



Care Plan for Unintended Weight Gain – Obesity & Sleep Apnea

Mr. King is 70 years old. He is obese and has sleep apnea. He is alert and oriented but confined to a wheelchair. Mr. King is 5'9" tall and weighs 216 pounds (BMI 32). He has steadily gained weight at the rate of 4 lbs./month since admission one year ago. He is not on any medications that contribute to his weight gain. He does not have edema. Mr. King is on a Regular Diet which provides 2500 kcal/day and 80 gm protein/day. He enjoys eating and his meal intake is always 100%. Mr. King also buys a regular soda and candy bar from the vending machine each afternoon and each evening, providing him with an additional estimated 750 kcals/day. Mr. King is concerned that his undesirable weight gain is causing his sleep apnea to worsen and would like to implement a weight management program. The consultant RD assessed his current needs as 2500 kcals, 98 g protein, and 3000 cc fluids.

Date	Problem/Need	Goal/Outcomes	Interventions/Approaches	Team Members
01/20/2022	Undesirable weight gain due to: <ul style="list-style-type: none">Excessive calorie intakeSedentary lifestyle	Mr. King will reduce his weight by a gradual weight loss of 1 lb./week to a weight goal of 190-200 lbs. (BMI=28- 29.5) over the next 6 months.	Continue Regular Diet, but substitute 2% milk for whole milk Provide a high protein snack (i.e., ½ sandwich with 2 oz. turkey) in the afternoon to meet additional protein requirements of 1.0 g/kg Reduce calorie intake by 500 kcals/day by substituting his regular sodas and candy bars with a diet soda	Dietary, Nursing, Family
			Ask Mr. King for preferences for a low-calorie evening snack	Dietary Manager
			Periodically reassess Mr. King's desire to continue his weight management program Provide education about safe weight reduction	RD, Dietary Manager

Date	Problem/Need	Goal/Outcomes	Interventions/Approaches	Team Members
			Participate in flexibility, balance and strengthening activities with resistance bands for 30 minutes every 2 days	Nursing, Activities, Physical Therapy
			Provide a multiple vitamin mineral supplement Weigh weekly until goal weight is reached Notify the physician and RD if Mr. King's weight varies as much as 2 lbs./week	Nursing

NOTE: This is not an actual care plan and should not be copied for use in the facility. It is intended to provide examples of key elements of best practice regarding person-centered care planning for unintended weight loss related to depression.