



Care Plan for Unintended Weight Loss – Depression

Mrs. Bouvier is a 72-year-old recently admitted to the facility after a recent fall. She receives Metoprolol for hypertension. Mrs. Bouvier has no cognitive deficit or dementia. Since her husband's death in 2020, she has lived alone, travelling extensively with a social club. She has no living children or siblings. Since admission, Mrs. Bouvier has complained of loss of appetite and frequently has a sad expression on her face. She readily admits to being "particular" about her food preferences, rarely eats dinner, and frequently complains about how the food is seasoned. The physician has prescribed a No Added Salt (NAS) diet. Mrs. Bouvier is 60" tall and reports a usual body weight of 107-110 lbs. but that her weight has steadily declined over the past year. Her current weight is 95 lbs., with a BMI of 18.5 kg/m². The consultant RD assessed her current needs as 1425 kcals, 50 g protein, and 1785 cc fluids.

Date	Problem/Need	Goal/Outcomes	Interventions/Approaches	Team Members
01/20/2022	Potential for unintended weight loss related to: <ul style="list-style-type: none">• New admission• Depression• History of gradual weight loss• Therapeutic diet• Poor Intake	Mrs. Bouvier will maintain current body weight (CBW) of at least 95 lbs. through review date.	Discuss discontinuing the NAS diet restriction with the physician Provide Mrs. Bouvier's preferences of oatmeal with fresh fruit at breakfast, and a green salad at lunch Mrs. Bouvier dislikes pork, broccoli, peanut butter, and milk – do not serve her these items If or when less than 50% meal intake occurs, offer stated preferences of soup and pimento cheese sandwich, and then a liquid nutritional supplement Provide high calorie snacks and beverage preferences such as cappuccino and croissant in the afternoon	RD, Dietary Manager, Nursing

Date	Problem/Need	Goal/Outcomes	Interventions/Approaches	Team Members
			Escort Ms. Bouvier to the dining room for lunch and dinner no more than 15 minutes prior to meal. Mrs. Bouvier has developed friendships and eats most meals in the dining room with them	Nursing
			Document meal intake daily in the official record and monitor weekly Weigh Mrs. Bouvier weekly for 4 weeks Notify the physician and RD if Mrs. Bouvier loses and additional 2 lbs. despite interventions	Nursing, Dietary

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.