**Lab 5: Clinical Strategies for Integration**

Consider a modified Intake/Output Log or “lifestyle log” for your patient to fill out after his/her first visit. Consider WAITING until this is complete before providing nutritional guidance.

**“Lifestyle Log”:** please complete this log by recording everything you eat and drink over a 24 hour period. This information can help your health care provider identify factors which can impact your course of therapy.

| Time | Beverages (type and general amount) | Food (brief description and general amount) | Exercise / Movement / Workout | Amount Voided\*: denote S, M, L: (urination & BM) | Notes about any symptoms; pain, fatigue etc. |
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| 12 midnight |  |  |  |  |  |
| 1 a.m. |  |  |  |  |  |
| 2 a.m. |  |  |  |  |  |
| 3 a.m. |  |  |  |  |  |
| 4 a.m. |  |  |  |  |  |
| 5 a.m. |  |  |  |  |  |
| 6 a.m. |  |  |  |  |  |
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| 8 a.m. |  |  |  |  |  |
| 9 a.m. |  |  |  |  |  |
| 10 a.m. |  |  |  |  |  |
| 11 a.m. |  |  |  |  |  |
| 12 noon |  |  |  |  |  |
| 1 p.m. |  |  |  |  |  |
| 2 p.m. |  |  |  |  |  |
| 3 p.m. |  |  |  |  |  |
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| 10 p.m. |  |  |  |  |  |
| 11 p.m. |  |  |  |  |  |

**ACTIVITY:** Break into groups of 2-4; work together for 15 minutes prior to sharing your ideas with the class.

Based on the information you have learned so far in this course, construct a health history questionnaire or list of questions that will adequately screen for DIETARY / NUTRITIONAL / DIGESTIVE RELEVANCIES to a patient’s presenting condition. Also, include questions relating to the activity level of the patient.

Highlight the “must ask” or “most important” questions:

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**Questions to Ask: Lifestyle Logs**

Work in pairs and discuss the lifestyle log concept and strategize ways to assess for nutrient density and gain awareness for identifying essential health elements. Also, observe any discrepancy between activity level and nutritional status.

**Activity Level:**

1. Describe the activity level represented by the individual:
2. Is the intake described a good match for this activity level? Why or why not?

**Nutrient Density**

1. Does the food and drink log show intake of fresh fruits and vegetables?

4. Does this dietary representation contain essential fatty acids?

5. Does this dietary representation contain any “friendlies” or good bacteria?

6. Does the food and drink log show intake of health detractors?

7. What is your overall impression of this log? Red Flags? Positives? Areas needing improvement?

**Assessment**

8. Based on this overview, name 2-3 basic recommendations / guidance principles you could suggest to help this patient improve his/her overall health picture:

Activity Based Suggestions?

Nutrition Based Suggestions?