willing to try something. Since Caden is not picky, it might not take him that long. However, they should not give up exposing him to carrots, salad, and other foods that he may not like originally. Because the parents are health-conscious, I will encourage them continue their patterns and not worry too much. As long as Caden seems to be active and healthy, he is probably doing fine.

I also plan to discuss the use of supplements with the parents. I will let them know that supplements are fine as long as they don't exceed 100% of the daily value for children of any vitamins and minerals. However, I will also let them know that Caden may not need supplements. Because he is getting enough variety and balance, he is consuming enough and more of almost every micronutrient. I will make sure to be clear that they can continue the supplements if they want, but that it may not be necessary.

C. Summary of Discussion

In my discussion with Caden's mother (my sister-in-law), I commended her good feeding practices. I encouraged her to continue her habits of feeding Caden a balanced diet. She was interested to know the target ranges for the different food groups, and so we discussed them. I explained what an ounce of grain or meat means in terms of the common food items in each category. She then decided that she wanted to make a goal to have Caden eat the recommended 1 ½ cups of vegetables daily. She explained that her and her husband have tried to show more enjoyment in eating their vegetables with meals, and it seems to have made her sons more excited to try the foods as well. Last of all, I discussed that Caden's daily multivitamin was not necessary because of his balanced diet. However, I made it clear that she could continue to use multivitamins if she wanted to do so.

D. Follow Up

Because my brother and sister-in-law are very health conscious, the education seemed to be beneficial. My brother said that they have definitely seen improvement, although they are not sure if Caden is getting the full 1 ½ cups of vegetables daily. My brother said that it helps that Caden is so competitive because he will tell Caden that he needs to eat his vegetable if he wants to become bigger and stronger than his dad. After dinner Caden will sometimes say "Dad, we got to wrestle. I'm going to embarrass you." Because my brother and his wife eat vegetables, Caden is more willing to try them and seems to enjoy them. I do not know if there was anything I could have done better in this circumstance, but I know that I still need to gain confidence in my counseling abilities. It was easier this time because it was my brother, but I need to be better with strangers as well.