

Helping Assess and Diagnose Malnutrition in Your Adult Patients

MALNUTRITION AND NUTRITION ASSESSMENT: WEBINARS

The Malnutrition Consensus Criteria: How to Apply to Your Practice

This webinar addresses the steps for determining the cause for malnutrition, reviews the six malnutrition criteria, and details how to identify this condition in the hospitalized patient.

[CLICK HERE](#) or visit nestlenutrition-institute.org and enter *The Malnutrition Consensus Criteria* in the Search bar at the top of the page.

Diagnosing Malnutrition in the Obese Patient: A General Approach

This webinar addresses how a patient with obesity can be malnourished, without presenting as the stereotypical cachectic malnourished individual. It also details the process of nutrition assessment and diagnosing of malnutrition in this population.

[CLICK HERE](#) or visit nutritioncare.org/elearning, search Malnutrition Awareness Week 2018, click on Malnutrition Awareness Week 2018, and scroll to *Diagnosing Malnutrition in the Obese Patient: A General Approach*.

MALNUTRITION AND NUTRITION ASSESSMENT: SHORT VIDEOS AND JOURNAL ARTICLES

Malnutrition Matters for Adult Patients

This 15-minute video addresses the importance of diagnosing and documenting malnutrition in hospital patients. It is useful in training physicians, nurse practitioners, and physician assistants on adult malnutrition.

[CLICK HERE](#) or visit nutritioncare.org/malnutrition, scroll to Resources for Healthcare Professionals, and click on *Malnutrition Matters for Adult Patients* under On-Demand Short Videos on Malnutrition.

Characteristics and Outcomes of Adult Inpatients with Malnutrition

Results of a study comparing the abilities of dietitians and physicians in identifying malnutrition in patients show that malnutrition is underdiagnosed by physicians. Criteria to identify malnutrition are discussed, with weight loss and reduced energy intake as the most important criteria for their cohort.

[CLICK HERE](#) or visit nutritioncare.org/elearning and enter *Characteristics and Outcomes of Adult Inpatients with Malnutrition* in the Search bar at the top of the page.

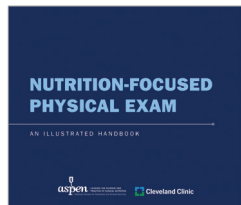
Evaluation of Muscle and Fat Loss as Diagnostic Criteria for Malnutrition

This article seeks to provide the purpose and instructions for proper execution of a Nutrition Focused Physical Assessment (NFPA), specifically concentrating on muscle and fat loss.

[CLICK HERE](#) or visit nutritioncare.org/elearning, click on the Journal CE icon in the bottom half of the page, click on Journal of Parenteral and Enteral Nutrition, and scroll to *Evaluation of Muscle and Fat Loss as Diagnostic Criteria for Malnutrition*.

NUTRITION FOCUSED PHYSICAL EXAM RESOURCES: BOOKS AND VIDEOS

The following are available at nutritioncare.org/onlinestore.



Nutrition-Focused Physical Exam: An Illustrated Handbook

This handbook assists bedside clinicians in the nutrition assessment of their patients and helps discern the presence and degree of malnutrition. It discusses the components of the NFPE and provides techniques and tips that can be used in daily practice when examining patients.



Nutrition-Focused Physical Exam—A Companion Video

An accompaniment to the *Nutrition-Focused Physical Exam: An Illustrated Handbook*, this 12-minute video demonstrates how to conduct an exam—from meeting the patient, taking a personal history, assessing malnutrition, and testing for handgrip strength using a handgrip dynamometer.

NUTRITION FOCUSED PHYSICAL EXAM RESOURCES: WEBINARS

Nutrition Assessment: Nutrition Focused Physical Exam

This webinar provides an overview of the NFPE for both adult and pediatric patients. The characteristics of malnutrition, such as muscle wasting, fat loss, edema, and micronutrient abnormalities and how to identify them are discussed. Clinical practice examples through the use of case studies are also discussed.

[CLICK HERE](#) or visit nutritioncare.org/elearning, click on the Webinar Recordings icon, and scroll to *Nutrition Assessment: Nutrition Focused Physical Exam*.

Nutrition Focused Physical Assessment: A Three-Part Series

Part 1: Setting the Stage for Success

This video reviews the current characteristics of malnutrition, explains malnutrition coding, defines the appropriate language for documenting malnutrition, and helps dietitians gain an understanding of the first steps toward initiating a NFPA program in their facility.

Part 2: Creating Your Malnutrition Toolbox

This video describes the role of the dietitian in accurately identifying moderate versus severe malnutrition-related muscle mass and subcutaneous fat loss, as well as accurately assessing fluid accumulation as a characteristic of malnutrition. Key assessment tools and resources are identified to help the clinician organize a malnutrition toolbox.

Part 3: Micronutrient Deficiencies

This video describes the role of the NFPA in identifying signs and symptoms of micronutrient deficiencies using the head-to-toe approach. Assessing laboratory data to help assess clinical correlations and confounders is also addressed.

[CLICK HERE](#) or visit nestlenutrition-institute.org, enter Nutrition Focused Physical Assessment in the Search bar at the top of the page, and scroll to each of the series parts.