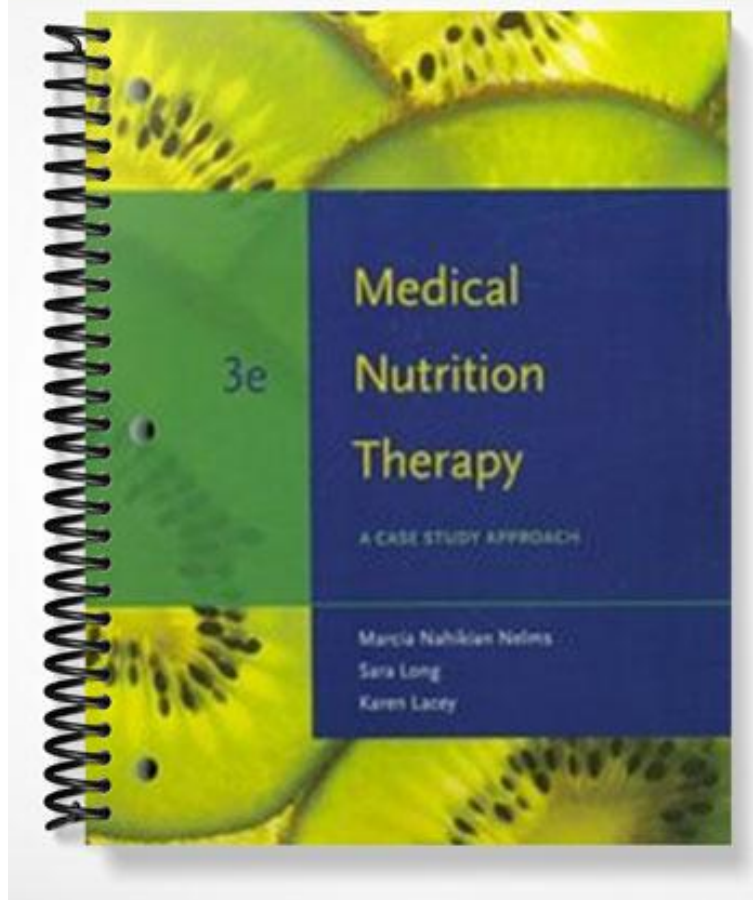


# SOLUTIONS MANUAL



3e

## Medical Nutrition Therapy

A CASE STUDY APPROACH

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## Case 2 - Rheumatoid Arthritis

1. Describe the inflammatory response that plays a role in the pathophysiology of rheumatoid arthritis. How do corticosteroids and NSAIDs interrupt this inflammatory process?
2. What is an autoimmune disease? How is this immune response different from the normal response to a foreign antigen?
3. What is the proposed mechanism of methotrexate in the treatment? Relate it to the pathophysiology of an autoimmune response.
4. What is the proposed rationale for using antioxidant supplements and omega-3 fatty acids in treating rheumatoid arthritis? What does the current research recommend?
5. Calculate percent usual body weight (UBW), percent ideal body weight (IBW), and body mass index (BMI). Is Mr. Jacobs's weight of concern? Why or why not?
6. Calculate energy and protein requirements for Mr. Jacobs. Identify the formula/calculation method you used and explain the rationale for using it.
7. Evaluate the 24-hour recall using computerized dietary analysis.
8. Mr. Jacobs states his appetite is fair. What other questions might you ask to further assess his appetite? What are possible causes of his decreased appetite?
9. List possible intake-related nutrition problems that Mr. Jacobs might have by listing the terms that may fit into the nutrition diagnosis labels.
10. What is the history and rationale for the kosher diet? Does this diet have any nutritional consequences for the patient?
11. This patient will be started on methotrexate. What are the common drug-nutrient interactions with this medication? Are there any other drug-nutrient interactions with his other medications that are of concern? Explain.
12. What information in the physician's assessment may lead you to be concerned about muscle stores? What additional anthropometric indices might you evaluate to assess muscle mass or lean body mass?
13. What may be the possible reasons for any loss of lean body mass?
14. What laboratory measures correlate with wasting of lean body mass?

**15.** What laboratory values will be used to assess nutritional status? Are any significant? Are there others that might be important to assess for patients with rheumatoid arthritis? Explain.

**16.** List possible behavioral–environmental nutrition problems that Mr. Jacobs might have. (At this point list only the terms that are considered the diagnostic labels; do not attempt to write the entire PES statement.)

**17.** For each of the nutrition problems that you identified in this case, complete the entire PES statement. If there is insufficient data, briefly describe what additional data you would need to make an accurate nutrition diagnosis.

**18.** Prioritize the nutrition diagnoses by listing them in the order that you expect the interventions to be developed.

**19.** For each of the PES statements that you have identified, establish an ideal goal (based on the signs and symptoms) and an appropriate intervention (based on the etiology).