

SETTING

Hospital

PATIENT

You are 26 years old and have recently been diagnosed with Crohn's disease (a type of inflammatory bowel disease). You have lost a considerable amount of weight (approx. 10kg/22lbs). You have been referred to see a dietitian to get advice about putting on weight.

TASK

- When asked, say you have no appetite; you've lost quite a bit of weight (10kg/22lbs) but the thought of food is still nauseating.
- When asked, say you had toast in the morning, a cup of chicken noodle soup for lunch and rice with canned pink salmon for dinner. You just felt uncomfortable and needed to go to the bathroom straight after each meal.
- Say you'll keep a food diary but you already know there will be a lot of foods that you can't eat, which is frustrating.
- Say those suggestions sound good; you'll try to follow that advice. When asked, say you'd like to know if you need to come back for another appointment.
- Say you'll come back next month; you're okay to be weighed now.

SETTING

Hospital

DIETITIAN

You see a 26-year-old patient who has recently been diagnosed with Crohn's disease (a type of inflammatory bowel disease). He/she has been referred for advice on gaining weight lost due to malabsorption of nutrients.

TASK

- Confirm reason for visit (dietary advice: weight loss following diagnosis of Crohn's disease). Find out about patient's appetite.
- Explore foods eaten yesterday (what foods, how well-tolerated: any nausea, vomiting, diarrhoea, stomach cramps, etc.).
- Give information about Crohn's disease and diet (e.g., no prescriptive diet, dependent on individual, etc.). Suggest low-fibre diet (e.g., when disease is active/in flare, limiting/avoiding high-fibre foods: raw green vegetables, whole nuts/grains, fruits with skin and seeds, etc.). Recommend keeping food diary (e.g., establishing pattern of symptoms/tolerance, identifying issues, etc.).
- Reassure patient about diet (e.g., lots of suitable/enjoyable foods available, etc.). Suggest additional ways of ensuring better daily nutrition (e.g., multivitamins, 4–6 small meals daily, adequate hydration, meal preparation in advance, simple cooking techniques: poaching, steaming, etc.). Find out any other questions.
- Recommend follow-up appointment in one month (e.g., review of symptoms/food diary, weight check, further advice as required, etc.). Establish patient's consent for weight check today.