FREEZE: Case Study – Maria Funn

Maria Funn is a 28 year old pregnant woman who is the married mother of a five year old child.

Her last menstrual period was 3/04/2011

Expected delivery date is 12/08/2011

Her first prenatal visit was 5/6/2011

Pregnancy Information

She lost weight at the start of this pregnancy

She has had 2 miscarriages since her first child was born.

Medical Information

She was diagnosed with diabetes mellitus seven years ago.

She is under the care of a health care professional, follows a 2200 calories diabetic diet, and takes Glyburide Acyclovir for glucose control.

She has untreated dental caries and has no dental provider.

Allergic to scallops.

She takes both a prenatal vitamin and a folic acid supplement.

Smokes 10 cigarettes a day, but no street drugs

Feels down, hopeless or depressed, but has not lost interest in doing things.

She has no safety concerns.

Prepregnancy weight: 162 Today’s weight: 168.5 BMI 29.2

Nutrition History:

No eating problems

Breakfast Lunch Dinner & 2 snacks

Eats everything on the list except dry beans and peanut butter

Drinks both whole and 1% milk, water, fruit juice, soda, diet soda, and herbal tea

Avoids grapes, oranges, and scallops

2200 calorie diet

Does not cut back because of money

WANTS TO EAT MORE HEALTHFULLY