* **Risk Condition: Allergies to Food, Hypertension, Chronic**
* **Intake: Inadequate fluid intake**
* **Clinical: Overweight/obesity**
* **Behavioral/Environmental: Self monitoring deficit**
* **Intervention: Referral to RD with special expertise**
* **Comments: Jennifer has been seen by a licensed CPA and will continue to do so. She was scheduled for Amy R., R.D. for this visit but had to reschedule. I am referring her back to Amy R. She is still taking HCTZ med. for hypertension. The dosage hasn’t been adjusted since becoming pregnant. She states her blood pressure has been wnl. She has gained 28 lbs. so far and she is 17 weeks gestation. She is worried about gaining to much weight because of hypertension. This is her second pregnancy. She denies any hx of G.D. with her first pregnancy. She denies any other medical problems or medications besides the hypertension medication. She does have a familial hx of diabetes—her maternal Grandfather. She goes to Dr. Bhatt in Cumberland. He seems to think everything is going along fine with her pregnancy so far. She complains of spotting and passing clotting blood off and on. She’s had ultrasounds and they tell her that everything is normal. She states she tries to avoid sodium, doesn’t drink pop, loves fruits and veggies. She is allergic to shellfish and anything that lives in salt water. Her throat starts to swell as a reaction. She states if she takes benedryl, it counteracts the symptoms. She asked for info. on lowfat ways to cook meats. I gave her some info. We discussed other ways of lowering fat and salt in her diet. She was receptive.**