

Case Study 7

Nutrition

Annette is a 30-year-old gravida 3, para 2 at 12 weeks' gestation with a planned and desired pregnancy. The registered nurse is performing a nutrition assessment and gathers the following data:

Hemoglobin 10.3 g/dL

Prepregnant body mass index (BMI): 35

Prepregnant weight: 185 lb

Current weight: 195 lb

Patient states that she has followed a vegetarian diet for 10 years.

1. What nutritional risk factors can be identified from these data? Nutritional risk factors that can be identified from this data includes anemia, obesity, excessive weight gain, and her vegetarian diet means that she could be lacking vitamin B12, calcium, iron, and zinc (McKinney et al, 2019, p. 264).
2. How should the nurse explore Annette's diet? The nurses should ask Annette specific questions such as what type of vegetarian diet does she follow, for example is she a lacto-ovo-vegetarian, or a lacto-vegetarian. Other assessments can include doing a 24 hours dietary recall with her to see what kinds of foods she eats in a 24 hour time frame. Lastly the nurse should ask the client if she had a history of anemia do to her low hemoglobin count (McKinney et al, 2019, p. 269).
3. Annette's nurse-midwife has prescribed ferrous sulfate 325 mg daily. What teaching is important with this supplement? The nurse should first teach the patient the reason she is getting the ferrous sulfate. Explain to her that it is a iron supplement specifically prescribed for her anemia to build her red blood cells back up. Explain to her that it would likely be needed throughout the pregnancy. Instruct her to take the iron supplement with water or juice and that it is not recommended to be taken with milk. Instruct her to take the iron supplement with vitamin C because vitamin c helps absorb iron. Teach her that she should take this vitamin on a empty stomach, however, it could be taken with food is she is experiencing nausea and vomiting. Advise her to increase fiber rich foods and drink 8 oz of water daily. Lastly, explain that stools may appear dark and that it is a normal finding (McKinney et al, 2019, p. 266).
4. What high-iron foods should be recommended to Annette? I would recommend vegetarian foods that are high in iron. Some vegetarian foods that are high in iron includes lentils, pinto beans, spinach, dark green leafy vegetables, eggs, fortified cereals, oatmeal, nuts, and tofu (McKinney et al, 2019, p. 260).
5. How should Annette be counseled regarding weight gain? Annette should be

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N Colangelo



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Table of Contents Maternity Nursing Case Studies

1. Understanding the eBook Maternity Nursing Case Studies
 - The Rise of Digital Reading Maternity Nursing Case Studies
 - Advantages of eBooks Over Traditional Books
2. Identifying Maternity Nursing Case Studies
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Maternity Nursing Case Studies
 - User-Friendly Interface
4. Exploring eBook Recommendations from Maternity Nursing Case Studies
 - Personalized Recommendations
 - Maternity Nursing Case Studies User Reviews and Ratings
 - Maternity Nursing Case Studies and Bestseller Lists
5. Accessing Maternity Nursing Case Studies Free and Paid eBooks

- Maternity Nursing Case Studies Public Domain eBooks
- Maternity Nursing Case Studies eBook Subscription Services
- Maternity Nursing Case Studies Budget-Friendly Options
- 6. Navigating Maternity Nursing Case Studies eBook Formats
 - ePub, PDF, MOBI, and More
 - Maternity Nursing Case Studies Compatibility with Devices
 - Maternity Nursing Case Studies Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Maternity Nursing Case Studies
 - Highlighting and Note-Taking Maternity Nursing Case Studies
 - Interactive Elements Maternity Nursing Case Studies
- 8. Staying Engaged with Maternity Nursing Case Studies
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Maternity Nursing Case Studies
- 9. Balancing eBooks and Physical Books Maternity Nursing Case Studies
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Maternity Nursing Case Studies
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Maternity Nursing Case Studies
 - Setting Reading Goals Maternity Nursing Case Studies
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Maternity Nursing Case Studies
 - Fact-Checking eBook Content of Maternity Nursing Case Studies
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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