

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.

General Appearance:

- ☐ Undernourished, skinny (especially the temporal muscles)

Hair:

- ☐ Dull, dry
- ☐ Thin, fine, straight
- ☐ Easily plucked
- ☐ Areas of lighter or darker spots
- ☐ Hair loss

Face:

- ☐ Pale complexion
- ☐ Generalized swelling
- ☐ Dark areas on cheeks
- ☐ Dark circles under eyes
- ☐ Lumpy or flaky skin around the nose and mouth
- ☐ Enlarged parotid glands

Eyes:

- ☐ Difficulty adjusting to the dark
- ☐ Dull appearance
- ☐ Dry and either pale or red membranes
- ☐ Triangular, shiny gray spots on conjunctivas
- ☐ Red and fissured eyelid corners
- ☐ Bloodshot ring around cornea

Lips:

- ☐ Red and swollen, especially at corners
- ☐ Cheilosis (fissures and chapping of lips)

Tongue:

- ☐ Swollen
- ☐ Purple and raw-looking with sores and abnormal papillae

Teeth:

- ☐ Missing, or emerging abnormally
- ☐ Visible cavities or dark spots
- ☐ Bleeding gums

Nails:

- ☐ Spoon-shaped
- ☐ Brittle
- ☐ Ridged

Neck:

- ☐ Swollen thyroid gland

Skin:

- ☐ Dry, flaky
- ☐ Swollen, with lighter and darker spots, some resembling bruises
- ☐ Tight and drawn, with poor turgor (elasticity)
- ☐ Dermatitis
- ☐ Retarded wound healing
- ☐ Skin lesions

Smell and Taste:

- ☐ Partial loss of taste
- ☐ Partial loss of smell

Musculoskeletal System:

- ☐ Muscle wasting
- ☐ Muscle weakness
- ☐ Muscle atrophy
- ☐ Knock-knee or bowlegs
- ☐ Bumps on ribs
- ☐ Swollen joints
- ☐ Musculoskeletal hemorrhages
- ☐ Stunted growth, loss of height
- ☐ Dowager's hump
- ☐ Tetany (muscle twitches and/or cramps)

Cardiovascular System:

- ☐ Heart rate above 100 beats/minute
- ☐ Arrhythmias
- ☐ Elevated blood pressure

Abdomen:

- ☐ Enlarged liver and spleen

Reproductive System:

- ☐ Decreased libido
- ☐ Amenorrhea
- ☐ Retarded development of the reproductive system

Nervous System:

- ☐ Irritability
- ☐ Mental confusion
- ☐ Abnormal behavior
- ☐ Depression
- ☐ Paresthesias (tingling) in hands and feet
- ☐ Loss of proprioception (unable to maintain balance with eyes closed)
- ☐ Decreased ankle and knee reflexes
- ☐ Paralysis (no spinal cord injury)
- ☐ Tremor

Consider blood deficiency (pernicious anemia) with the following clinical picture:

- ☐ Considerable weight loss without apparent cause
- ☐ Burning tongue
- ☐ General weakness, malaise and fatigue
- ☐ Numbness and tingling in the extremities
- ☐ Alternating constipation and diarrhea
- ☐ Abdominal pain
- ☐ Nausea and vomiting
- ☐ Bleeding gums
- ☐ Ataxia (incoordination and irregularity of voluntary, purposeful movements)
- ☐ Diplopia (double vision) and blurred vision
- ☐ Irritability
- ☐ Headache

Ethnic Background:

- ☐ White (non-Hispanic origin)
- ☐ Hispanic
- ☐ African American
- ☐ Asian
- ☐ Pacific Islander
- ☐ Native North American
- ☐ East Indian

NAME	INITIAL TEST DATE	RETEST DATE
NAME	/ /	/ /

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Initial Test Score

Retest Score

HIGH PRIORITY

MODERATE PRIORITY

**LOW
PRIORITY**