

Case Study 1

While this was a 7-week course unlike the other courses I had to complete this course in 5 and a half weeks given unfortunate circumstances, but I was able to complete the first case study in the given time frame. While I was doing all of the activities, I had trouble with the exchange list resources at first, but I was able to work through these issues. Besides this issue, I think this case study gave me the best insight into what my future career will look like. I plan on working in this sector but at a much earlier age in hopes to prevent the severe weight increase and the increased risk for chronic disease. Although, Mr. R has not yet fallen ill with chronic disease, if he kept up his current health status, it could be a possibility in the next 5-10 years. To my understanding, Mr. R resembles most of the population with their understanding with health and wellness. Although, Mr. R, thought he was of decent health he was aware of his weight gain but suffered from challenges to understand how to reverse or even start his journey to weight loss. I think the best part of this case study was the post case study diet analysis, but I think if we could have analyzed our own diet like the MSNS students did, we could have gained better insights in the before and after change.

I think in the future, because of the Biochemistry 1 and 2 course we may be able to do the case study and the diet analysis but then also do our own. The idea is to do the first diet analysis without intervention, then in Biochemistry 2 complete the second half after the change. Last semester, we ended up doing the case study in 2 sections, I think this could limit the mistakes made with the entire case study. I mention this because the first half could directly reflect the second part of the case study. One problem, I think I have

with the case studies is explaining within each section. I think getting straight to the point and uses key details instead of drawn-out explanations is the best way to give the patient and others information to limit the confusion. Lastly, I think this case study and the diet analysis went well with the given circumstances. I think moving forward with the future case studies, I need to use less of laymen terms and act like I'm talking to patients and describe the case, diet and other details in complex terms from what we have learned.