

The Practitioner's Guide to Nutrition-Focused Physical Exam of Infants, Children, and Adolescents

AN ILLUSTRATED HANDBOOK

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About ASPEN

The American Society for Parenteral and Enteral Nutrition (ASPEN) is a scientific society whose members are healthcare professionals—physicians, dietitians, nurses, pharmacists, other allied health professionals, and researchers—that envisions an environment in which every patient receives safe, efficacious, and high-quality patient care.

ASPEN's mission is to improve patient care by advancing the science and practice of clinical nutrition and metabolism.

About Cleveland Clinic Children's

Cleveland Clinic Children's is dedicated to medical, surgical, and rehabilitative care of infants, children, and adolescents. Our staff uses the latest technology and most recent research to achieve the best possible outcomes at over 40 locations across northeast Ohio. We have more than 350 pediatric specialists, who are leaders in research for cardiac care, neurological conditions, digestive diseases, and other conditions. Cleveland Clinic Children's is proud to be named a national leader in clinical care by consistently ranking among the “Best Children's Hospitals” by *U.S. News and World Report*. Our goal is to have the children and adolescents we care for back on their feet and living normal lives as quickly as possible.

<https://my.clevelandclinic.org/pediatrics>

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Preface

The Cleveland Clinic Pediatric Nutrition Support Team (PNST) has created this illustrated nutrition-focused physical exam (NFPE) handbook to assist clinicians in performing comprehensive nutrition assessments in the pediatric population. This handbook is a resource for the identification and degree of physical depletion and malnutrition. It is imperative that the clinician understands nutrition-related concerns specific to the pediatric population because nutrition assessment is individualized to different stages of development. This handbook helps clinicians perform the NFPE on infants, children, and adolescents and addresses nutrition concerns for specialty populations, including patients with obesity, patients with neurological impairments, and patients in critical care. The NFPE is fundamental for early identification of depletion and prevention of pediatric malnutrition. For that reason, it should be a required skill set for clinicians.

Our PNST follows a systematic method during the NFPE, and we have found that a visual learning tool on how to perform the NFPE is beneficial for clinician training and standardization of methods. The photos and illustrations demonstrating exam areas and techniques in this handbook provide step-by-step guidance for the clinician and will help users build confidence in their NFPE skills.

We would like to thank the American Society for Parenteral and Enteral Nutrition (ASPEN) for giving our PNST the opportunity to collaborate on this handbook. We are grateful for our professional relationship with ASPEN and our shared core values, which include a commitment to improving patient care.