

# Client History and Clinical Status – Form

**Name: Ms Heart**

<b>Age:</b> 55 yrs	<b>Gender:</b> female	<b>Weight:</b> 84 kg
<b>Height:</b> 171 cm	<b>BMI:</b> 28.6 kg/m <sup>2</sup>	<b>Waist circumference:</b> 82 cm
<b>Waist-Hip-Ratio:</b> not measured & calculated		

**Race/ Ethnicity:** Caucasian

**Language:** German speaking

**Education:** upper secondary education

**Employment status:** employed, average regular income

**Family Status:** single

**Housing situation:** living in a flat alone

**Mobility:** b- driver’s license, drives to and from work

**Tobacco Use:**  non-smoker (smoked approx. 3 packs/month; Stopped smoking 4 days ago)

smoker: \_\_\_\_\_

**Alcohol Use:** How often do you drink alcoholic beverages?

Daily       Weekly       Never

**Physical activity:** sedentary lifestyle, works long hours in a supermarket in a leading position for 10 yrs; since then stopped doing sports. Loved to cycle but has no time now. No physical disabilities, sometimes back pain. Smartphone health app shows an average of 4300 steps per day (as documented in the last 3 months).

**Other comments:** good relation with her family, no further involvement in any social group/ honorary appointment, regularly meeting with friends for dinner (once per week); willingness to change lifestyle.

*Note for students: Please refer to all patient/client or family disease states, conditions, and illnesses that may have a nutritional impact.*



**Medical Referral:** diet consultation

**Medical Diagnosis:** overweight, hypertension, dyslipoproteinaemia, PCI at the right coronary artery (at the time of admission to the hospital)

**Past medical history:** none

**Family medical history:** father with a history of T2DM and 2 heart attacks

**Allergies:** none

**Intolerances:** none



Medication in the hospital	Dosage	Active substance	Indication
Marcoumar – 3 mg	1-0-0-0	Phenoprocoumon	Antithrombotic
Fragmin – 5000 IE	0-0-0-1 until INR > 2	Dalteparin	Antithrombotic
Blopress – 16 mg Plus 12,5 mg	½-0-½-0	Candesartan cilexetil / hydrochlorothiazide	Antihypertensive
Spirobene – 50 mg	1-0-0-0	Spirolacton	Aldosteron antagonist
Atorvastatin – 80 mg	0-0-1-0	Atorvastatin	Hypercholesterolaemia
Seroxat – 20 mg	2-0-0-0	Paroxetin	Antidepressant
Zoldem – 10 mg	0-0-0-1	Zolpidem tartrat	Sleeping problems
NaCl infusion 0.9 i.v. 1000 ml	1-0-0-0	natrium, chlorid, natriumchlorid	
Yomogi 250 mg (for 3 days)	1-0-1-1	Saccharomyces boulardii	Diarrhoea

Medication at home	Dosage	Active substance	Indication
Marcoumar – 3 mg	1-0-0-0	Phenoprocoumon	Antithrombotic
Blopress – 16 mg Plus 12.5 mg	½-0-½-0	Candesartan cilexetil / hydrochlorothiazide	Antihypertensive
Spirobene – 50 mg	as needed	Spirolacton	Aldosteron antagonist
Atorvastatin – 80 mg	0-0-1-0	Atorvastatin	Hypercholesterolaemia
Seroxat – 20 mg	2-0-0-0	Paroxetin	Antidepressant



Parameter	Laboratory result	Reference from the hospital
<b>Sign * means data out of range</b>		
Erythrocytes	4.16 T/l	4.0-5.65 T/l
Haemoglobin	13.1 g/dl	12.5-17.0 g/dl
Haematocrit	39.5 %	38-50 %
MCV (mean cell volume)	95 fl	85-101 fl
MCH (mean cell hemoglobin)	31.5 pg	26-34 pg
MCHC (mean cellular hemoglobin concentration)	33.2 g/dl	32-36 g/dl
<b>Thrombocytes *</b>	137 G/l	160-370 G/l
Leukocytes	8.07 G/l	3.6-10.5 G/l
Neutrophils granular leukocytes abs	4.76 G/l	1.9-8.0 G/l
Eosinophils granular leukocytes abs	0.10 G/l	0.02-0.5 G/l
Basophils granular leukocytes abs	0.03 G/l	0-0.2 G/l
Monocytes abs	0.63 G/l	0.2-0.8 G/l
Lymphocytes abs	2.55 G/l	1.1-4.0 G/l
Neutrophils granular leukocytes rel	59 %	42-77 %
Eosinophils granular leukocytes rel	1.2 %	0,4-7 %
Basophils granular leukocytes rel	0.4 %	0-1,75 %
Monocytes rel	7.8 %	2-9.5 %
Lymphocytes rel	31.6 %	20-44 %
C-reactive protein	0.2 mg/dl	<1 mg/dl
Potassium	4.8 mmol/l	3.4-5.0 mmol/l
Sodium	141 mmol/l	136-145 mmol/l
Chloride	103 mmol/l	98-107 mmol/l
Calcium	2.45 mmol/l	2.2-2.55 mmol/l
Creatinine	1.1 mg/dl	0.7-1.2 mg/dl
eGFR	71 ml/min	> 70 ml/min
Cystatin C	0.95 mg/dl	0.5-0.95 mg/dl
BUN	23 mg/dl	22-46 mg/dl
<b>Urea acid *</b>	10.2 mg/dl	2 – 7 mg/dl
Creatine Kinase	65 U/l	10-70 U/l
Myoglobin	44.1 µg/l	23-72 qg/l
Lactat dehydrogenase	88 U/l	45-90 U/l
Ferrum	88 µg/dl	33-193 µg/dl
Transferrin	2 g/l	1.6-3.5 g/l
Transferrin saturation	31 %	16-45 %
Ferritin	182.6 ng/ml	20- 200 ng/ml
<b>Glucose *</b>	201 mg/dl	75-100 mg/dl

Parameter	Laboratory result	Reference from the hospital
Hemoglobin A1c *	7.7 %	0-5.9 %
Cholesterol *	223 mg/dl	100-200 mg/dl
HDL *	27 mg/dl	> 55 mg/dl
LDL	118 mg/dl	< 150 mg/dl
Cholesterol/HDL-Cholesterol-Ratio *	8.25	0-5
Triglycerides *	389 mg/dl	30-150 mg/dl
Apolipoprotein A1	1.14 g/l	1.04-2.02 g/l
Apolipoprotein A2	0.59 g/l	0.66-1.33 g/l
Lipoprotein (a)	< 7 nmol/l	0-75 nmol/l
Total Protein	71 g/l	64-83 g/l
Albumin	42.1 g/l	35-52 g/l
Homocysteine	12.7 µmol/l	3-16 µmol/l

**Blood pressure (morning):**

Day 1: 145/97 mmHg

Day 2: 142/91 mmHg

Day 3: 144/ 93 mmHg

