Worksheet Directions:

Using the resources provided within the interactive case study answer the questions below; save this worksheet as a word document and submit it in blackboard as an assignment. Within discussion board create a post of what you believe the patient’s diagnosis is and what you would propose as the best plan of treatment. Please refer to the rubric for detailed information about how this task will be assessed.

1. Discuss three potential nutrient deficiencies associated with a restricted vegan diet, such as Charlotte’s. List one recommendation for correcting *each* nutrient deficiency, while still adhering to a vegan diet. Do not suggest vitamin mineral supplements as your recommendation unless the nutrient cannot be supplied in adequate amounts by the diet.
2. Based on her assessment data, the nurse practitioner (NP) feels that Charlotte may be at risk for the syndrome, Female Athlete Triad. Based on the risk factors for this syndrome, explain why the NP is considering this syndrome.
3. What can nurses do to promote healthy eating habits and to prevent disordered eating, particularly among teens?