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. Based on Melvin’s assessment data, identify 3 modifiable risk factors for CHD.
2. (A) What type of diet would you recommend to control Melvin’s hypertension?

(B) Based on Melvin’s nutrition assessment, identify 3 specific dietary changes that are needed for Melvin to comply with the prescribed diet; also explain the rationale for *each* suggested change.

1. (A) Are the suggested changes (in the previous question) also beneficial for treating Melvin’s dyslipidemia? Explain your answer.

(B) What other lifestyle changes would you suggest to improve Melvin’s health?