

# 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.<br>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.<br>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 <sup>2</sup> | Full capacity                                                                  |

# Nutritional Assessment In Critical Care

**Lei Huang**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Huang'.

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