NUTRITION & IMMUNE STATUS

Physical assessment of common markers of malnutrition, maldigestion, malabsorption, hypermetabolic stress syndrome and protein calorie malnutrition. Exam to be conducted by a healthcare professional.

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General Appearance:	Musculoskeletal System:
☐ Undernourished, skinny (especially the temporal muscles)	☐ Muscle wasting
11.2	☐ Muscle weakness
Hair:	☐ Muscle atrophy ☐ Knock-knee or bowlegs
Dull, dry	☐ Bumps on ribs
☐ Thin, fine, straight ☐ Easily plucked	☐ Swollen joints
☐ Areas of lighter or darker spots	☐ Musculoskeletal hemorrhages
☐ Hair loss	☐ Stunted growth, loss of height ☐ Dowager's hump
_	☐ Tetany (muscle twitches and/or cramps)
Face:	
Pale complexion	Cardiovascular System:
☐ Generalized swelling ☐ Dark areas on cheeks	☐ Heart rate above 100 beats/minute
Dark circles under eyes	☐ Arrythmias ☐ Elevated blood pressure
☐ Lumpy or flaky skin around the nose and mouth	Lievaled blood pressure
☐ Enlarged parotid glands	Abdomen:
F	☐ Enlarged liver and spleen
Eyes:	·
Difficulty adjusting to the dark	Reproductive System:
☐ Dull appearance ☐ Dry and either pale or red membranes	Decreased libido
☐ Triangular, shiny gray spots on conjunctivas	☐ Amenorrhea
Red and fissured eyelid corners	☐ Retarded development of the reproductive system
☐ Bloodshot ring around cornea	Nervous System:
line.	☐ Irritability
Lips:	☐ Mental confusion
☐ Red and swollen, especially at corners ☐ Cheilosis (fissures and chapping of lips)	Abnormal behavior
Chellosis (hissores and chapping of lips)	☐ Depression ☐ Paresthesias (tingling) in hands and feet
Tongue:	Loss of proprioception (unable to maintain balance with eyes closed)
☐ Swollen	☐ Decreased ankle and knee reflexes
☐ Purple and raw-looking with sores and abnormal papillae	Paralysis (no spinal cord injury)
Teeth:	☐ Tremor
	Consider blood deficiency (pernicious anemia)
☐ Missing, or emerging abnormally ☐ Visible cavities or dark spots	with the following clinical picture:
☐ Bleeding gums	☐ Considerable weight loss without apparent cause
<u></u>	☐ Burning tongue
Nails:	☐ General weakness, malaise and fatigue
☐ Spoon-shaped	☐ Numbness and tingling in the extremities ☐ Alternating constipation and diarrhea
☐ Brittle	Alternating constitution and diarried Abdominal pain
☐ Ridged	☐ Nausea and vomiting
Neck:	☐ Bleeding gums
☐ Swollen thyroid gland	 Ataxia (incoordination and irregularity of voluntary, purposeful movements)
2 Swollen myrold gland	☐ Diplopia (double vision) and blurred vision
Skin:	☐ Irritability
☐ Dry, flaky	☐ Headache
☐ Swollen, with lighter and darker spots, some resembling bruises	Ethnic Background:
☐ Tight and drawn, with poor turgor (elasticity)	
☐ Dermatitis ☐ Retarded wound healing	☐ White (non-Hispanic origin) ☐ Hispanic
☐ Skin lesions	☐ African American
	☐ Asian
Smell and Taste:	Pacific Islander
☐ Partial loss of taste	□ Native North American □ East Indian
☐ Partial loss of smell	Lasi malan

Health Appraisal Graph

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	A. Gastric Function	— 26 —	44	32	20		7	9	22	4	n	2	-	0 8	
l Gastrointestinal (GI)	B. GI Inflammation	—75—	99	40	24	- - -	7	9	ις	4	ო	2	-		\prod
	C. Small Intestine & Pancreas		64	48	32	16	4	12	10	80	9	4	2		
	D. Colon	-72-	28	44	98	16	4	12	10	 &>	9	4	7		\downarrow
Liver/ GB	Hepatobiliary Function	-120-	96	89	42	16	4	12	10	∞ -	ဖ	4	2	_	\downarrow
	A. Thyroid	-120-	86	9/	54	32 –	78	24	20	16 –	12	∞	4		\downarrow
Endocrine	B. Adrenal	96	72	48	24	16	4	12	10	 &> 	9	4	2	\perp	
Glu Regu	A. Dysglycemia–L	—128 —	102	92	20	- 24 -	22	20	80	16	12	∞	4		
Glucose Regulation	B. Dysglycemia–E	-08-	99	25	38	24	22	20	18	16—	12	∞	4		
Card vascu	A. Heart	—56—	45	88	83	— 15 —	£	10	o	∞ 	9	4	2		
Jio- ular	B. Circulation A. Heart	96—	72	48	24	91—	4	12	10	∞ 	9	4	2		T
-	A. Depression	-72-	59	46	33	-20	8	91	41	-12	6	9	က		
Mood	B. Anxiety	-112	68	99	43	- 20	18	16	4	12	တ	9	က		†
_	C. Anger	-64	51	38	52	-12	=	10	о		9	4	2	\top	†
Immune	Eyes, Ears, Nose, Throat & Lungs	— 112 —	87	62	37	— 15 —	=	10	0		9	4	2		
Uro- logical	Kidney & Bladder	—96 <i>—</i>	80	64	48	-32-	26	20	41	 	9	4	2		
	A. Bone Integrity	—75—	26	40	24		7	9	Ŋ	4	က	2	_		
Musculoskeletal	B. Connective Tissue	-104	80	26	32	∞ 	7	9	ĸ	4	ო	2	~		<u> </u>
etal	C. Muscle & Nerves	-112	88	64	40	91 –	41	12	0	& 	9	4	2	\top	T
CNS & Brain	A. Central Nervous System	— 128 —	100	72	44	16	41	12	10		9	4	2		T
	B. Cognition	-72-	62	25	42	-32	78	24	50	16	12	∞	4	\top	†
Male	Prostate Health	-64	20	36	73	∞ 		9	22	4	က	2	—	T	†
	A. Premenstrual Balance	176	142	108	74	40	32	24	91	∞					t
XII Female	B. Menstruation	-08-	64	48	32	-16				——————————————————————————————————————					t
	C. Reproductive Tissue	92-	09	44	28	-12	10	∞	9	4	က	2	-		T
	D. Hormone Balance	- 144	116	88	09	- 32	56	20	4	—————————————————————————————————————	9	4	7		t
	E. Ovarian Function	88	74	09	46	-32	56	50	4	∞ 	9	4	7		t
	F. Estrogen/ Progesterone Decline	— 120 –	96	72	48	— 24 -	20	16	12		9	4	7		