

Nutritional Counseling Unit 9

Name of Student

University

Eating disorders have double in the last five years. While some people are struggling with obesity related eating disorders, some have problems with eating little to not food (Handziki, 2013). The ideal case is that of Josephine who is not only struggling with eating once per day but is obsessed with losing weight. However, in a nutritional counseling session there is a need for the counselor to document Josephine's dietary pattern and habits along with her age. The counselor also needs to document her use of supplements and medication (Handziki, 2013). Josephine knowledge and beliefs on her food pattern should also be document for later use. Moreover, her physical activities are also important to help in future clinical or counseling recommendation. What's more, the height and mass of Josephine are important parameters in the evaluation of the health condition (Handziki, 2013). A brief description of her condition would also be recorded for future referencing.

Consequently, Josephine's health and nutrition information can be provided to another health professional based on the performance and their specialization. However, the patient-counselor confidentiality does not allow the counselor to share sensitive information (Stojanovic, 2017). The counselor's notes will help to make it easier for Josephine to be treated without impacting her privacy. However, for Josephine to continue for follow up, the payment and reimbursement of services incurred can be done based on some conditions (Stojanovic, 2017). First, the insurance plan can be used to cater for the expenses incurred. Alternatively, Josephine can reimburse the follow up fee for a particular year. She would then be entitled to have free services.

What' more, the motivational techniques that would be useful in motivating Josephine appreciating her achievement (McQuerrey, 2018). Josephine has worked hard to maintain her condition hence, it would be better to acknowledge her efforts. Second, giving her

encouragements about the health status and how she can improve it. Furthermore, it is vital to ensure that the patient's health status is progressing with time. The first session must be at least different from the last stage (McQuerrey, 2018). It is the mandate of a health professional to take the patient in the right procedures necessary for her growth.

However, as a professional I would make follow up sessions to ensure that the patient is available after every four weeks. The four weeks are enough for Josephine to work on the health instructions that I would give her (Handziki, 2013). Moreover, the four weeks will be enough for the patient to make some notable changes occurring on her body. The type of information I would collect during the follow up sessions include, the changes in the body mass. This is especially important in noting the progress of her condition (Stojanovic, 2017). The heart beat rate and the blood pressure are equally important for the in the follow up sessions. It is from the changes made that would be useful in making conclusive decisions about the current status of the patient.

In assessing Josephine's previous goals, I would work on promoting good relationship between us. This would be done with an aim to know her in person. Patients can only share much of their information when they are comfortable (Handziki, 2013). Therefore, I would have some moment of talks with her in a friendly way while administering the diagnosis. The obstacles that would impede her achievement plans include the peer pressure (Rosenbrock, 2015). Within her friends group, she might get discouragements, for instance, being told to avoid exercises. The friends would also mock her of thinning out when she should be enjoying life. Furthermore, the events such as parties and clubs which are associated with junks would be another problem. Due to her hardworking nature, I would encourage her to maintain her lane by working towards attainment of her goals. The peer influence would always be there, however, with assertiveness,

she can be celebrated rather than being mocked (Handziki, 2013). The salsa needs her and thus, no obstacle should drag her behind from achieving her best.



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Reference

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