

While doing this case study, I just so happen to be conducting my internships with Meals on Wheels, and the reason why I am bringing this to light is because of the generation I was working with. Even though I learned plenty with this internship by using a hands-on approach, I also learned a lot through this case study experience. Before I delve into this case study experience, I wanted to give more background into what it was about. This is my wanted pathway but slightly younger population but dealing with long term and acute is something I am very interested in. This patient during the case study was dealing with many chronic conditions and many of them lasted the entirety of the case study. I also wanted to mention that I did not complete this case study alone, with the help of Javanate, we were able to complete this case study without any problems.

Now the actual case study and what I was able to experience and learn throughout this very immersive case. The patient Bertha, gave us experience with CMS regulations which including MDS assessments, coordinating with other disciplines and of course the Nutrition care process. While we have some experience with plotting weight trends, we only did this for adolescence, so this was a new experience and very different but its also let us learn about hospice care from a far lens. I have a few family members who worked in this field and unfortunately some that were part of this care process. This also gave me experience in stabilizing but also trying to improve the patient's life from a multi-factor plan that including addressing weight gain/ weight loss, medication interactions (which we learned about in the past), hydration and ambulatory states and how to refer them to the correct specialty.

While I mentioned that long term and acute care is my wanted specialty, this case study gave me snap shots into the very dynamic resident centered adaptation and disease care but in this case it

was trying to monitor the progression. Something that I found very interesting was assessing and trying to remedy the food medication interactions and in this case study it was separating the Synthroid from iron sulfate to help mitigate absorptive issues and the 5 plus years of constipation. But this also helped me think about different options and not to look at the mechanism but the whole process because in this case, it may have been the drug interactions, the underlying cause could have been the dementia related problems. To bring it back to what I am interesting in, these neuro-disease are very intriguing to me because I live in the Midwest, and while these diseases affect most regions, it is very prominent in my region and trying to sift through the possibly causes in a study that would be very interesting but ultimately very hard to do. Some of the challenges I faced was trying to work through some of the data instead of being there in person. This data included, self-reported appetite CAN documents and the hospice records that all had different reports in a way and being able to work through the information and make the appropriate decisions was difficult, but we were able to address most of these problems.

The takeaway from this case study was that this made me want to work in this field more and made me very intrigued on how these facilities operate and the magnitude of professions that have to be on site or are referred to help these residents either maintain health, improve their health or sadly make the situation comfortable. Something that comes to mind from this case study is the need for proactive monitoring instead of reactive monitoring to ensure that residents or clients are given the care they need beforehand to help mitigate any type of decline in their health. This could include drug interactions but also mental health assessments to ensure we are tracking their cognitive health but ultimately to make sure we can slow the progression with MNT and other interventions before it worsens. Because I am currently in my rotation, I am

learning about this population with both a case study approach and a hands-on approach and I couldn't have asked for more perfect timing.