



Clinical case: the manager

William,
a 42-year-old executive, has a recent diagnosis of hypertension and hypercholesterolemia. He admits that his health was the last thing he thought and that his lifestyle is not exactly admirable for health. "I usually eat in a hurry, often at fast food, or I participate in large dinners where you drink a lot. I don't remember the last time I did a workout or exercise, apart from racing from my car to the train! I don't have to be surprised if I've taken a few kilos over the years!"

Depending on the sex of the patient, the nurse expects her MB to be higher than that of a woman. The nurse should consider this fact when planning patient care

The nurse should work with Mr William to develop an appropriate weight loss plan that would contain the appropriate calories to further promote weight loss of 0.5-1 kg/week. In this way, weight loss could be promoted while maintaining an adequate nutritional intake.

Because of Mr. Guglielmo's "always running" lifestyle, developing a personalized nutrition plan could be a bit challenging. On the basis of an assessment of Mr Guglielmo's eating habits, on what he likes and does not like, the nurse should develop – together with the patient – a plan to promote weight loss and that includes limiting the total intake of cholesterol and fat and consuming more foods containing unsaturated fats and fiber. The adaptation of the plan will help to promote membership of the plan, thus increasing the chances of success

The nurse should consider Mr. William's lifestyle in developing an appropriate educational plan. Considering the patient's "always running" lifestyle, the nurse should adapt the educational plan, making it realistic for her needs. For example, the nurse could teach Mr. William how to interpret food labels. To ensure that her choices, when she is "running", are low in fat and cholesterol. In addition, the nurse should also provide Mr. William with appropriate advice to make the correct choices for when eating out of the house. This approach helps to communicate to him that the plan is feasible, increasing the chance that Mr. Guglielmo will adhere to the plan with success

