



Daffodil
International
University

DIETARY MANAGEMENT AT BIRDEM GENERAL HOSPITAL

BY

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*Submitted to the Department of Nutrition and Food Engineering in the partial fulfillment
of B.Sc. in Nutrition and Food Engineering*

Supervised By

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FACULTY OF ALLIED HEALTH SCIENCE (FAHS)

DAFFODIL INTERNATIONAL UNIVERSITY

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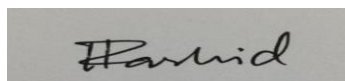
APPROVAL

This internship titled “**Dietary Management At Birdem General Hospital**”, submitted by **Susmita Ghosh Lotus** to the Department of Nutrition and Food Engineering, Daffodil International University, has been accepted as satisfactory for the partial fulfillment of the requirements for the degree of B.Sc. in Nutrition and Food Engineering and approved as to its style and contents.

DECLARATION

I hereby declare that, this internship report has been done by me under the supervision of **Md. Harun-Ar Rashid, Assistant Professor**, Department of NFE, Daffodil International University. I also declare that neither this project nor any part of this project has been submitted elsewhere for award of any degree or diploma.

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ACKNOWLEDGMENT

In the preparation of this report, I would like to acknowledge the encouragement & assistance given to me by a number of people. At first, I would like to express my gratitude to my creator, the Almighty Allah, for enabling me the strength & opportunity to complete the report in time successfully. I am grateful to each & every person who has been involved with me in every phase of my life. I am grateful to my parents without whom I could not be here. Without the support of my parents, I could not be able to achieve my objectives and goals.

I am deeply indebted to my supervisor **Md. Harun-Ar Rashid, Assistant Professor**, Department of Nutrition & Food Engineering, Daffodil International University for his whole-hearted supervision during my organizational attachment period.

My gratitude & sincere thanks to the honorable **Dr. Nizam Uddin, Associate Professor & Head**, for his kind cooperation & to accept this degree.

I would also like to express great & warmest thanks to my supervisor for his whole-hearted supervision during my project work. I am also grateful to all the other NFE Faculty members for their great help during university life.

EXECUTIVE SUMMARY

Dietary management plays a crucial role in the overall healthcare approach and Birdem General Hospital recognizes its significance in providing comprehensive care to patients. Birdem General Hospital, located in Dhaka, Bangladesh, is a renowned medical institution specializing in the treatment of diabetes and endocrine disorders. In line with its commitment to holistic patient care, the hospital emphasizes the importance of proper nutrition and dietary management.

Birdem General Hospital's dietary management team comprises experienced dietitians and nutritionists who work closely with medical professionals to develop personalized dietary plans for patients. These plans take into account individual medical conditions, dietary restrictions and specific nutritional needs. The goal is to optimize patients' health outcomes by promoting balanced diets that support their medical treatments and overall well-being.

The hospital's dietary management approach focuses on educating patients about healthy eating habits, portion control and the significance of a well-balanced diet. The team provides guidance on food selection, meal planning and food preparation techniques that help patients maintain optimal blood sugar levels and manage their conditions effectively.

Additionally, Birdem General Hospital recognizes the importance of continuous support and follow-up care. The dietitians and nutritionists engage in ongoing consultations with patients, monitoring their progress, addressing any concerns and making necessary adjustments to the dietary plans as required.

The hospital also conducts educational programs, workshops and seminars to raise awareness about the importance of dietary management among patients, their families and the community at large. By promoting healthy eating practices and empowering individuals to make informed food choices, Birdem General Hospital aims to improve the overall health and well-being of its patients and contribute to the prevention and management of diabetes and endocrine disorders.

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CHAPTER 1

1.0 Introduction

1.1 Introduction

Having diabetes means that your blood sugar levels are too high all the time. A multidisciplinary method is needed to effectively handle diabetes. This includes medical assistance, changes to the person's lifestyle, and good food management.

It is an assortment of diseases that make it hard for the body to use glucose, which is another name for blood sugar. Glucose is a crucial source of energy for brain cells and muscle cells and comes from the food we eat. Insulin is made by the liver and helps cells take in glucose for energy. The body doesn't always make enough insulin or can't use it properly. The World Health Organization's (WHO) World Health Several days 2016 report says that about 422 million people around the world have diabetes. Most of these people live in poor countries, and more than 80% about diabetes-related deaths happen in low- and middle-income countries. In 2016, 8% of people in Bangladesh had diabetes, which was a factor in 3% of the total deaths. Over time, more and more people in Bangladesh are getting diabetes. This can cause a number of problems, including coronary artery disease, damage to the kidneys, damage to the nerves, eye, skin, and foot problems, and even sadness. These problems can be avoided by taking the right medicines, watching what you eat, working out, and keeping your blood sugar under control.

1.2 Origin of the Report

Daffodil International University's Nutrition and Food Engineering students have to do a job as part of their study. This is the last part of their schooling and a key step toward their future careers. Our bachelor's degree comes to a close with this job, which is also very important for our career growth. As learners in this course of study, we have to choose a respectable group, usually one in the hospital or business field, to work with in order to gain real-world experience that adds to what we are learning in school.

As someone who is interested in hospitals, I chose BIRDEM General Hospital as the site of my job. There is a big gap between what you learn in school and how you can use what you've learned in the real world when it comes to good health. Doing real work as part of this job will help me fill in the gaps in my knowledge and improve my skills.

The main point of this study fits with what the B.Sc. in Nutrition and Food Engineering school asks for. What my study is about is "DIETARY AND NUTRITIONAL MANAGEMENT OF DIABETIC PATIENTS AT BIRDEM." The main goal is to learn about their management styles, how they care for patients, and how they solve food problems. All of these things will help me a lot with my job goals in the future.

1.3 Objectives

My main goal is to meet the requirements for my area so I can get my bachelor's degree. For actual training, especially by being employed at a hospital, I chose this school because I am very interested in the healthcare field. This is the choice I've made because I want to learn more by doing concrete work.. Here -

- To gain an understanding of the dietary needs of diabetic patients.
- To learn how to develop personalized meal plans based on individual patient requirements.
- To observe and participate in nutrition counseling sessions for diabetic patients.
- To assess the impact of dietary interventions on glycemic control and overall patient well-being.

CHAPTER 2

2.0 Overview

2.1 BIRDEM General Hospital

In the nation of Bangladesh, BIRDEM stands out as a private hospital that specializes in treating diabetes. It is known as one of the best healthcare centers in the country. The full name of the school, which was founded by Dr. Mohammad Ibrahim in 1980, is the Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders, or BIEDEM. It is in Shahbag, Dhaka.

BIEDEM used to only treat people with diabetes, but now it treats people with a wide range of medical conditions, which is how it got to be known as BIRDEM General Hospital. This hospital is a primary care facility and has developed into a 16-story building with more than 600 rooms.

BIRDEM General Hospital is especially important to the health care system of Bangladesh because it is a refuge for people with diabetes. BIRDEM's Out Patients Department takes care of about 3,000 patients every day, making it one of a kind and an important place in the country for diabetes care.

2.2 Vision

- "In Bangladesh, no diabetic person shall die without food, medical care, or a job."
- "All people will be able to get medical care at a reasonable cost."

2.3 Mission

- Providing comprehensive medical care, including rehabilitation, to every diabetic individual, irrespective of their gender, socioeconomic background or financial situation.
- Ensuring accessible and affordable medical services for all Bangladeshis through self-sustaining institutions operated by BADAS.
- Developing and offering top-quality medical products and food items tailored to the needs of diabetic patients.
- Cultivating a skilled and proficient workforce, including physicians, technicians, research scientists, support staff and nurses, all dedicated to delivering high-quality care.
- Implementing a comprehensive and integrated healthcare management system.

2.4 Services and Facilities

- Outpatients' department (OPD)
- Service inside
- The General Ward
- Log cabin
- ICU
- CCU
- HDU
- OT and post-op care

- Emergency medical care
- Emergence during surgery
- Imaging and radiology
- Blood Center

2.5 Joining Process

I first talked to my supervisor, Md. Harun-Ar Rashid, who is an assistant professor in the NFE department at DIU, about starting my job at BIRDEM General Hospital. I went to BIRDEM General Hospital to get used to the hiring process after following his advice. During this meeting, I talked to Principal Research Officer Qumrun Nahar, who told me that I needed to write a message to the Director asking for a job.

I gave the letter of application to the Director's personal secretary the next day, and following a couple of days, the Director approved my application. After that, I went to the hospital to get an identification document from Qumrun Nahar Ma'am. There were a lot of different kinds of people I got to work with in the indoor area during my job. Qumrun Nahar Ma'am, a very smart a nutritionist and Principal Research Officer, was a great guide during this time. She was both serious and friendly, which made her very helpful.

CHAPTER 3

3.0 Duties and Responsibilities

3.1 Activities

The inner part of my job was where I worked. Everyone I saw there was different. Quamrun Nahar Ma'am, who was my job boss, always told me how to deal with people, their problems, their wants, and other things.

3.2 Daily Ward Round and Observation

I began my daily ward round at 2:00 pm and went through the whole unit. Every intern needs to go to all the units, that much is clear. As I went around the rooms, I talked to the patients and got information about their present conditions, food needs, and any problems they were having. And keep an eye on their food plan from their files. After keeping an eye on them, I made a note to talk to my boss about the problems.

3.3 Management of the Patients

Throughout my internship, I was assigned to work alongside registered dietitians and nutritionists who are specialized in diabetes management. I had the opportunity to participate in various activities, including:

- » Patient Assessments: I observed and assisted in conducting comprehensive assessments of diabetic patients, which involved collecting relevant medical history, anthropometric measurements, and dietary habits.
- » Menu Planning: I learned to develop personalized meal plans considering the individual patient's nutritional needs, food preferences, and cultural factors. The meal plans aimed to achieve optimal glycemic control while ensuring a balanced diet.
- » Nutrition Counseling: I actively participated in one-on-one nutrition counseling sessions with diabetic patients. Under the supervision of experienced professionals, I learned how to educate patients about carbohydrate counting, portion control, label reading, and meal timing.
- » Dietary Education Materials: I contributed to the development of educational materials, such as brochures and pamphlets, to raise awareness among diabetic patients about healthy eating habits and the importance of proper nutrition.

3.4 Particular Objectives of My Internship

- The goal is to learn more about how the health field works.
- To improve what little people know by learning more about the health system.
- To learn more about diabetes and the long-term problems that come with it.
- To learn more about how to build a healthy food plan for people with certain conditions.
- To learn how to deal with all kinds of patients and how to observe them.

CHAPTER 4

4.0 Learning outcomes

4.1 Results and Findings

Personalized Meal Plans: Through my involvement in developing personalized meal plans, I observed that tailoring the diet to each patient's needs significantly improved their adherence to the dietary recommendations.

Glycemic Control: I witnessed positive outcomes in terms of glycemic control among patients who followed the prescribed meal plans consistently. Regular monitoring of blood glucose levels and adjustments in dietary strategies helped manage diabetes effectively.

Patient Education: Nutrition counseling sessions played a crucial role in empowering patients to make informed choices about their diet. Patients reported increased awareness of the impact of food choices on their blood sugar levels.

4.2 Challenges and Limitations

Adherence: One of the challenges encountered was ensuring patient compliance with the recommended dietary plans. Some patients found it difficult to make significant changes to their eating habits and required additional support.

Cultural Considerations: The cultural diversity of the patient population posed challenges in developing meal plans that aligned with their cultural preferences while still meeting their nutritional needs.

4.3 Recommendations

Enhanced Patient Support: It is essential to provide ongoing support and education to diabetic patients to improve adherence to dietary recommendations. Group counseling sessions, cooking demonstrations and online resources can be useful in this regard.

Collaboration: Encouraging collaboration among healthcare professionals, including physicians, dietitians and nurses, can lead to a more comprehensive and cohesive approach to diabetes management.

CHAPTER 5

5.0 Conclusion

My entire experience during the internship was truly remarkable and immensely advantageous for my career. It presented me with a multitude of challenges to overcome. I gained practical skills in developing personalized meal plans, conducting nutrition counseling sessions, and addressing the unique challenges faced by diabetic patients. The experience reinforced the significance of a multidisciplinary approach to diabetes care and the pivotal role of nutrition in achieving optimal health outcomes for patients. I had an exceptional journey throughout my internship, and I can now assert with confidence that my comprehension of this profession has undergone substantial improvement.

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Appendices

Appendix 01: Case Studies

QUESTIONNAIRE

Case study no: 01

Date: 06.09.2022

- Patient Printed Name: Sahana Ashrafi
- Address: Rajuk utara govt appartment, Uttara Dhaka

- Admission Date: 05.09.2022
- Reason of Admission: Generalized body swelling for 1 month, Low degree fever for 1 month

- Ward No: 112
- Bed No:1128
- Occupation : Housewife
- Monthly family income.....Handsome
- Sex : F
- Living status: Urban Please answer the following questions and bring to your first appointment with the dietitian.

Anthropometric Parameter

- BMI : ...35.5... Kg /m
- IBW : ...45-57.... Kg
- Weight :83.... Kg
- Age :54.... Year
- Height :153.....cm
- Total Calorie : 1000. kcal/day

- **GENERAL INFORMATION**
- ✓ Undergraduate
- ✓ Graduate

Family History:

- Diabetes
- High Cholesterol
- PCOS
- Thyroid Issues
- Gluten Intolerance
- Cardiac issues

Have you ever seen a dietitian before?

- ✓ Yes
- No
- If yes, when? ...Few month

Do you currently take any vitamins or supplements?

- Yes
- ✓ No ,

If yes, please list:

Clinical Assessment

- Blood pressure : ` 120....mm Hg/80...mmHg
- ✓ Anemia
- Edema
- Jaundice
- Dehydration
- Nausea
- Vomiting
- Diarrhea
- Swallowing Problem
- Constipation
- Gas Formation
- ✓ Thyroid
- Oedema
- Clubbing

PHYSICAL ACTIVITY

- No exercise or little exercise
- Sports or light exercise (1-3 days/week)
- ✓ Average exercise (3-5 days/week)
- Full week hard exercise
- A physical job and very hard exercise Everyday

NUTRITION QUESTIONNAIRE

DIETARY HABITS

- Has your appetite changed within the past month?
 - ✓ Yes
 - No If yes, please explain: Tasteless Sometimes
- Do you have any food allergies or food intolerances?
 - Yes
 - ✓ No If yes, please list:
- Are you currently following a special diet (e.g., low fat, low salt)?
 - ✓ Yes
 - No If yes, what diet are you on?.....Low fat
- Have you ever vomited, used laxatives, fasted or exercised for long periods of time to lose weight?
 - Yes
 - ✓ No If yes, please explain:
- What is your daily water intake?

- ✓ 1 or less/day liter
- 2-4/day liter
- 5-8/day liter
- 9+/day liter

Lab / Biochemical Test

<ul style="list-style-type: none"> • Blood glucose (F).....mmol/dl • Blood Glucose (ABF).....mmol/dl • WBC.....10⁹/L • S.Albumin...24.8.....mg/dl • Total Protein.....54.....g/dl • TG.....253.....% • HDL.....17.....mg/dl • LDL.....68.....mg/dl • Cholesterol total...136...mg/dl • BUN.....113.....mg/dl • S. Creatinine...7.8.....mg/dl • Urea.....113.....mg/dl • Bilirubin.....mmol/dl • STCO215.....mmol/l 	<ul style="list-style-type: none"> • Magnesium.....0.6.....mmol/l • Phosphate.....mmol/l • Calcium.....mmol/l • Potassium.....3.....mmol/l • Sodium.....129.....mmol/l • Serum Chloride...102...mmol/l • Hb.....g/dl • Hematocrit.....25.1.....% • ESR.....39.....mml • SGOT.....70.....IU/l • SGPT22.....U/l • Alk.Phos.....142.....IU/L • Amylase.....IU/l • Uric Acid.....5.6.....mg/dl • Bicarbonate.....mmol/l
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Menu Planning

Meal	Food	Serving	Description	Kcal
Breakfast	Bread, egg, vegetables	1,1,1/2 cup	Brown bread, boiled egg, low oil vegetables.	185
Snacks (Mid-Morning)	Banana, biscuit	1,1	Small size Banana, extra Butter or oil free biscuit.	100
Lunch	Rice, fish/chicken, lentil, lemon	1cup,1piece, 1/2cup	use Low oil for cooking.	375
Snacks (Afternoon)	Milk, date	1cup,2		190
Dinner	Roti, vegetables	1,1	Mixed vegetables	160

Recommendation for Patient

Food to be Advice	Eaten in Moderation	Foods Permitted
<ul style="list-style-type: none"> • Olive oil • Nuts and seeds • Seasonal fruits • Fat free Protein rich food 	<ul style="list-style-type: none"> - Sugar, Salt - Oil & fat free food - Omega-6 rich food 	<ul style="list-style-type: none"> • Pasta • Noodles • Couscous

Other Dietary Guidelines

- Cooking oil : 3table spoon per day.
- Drinking water : 2-2.5 liter/day
- Walk 15-20 minutes Daily.
- Avoid allergic food.

Medicine

- 1. Tab Sobitar (50mg)**
- 2. Tab Bisopro (2.5mg)**
- 3. Tab Alphatok (1mg)**
- 4. Tab Clopid (600mg)**
- 5. Tab Maxnox (365mg)**
- 6. Tab Sodcarb (600mg)**
- 7. Tab Hypophos (667mg)**

Thank you for completing this questionnaire

Comments : Take rest and drink water.

Signature: *Susmita*

Date: 07.09.2022

Case Study

QUESTIONNAIRE

Case study no: 02

Date: 27.08.2022

- Patient Printed Name: Shahidul
- Address: 2/601 Siddeshwari Dhaka

- Admission Date: 26.08.2022
- Reason of Admission: pyrexia of unknown origin for 1 month. Weakness tingling sensation on lower limit for 1 month Ward No: 123
- Bed No:1241
- Occupation : Businessmen
- Monthly family income.....Average
- Sex : M
- Living status: Urban Please answer the following questions and bring to your first appointment with the dietitian.

Anthropometric Parameter

- BMI : ...22.6... Kg /m
 - IBW : ...54-64.... Kg
 - Weight : ...60.... Kg
 - Age :63..... Year
 - Height :163.....cm
 - Total Calorie : 1800.. kcal/dal
- GENERAL INFORMATION**
- Undergraduate
 - ✓ Graduate

Family History:

- Diabetes
- High Cholesterol
- PCOS
- Thyroid Issues
- Gluten Intolerance
- Cardiac issues
- Other's

Have you ever seen a dietitian before?

- Yes
- ✓ No
- If yes, when? ...

Do you currently take any vitamins or supplements?

- Yes
- ✓ No ,

If yes, please list:

Clinical Assessment

- Blood pressure : ` 120....mm Hg/70...mmHg
- ✓ Anemia
- Edema
- Jaundice
- ✓ Dehydration
- Nausea
- Vomiting
- Diarrhea
- Swallowing Problem
- Constipation
- Gas Formation
- Thyroid
- Oedema
- Clubbing

PHYSICAL ACTIVITY

- No exercise or little exercise
- Sports or light exercise (1-3 days/week)
- ✓ Average exercise (3-5 days/week)
- Full week hard exercise
- A physical job and very hard exercise Everyday

NUTRITION QUESTIONNAIRE

DIETARY HABITS

- Has your appetite changed within the past month?
 - Yes
 - ✓ No If yes, please explain:
- Do you have any food allergies or food intolerances?
 - Yes
 - ✓ No If yes, please list:
- Are you currently following a special diet (e.g., low fat, low salt)?
 - ✓ Yes
 - No If yes, what diet are you on?.....High protein Diet
- Have you ever vomited, used laxatives, fasted or exercised for long periods of time to lose weight?
 - Yes
 - ✓ No If yes, please explain:
- What is your daily water intake?
 - ✓ 1 or less/day liter
 - 2-4/day liter
 - 5-8/day liter

- 9+/day liter

Lab / Biochemical Test

<ul style="list-style-type: none"> • Blood glucose (F).....5.66.....mmol/dl • Blood Glucose (ABF).....mmol/dl • WBC.....10⁹/L • S.Albumin...25.4.....mg/dl • Total Protein.....68.8.....g/dl • TG.....% • HDL.....mg/dl • LDL.....mg/dl • Cholesterol total.....mg/dl • BUN.....mg/dl • S. Creatinine...0.7.....mg/dl • Urea.....26.....mg/dl • Bilirubin.....0.7.....mmol/dl • STCO218..... mmol/l 	<ul style="list-style-type: none"> • Magnesium.....0.8..... mmol/l • Phosphate..... mmol/l • Calcium..... mmol/l • Potassium.....5.0..... mmol/l • Sodium.....131..... mmol/l • Serum Chloride...103... mmol/l • Hb.....7.6.....g/dl • Hematocrit.....22.9..... % • ESR.....65.....mml • SGOT.....31.....IU/I • SGPT38..... U/I • Alk.Phos.....136.....IU/L • Amylase.....IU/I • Uric Acid.....3.5.....mg/dl • Bicarbonate.....24.53.....mmol/l
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Menu Planning

Meal	Food	Serving	Description	Kcal
Breakfast	Bread, Egg, Vegetables	2,1,1 cup	Bread, boiled egg, low oil vegetables.	295
Snacks (Mid-Morning)	Apple, biscuit	1,2	Small size Apple, Extra Butter or oil free biscuit.	140
Lunch	Rice, fish/chicken, lentil, Vegetables, lemon	2cup,1piece, 1/2cup,1cup, 1slice	Use Low oil for cooking.	535
Snacks (Afternoon)	Milk, date	2cup,4		380
Dinner	Roti, Fish/chicken, lentil, vegetables	2,1Piece,1/2 cup,1/2cup	Red flour, Use low oil for cooking.	505

Recommendation for Patient

Food to be Advice	Eaten in Moderation	Foods Permitted
<ul style="list-style-type: none"> • Colourful fruits & vegetables • Nuts and seeds • Seasonal fruits • Red spinach, Shing fish, Pomegranate, Kochushak etc. 	<ul style="list-style-type: none"> • Sugar, Salt • Oil & fat free food 	<ul style="list-style-type: none"> • Vitamin B-12 rich food • Pasta • Noodles • Fat free meat and protein

Other Dietary Guidelines

- Cooking oil : 5table spoon/day.
- Drinking water : 2-2.5 liter/day
- Walk 15-20 minutes daily.
- Avoid Junk foods.

Medicine

- 1. Tab Napa (500mg)**
- 2. Tab Domin (10mg)**
- 3. Tab Exium (20mg)**
- 4. Tab Renovit**
- 5. Tab Doxicap (100mg)**
- 6. Tab Duloxen (20mg)**

Thank you for completing this questionnaire

Comments : Take rest and drink water.

Signature: *Susmita*

Date: 28.08.2022

Case Study

QUESTIONNAIRE

Case study no: 03

Date: 07.09.2022

- Patient Printed Name: Ful Banu
- Address: East Bonagar, Demra, Dhaka

- Admission Date: 06.09.2022
- Reason of Admission: Nausea for 4 month , Generalized weakness for 7-8 month.
Shortness of breath
- Ward No: 112
- Bed No:1124
- Occupation : Housewife
- Monthly family income.....Poor

- Sex : F
- Living status: Urban
- Please answer the following questions and bring to your first appointment with the dietitian.

Anthropometric Parameter

- BMI : ...22.0... Kg /m
- IBW : ...39-50.... Kg
- Weight : ...45.... Kg
- Age :50..... Year
- Height :143.....cm
- Total Calorie : 1400.. kcal/dal

GENERAL INFORMATION

- ✓ Undergraduate
- Graduate

Family History:

- ✓ Diabetes
- High Cholesterol
- PCOS
- Thyroid Issues
- Gluten Intolerance
- Cardiac issues
- Other's

Have you ever seen a dietitian before?

- Yes
- ✓ No
- If yes, when? ...

Do you currently take any vitamins or supplements?

- Yes
- ✓ No ,

If yes, please list:

Clinical Assessment

- Blood pressure : ` 100....mm Hg/60...mmHg
- ✓ Anemia
- Edema
- Jaundice
- Dehydration
- ✓ Nausea
- ✓ Vomiting
- Diarrhea
- Swallowing Problem
- Constipation
- Gas Formation
- Thyroid
- Oedema
- Clubbing

PHYSICAL ACTIVITY

- ✓ No exercise or little exercise
- Sports or light exercise (1-3 days/week)
- Average exercise (3-5 days/week)
- Full week hard exercise
- A physical job and very hard exercise Everyday

NUTRITION QUESTIONNAIRE

DIETARY HABITS

- Has your appetite changed within the past month?
 - ✓ Yes
 - No If yes, please explain: 1 month
- Do you have any food allergies or food intolerances?
 - ✓ Yes
 - No If yes, please list:not permitted..
- Are you currently following a special diet (e.g., low fat, low salt)?
 - ✓ Yes
 - No If yes, what diet are you on?.....Diabetic Diet
- Have you ever vomited, used laxatives, fasted or exercised for long periods of time to lose weight?
 - Yes
 - ✓ No If yes, please explain:

- What is your daily water intake?
 - ✓ 1 or less/day liter
 - 2-4/day liter
 - 5-8/day liter
 - 9+/day liter\

Lab / Biochemical Test

<ul style="list-style-type: none"> • Blood glucose (F).....mmol/dl • Blood Glucose (ABF).....mmol/dl • WBC.....10⁹/L • S.Albumin...25.4.....mg/dl • Total Protein.....68.....g/dl • TG.....% • HDL.....mg/dl • LDL.....mg/dl • Cholesterol total.....mg/dl • BUN.....169.....mg/dl • S. Creatinine...18.8.....mg/dl • Urea.....168.....mg/dl • Bilirubin.....mmol/dl • STCO218.....mmol/l 	<ul style="list-style-type: none"> • Magnesium.....0.9.....mmol/l • Phosphate.....mmol/l • Calcium.....7.2.....mmol/l • Potassium.....5.8.....mmol/l • Sodium.....132.....mmol/l • Serum Chloride...106...mmol/l • Hb.....9.2.....g/dl • Hematocrit.....14.5.....% • ESR.....mml • SGOT.....IU/I • SGPT17.....U/I • Alk.Phos.....IU/L • Amylase.....IU/I • Uric Acid.....mg/dl • Bicarbonate.....mmol/l
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Menu Planning

Meal	Food	Serving	Description	Kcal
Breakfast	Bread, Egg, Vegetables	2,1,1 cup	Bread, boiled egg, low oil vegetables.	295
Snacks (Mid-Morning)	Milk, biscuit	1,1	extra Butter or oil free biscuit.	190
Lunch	Rice, fish/chicken, lentil, Vegetables, lemon	2cup, 1piece, 1/2cup, 1cup, 1slice	Use Low oil for cooking.	505
Snacks (Afternoon)	<u>Tea Biscuit</u>	1cup, 2	Use 1tea table spoon sugar for tea, extra butter or oil free biscuit	123
Dinner	Roti, Fish/chicken, lentil, vegetables	1, 1Piece, 1/2 cup	<u>Red flour</u>.Use low oil for cooking.	285

Recommendation for Patient

Food to be Advice	Eaten in Moderation	Foods Permitted
<ul style="list-style-type: none">● Colourful fruits & vegetables● Nuts and seeds● Seasonal fruits● Red spinach, Shing fish, Pomegranate, Kochu Shak etc.	<ul style="list-style-type: none">● Sugar, salt● oil & fat free food● Avoid Junk foods	<ul style="list-style-type: none">● Ginger● Green tea● Fresh Fruit juice● Fat free meat and protein

Other Dietary Guidelines

<ul style="list-style-type: none">● Cooking oil : 4table spoon/day.● Drinking water : 2-2.5 liter/day● Walk 15-20 minutes Daily.● Avoid Allergic food like Brinjal, red lentil, Shrimp, Hilsha fish etc.

Medicine

1. Tab Cildip
2. Tab Tiginon
3. Tab Ipec plus
4. Tab Omidon (10mg)
5. C.Esonin (20mg)
6. Tab Sodate (600mg)

Thank you for completing this questionnaire

Comments : Take rest and drink water.

Signature: *Susmita*

Date: 08.09.2022