

Malnutrition and Nutrition Focused Physical Exam - Cheat Sheet

Refer to Academy of Nutrition and Dietetics' Nutrition Focused Physical Exam Pocket Guide, Second Edition

Malnutrition

No single parameter is definitive for adult malnutrition. The identification of 2 or more of the following 6 characteristics is recommended for diagnosis:

Insufficient energy intake	Weight loss	Loss of muscle mass
Loss of subcutaneous fat	Localized or generalized fluid accumulation that may sometimes mask weight loss	Diminished functional status as measured by handgrip strength

At least 2 characteristics must exist within the moderate (non-severe) malnutrition column for a diagnosis of "moderate malnutrition", as well as two characteristics within the severe malnutrition column for a diagnosis of "severe malnutrition".

Determine Etiology of Malnutrition (2, 4)

<p>Context of Acute Illness or Injury (inflammation is high intensity, heightened) - critical illness, major infection/sepsis, systemic inflammatory response syndrome, adult respiratory distress syndrome, major abdominal surgery, severe burns, multi-trauma, and closed head injury.</p>	<p>Context of Chronic Illness* (inflammation is chronic, lower intensity, prolonged,) - CVD, CHF, CVA, cystic fibrosis, IBS, celiac disease, chronic pancreatitis, rheumatoid arthritis, solid tumors, hematologic malignancies, sarcopenic obesity, DM, neuromuscular disease, dementia, organ failure/transplant periodontal disease, pressure injury, COPD, AIDS.</p>	<p>Context of Social or Environmental Circumstances (no inflammation) - chronic depression with lack of interest when eating, anorexia nervosa, economic hardship, alcoholism, achalasia, ALS, dementia, drug abuse, mental disorders, pain, muscular dystrophies.</p>
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*Note that acute exacerbations, infections, or other complications may superimpose acute inflammatory response on such conditions or diseases.

*The National Center for Health Statistics defines "chronic" as a condition/disease lasting 3 months or longer.

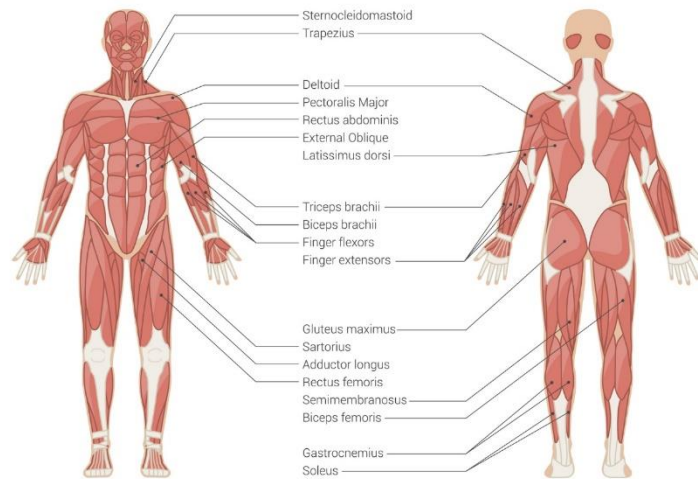
Applicable ICD-10 Terms Describing Malnutrition (for diagnosis recommendation) (3)

E43: Unspecified severe protein-calorie malnutrition **E44.0:** Moderate protein-calorie malnutrition **E46:** Unspecified protein-calorie malnutrition

References:

- Jensen JL, Hsiao PY, Wheeler D. Adult nutrition assessment tutorial. *JPEN. J Parenter Enteral Nutr.* 2012;36(3): 267-274.. DOI: [10.1177/0148607112440284](https://doi.org/10.1177/0148607112440284) .
- White J, Guenter P, Jensen G, Malone A, et al. Consensus Statement: Academy of Nutrition and Dietetics and American Society for Parenteral and Enteral Nutrition: Characteristics recommended for the identification and documentation of adult malnutrition (undernutrition). *JPEN J Parenter Enteral Nutr.* 2012;36:275-83. doi: 10.1177/0148607112440285.
- Modarski B, Wolff J., eds. *Nutrition Focused Physical Exam Pocket Guide.* 2nd ed.. Chicago IL: Academy of Nutrition and Dietetics:2018.
- Hipskind P, Galang M, Jevonn A, Pogatschnik C., Hamilton C. *Nutrition-Focused Physical Exam An Illustrated Handbook.* Silver Spring MD: ASPEN; 2016.

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Nutrition Focused Physical Examination

<p><u>Loss of Subcutaneous Fat:</u></p> <p>Orbital – Yes No</p> <p>Cheek – Yes No</p> <p>Upper Arm (Triceps) – Yes No</p> <p>Iliac Crest/Ribs – Yes No</p>		<p><u>Muscle Wasting:</u></p> <p>Temple – Yes No</p> <p>Clavicle – Yes No</p> <p>Shoulder – Yes No</p> <p>Scapula – Yes No</p> <p>Hand Region – Yes No</p> <p>Thigh – Yes No</p> <p>Calf – Yes No</p>	
<p><u>Other Physical Findings:</u></p> <p>Hair: Mouth/Lips/Tongue:</p> <p>Eyes: Skin:</p>		<p><u>Edema</u> – Yes No</p> <p><u>Other Observations:</u></p> <p>Changes in Functional Status? Yes No</p>	

Reference pages 8-9 of the Academy of Nutrition and Dietetics' *Nutrition Focused Physical Exam Pocket Guide* 2nd ed. for more information.