

Rand Software PROGRAM MANAGEMENT

Dietetic Services

2014

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Dietitianassistant.doc

DA DIETITIAN ASSISTANT

"Dietitian-friendly Diet and Menu planning"

NB ONLY FOR USE BY DIETITIANS AND STUDENT DIETITIANS

Helps a dietitian streamline & organize her/his work

Removes the need to constantly refer to reference books

The object is to set up a framework to work within as fast and as accurate as possible

So after the patient is seen in a private practice the dietitian can draw up a diet prescription
Diet plan and a meal plan and then in MS word draw up a 3 day menu for that patient

So when one starts with a patient everything is done for that patient
(even the e mailing of the menu plan) before one goes to the next patient.

If the dietitian is ill or overworked the program may be able to remind her of
pertinent points .

The program was originally written for the Diabetic clinic at Pietersburg hospital
One dietitian ran the clinic and needed to give patients their diets before they left
the hospital .

Ideally the DA should be in every hospital dietetic department

A lot of feedback from dietitians through the years since 1992 has been written into DA

All comments are now numbered and logged for investigation

This has resulted in DA evolving – some of the upgrades to DA were **disasters**.

We have learnt from the mistakes and the user may benefit (and also) contribute to future versions .

I know that dietitians can write their own "Excel" programs .

DA has the advantage that thousands of patients diets have been worked out on it
& hundreds of dietitians use it on a daily bases.

PROGRAM FEATURES Windows xp,7 ,8 compatible

- **Speedy diet planning for most conditions**

-while still allowing you to tailor-make each patient's diet

- **ENERGY AND MACRO-NUTRIENT CALCULATIONS**

IBM (Ideal Body Mass)

BMI (Body Mass Index) --> Time required achieving desired weight loss / gain

- **DIET PLAN** (based on food exchanges - already loaded yet changeable)

- **MEAL PLAN**

- **SAMPLE MENU**

- **DIABETIC SYSTEM , 3**

- In practice – these programs could be used for all patients

RENAL SYSTEM ,R – 2013 – a old system that is being rewritten

ENTERAL & INFANT , 7

Parenteral system , F

PRINTOUTS: (printed from 'Documents'in MS Word)
DIET FOR PATIENT (with sample menu) 03diet.rtf
RECORD FOR DIETITIAN

- **ANTHROPOMETRIC PROGRAM, C**
- **PLAN INFANT / ENTERAL / PARENTERAL FEEDS**
 (products are already loaded - this database file can easily be updated by the user, when new products become available)
- A SET OF **EXCHANGE LISTS** (FOR THE DIETS) is provided with the program as an MS Word documents – please make copies and tailor to your needs

Note:

- Dietary Assistant sends the printout to Documents in MS Word for further processing
- Future improvements
 - 1 new caliper bf program – the tables have changed and all tables prior to 2006 should be replaced – for certain patients only calipers may be used
 - 2 Children bf
 - 3 Pregnant energy calculations (if needed)
 - 4 Wellness workshop assistant W – finished and included
 - 5 removal of the bilingual printouts (English only)
 - 6 renal lists to be upgraded

Da is constantly upgraded and must be replaced every 5 years

COST: R 2 000

Includes da.exe software,exchange lists,support ,manual,10 sample menus

**** Please contact us for further information.**

Obody.rtf

2012.07.13 Friday @10:57

Sue Scharf

Dietitian

Body composition report:TEST2012, TEST PATIENT

DIABETIC

Name=TEST PATIENT TEST2012 2012.07.13 Friday page 1

gender: F Female age: 45 YEARS ,BMI:35 , DIABETIC
weight kg: 100.0 CM: 168 *body frame: M medium* Body fat:45%

by dietitian Sue Scharf @ 11:00

DIET PRESCRIPTION

Energy= 5880 kJ = 1406 kCal/day
CHO = 50% CHO = 175 g spread 1/6 's
Protein= 20% Protein= 70 g
Fat = 30% Fat = 46 g
Total % 100%

DIET PLAN

Food	exchange,	CHO	PROT	FAT	ENERGY
Milk 2 % energade	2.0	24	16	2	748 kJ
FRUIT	4	40	0	0	680
STARCH	6	90	12	0	1710
SUGAR	2	10	0	0	168
VEG B (RESTR.)	2	14	4	0	300
VEG A (FREE)	2	0	0	0	0
PROT. LOW FAT					
PROT. MED.FAT	5	0	35	25	1550
PROT. HIGH FAT					
FAT/OIL	4	0	0	20	0
Totals g	=	178	67	47	5156 kJ 1233 kCal

MEAL PLAN

Milk 2 % 0.5 spread evenly throughout the day

Food	exchange:	B	sn	L	sn	D	snack	CHO
Milk 2 % energade	2.0 0.0	1.0	0.0	0.0	0.5	0.0	0.0	= 24 g
FRUIT	4	1	0	1	2	0	0	= 40 g
STARCH	6	2	1	2	0	1	0	= 90 g
SUGAR	2	1	1	0	0	0	0	= 10 g
VEG B (RESTR.)	2	0	0	1	0	1	0	= 14 g
VEG A (FREE)	2	0	0	1	0	1	0	
PROT. LOW FAT								
PROT. MED.FAT	5	0	1	2	0	2	0	
PROT. HIGH FAT	0							
FAT/OIL	4	0	1	2	0	1	0	

CHO , + all the milks , B , sn , L, sn , D , snack
CHO in grams: 58 21 48 27 23 1g = 178g
as per % 33 12 27 15 13 1%

Name=TEST PATIENT TEST2012 2012.07.13 page 2
by dietitian Sue Scharf @ 11:00

DIET PRESCRIPTION

Energy= 5880 kJ , 1406 kCal/day
 Carbohydrate = 175g 50%, Protein= 70g 20%, Fat= 47g 30%
 the percentage % contribution towards the total energy *

MEAL PLAN	Sample menu
Milk 2 %	0.5 spread evenly throughout the day
Breakfast	
Milk 2 %	= 1.0 1 GLASS
FRUIT melon	= 1 exchanges (list 1) Eg 1 exch = 1 slice
STARCH Bran	= 2 exchanges (list 2) Eg 2 exch = 1 cup All
SUGAR	= 1 unit Eg 1 tsp sugar/honey/jam
Mid-morning snack	
STARCH Sl.bread	= 1 exchanges (list 2) Eg 2 exch = 4 Cr.Cr./2
SUGAR	= 1
PROT. MED.FAT cheese	= 1 exchanges (list 3) Eg 1 exch = 30g low fat
FAT/OIL marg.	= 1 exchanges (list 6) Eg 1 exch = 2tsp lite
Lunch	
FRUIT banana	= 1 exchanges (list 1) Eg 2 exch = 1 large
STARCH sl.brown/rye bread	= 2 exchanges (list 2) Eg 2 exch= 2
VEG B (RESTR.) pumpkin	= 1 exchanges (list 4) Eg 1 exch = 1/2 cup
VEG A (FREE)	= 1 exchanges (list 5) USE FREELY - see list
PROT. MED.FAT beef	= 2 exchanges (list 3) Eg 1 exch = 1 slice cold
FAT/OIL	= 2 exchanges (list 6) Eg 1 exch = 1 tsp butter
Afternoon snack	
Milk 2 %	= 0.5 1 GLASS
FRUIT fruit	= 2 exchanges (list 1) Eg 4 exch = 2 large
Supper	
STARCH rice/pasta	= 1 exchanges (list 2) Eg 2 exch= 1 cup ckd
VEG B (RESTR.) squash	= 1 exchanges (list 4) Eg 1 exch = 1/2 cup ckd
VEG A (FREE)	= 1 exchanges (list 5) USE FREELY
PROT. MED.FAT breast	= 2 exchanges (list 3) Eg 2 exch = 1 chicken
FAT/OIL oil/mayonnaise	= 1 exchanges (list 6) Eg 1 exch = 1tsp