



BÖLÜM 9

OBEZİTE

Meltem KÜRTÜNCÜ¹
Nurten ARSLAN²
Siğnem ANOL³

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Değerlendirme: Hasta A değerlendirildiğinde beslenme tanımlamalarında fiziksel aktivitede eksiklik, sağlıklı beslenme ve beden gereksiniminden fazla beslenme ve bol miktarda şekerli içecek tüketiminin mevcut olduğu görülmektedir. Müdahale hedefleri olarak boya göre uygun ağırlığa erişinceye kadar toplam alınan kalori miktarının azaltılıp, fiziksel aktivitenin artırılması temel hedef olarak belirlenmektedir. Alınan sıvı ve lif oranının artırılıp dışkılama sayısının artırılması gerekmektedir. Aynı şekilde anne bakımın/müdahalenin merkezinde tutulmalıdır. Ayrıca hasta ve annesi önerilen takip için (bu aşamada aylık takip gerekir) teşvik edilmeli ve BKİ değerinin korunması ya da azaldığının gözlemlenmesi için ölçümlerin geri bildirim ve beslenme danışmanlığının devamlılığı sağlanmalıdır (11).

Okuyucu için sorular

- Hasta A'nın mevcut ve geçmiş BKİ değeri ne anlama gelmektedir?
- Hasta A için beslenme ve fiziksel aktivitesini etkileyen temel etmenler nelerdir?

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