

Nutrition Assessment Criteria

| Information Gathering | Body Composition Data | Nutrient Intake / Dietary History | Laboratory Evaluation | Psychosocial / Functional Status |
|--|--------------------------------|---|---|--|
| Patient Interview | Physical Exam for Fluid Status | Cultural or Religious Preferences | Nutritional Anemias i.e. Folate, Iron & B-12 | Ethical issues & the pt's right to autonomy |
| Primary & Secondary Diagnosis. Look for fever & infection. | Examination of the skin | The quality & quantity of meals - 24 -hour recall or food diary | Pre-albumin. Short ½ life. N= 20-50 mg/dL | Income, education & other socioeconomic conditions such as chemical dependency |
| Past medical & surgical history | Examine the oral cavity | Food allergies, intolerances or Fad diets | Albumin. Long half life. N= 3.5-5.0 g/dL | Environment or displacement |
| Medication Review-include OTC | Muscle definition | Eating Out | Cholesterol/triglycerides/ glucose | Caregiver(s) |
| Drug/Nutrient interaction | Wasting, Sarcopenia | Inability to feed self | Liver Function Tests | Bedridden, suboptimal activity |
| Congenital or genetic conditions | Drainage, losses | | Total Lymphocyte Count N= 1500 - 3000 mm ² | Full capacity |

Nutritional Needs And Assessment Of Normal Growth

G. H. Bourne



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