

Nutrition-Focused Physical Exam for Adults

AN ILLUSTRATED HANDBOOK, Second Edition

Editor

Cindy Hamilton, MS, RD, LD, FAND
Senior Director
Center for Human Nutrition
Digestive Disease and Surgery Institute
Cleveland Clinic

Contributors

Andrea Jevenn, MEd, RD, LD, CNSC
Lead Dietitian
Nutrition Support Team
Center for Human Nutrition
Digestive Disease and Surgery Institute
Cleveland Clinic

Peggy Hipskind, MA, RD, LD
Lead Dietitian
Nutrition Therapy
Center for Human Nutrition
Digestive Disease and Surgery Institute
Cleveland Clinic

Marianne Galang, RD, CSO, LD
Advanced Practice I Dietitian
Nutrition Therapy
Center for Human Nutrition
Digestive Disease and Surgery Institute
Cleveland Clinic

Cassandra Pogatschnik, RD, LD, CNSC, CTTD
Advanced Practice I Dietitian
Center for Gut Rehabilitation and Transplantation
Center for Human Nutrition
Digestive Disease and Surgery Institute
Cleveland Clinic



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<https://www.nutritioncare.org>
aspen@nutritioncare.org

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CONTENTS

Preface	vii
1 Introduction	1
2 Preparation for the Physical Exam	2
Overview	3
Nutrition Intake and Weight-Change Assessment: Academy/ASPEN Clinical Characteristics (Table 2-1)	3
Systematic Approach to a Nutrition Assessment	4
Interview Techniques and Tips	4
Physical Exam Techniques and Tips	5
Use of Inspection/Palpation for Specific Characteristics	9
3 Inflammation	11
Overview	12
Common Diagnoses Associated With Etiology of Malnutrition (Table 3-1)	12
Markers of Inflammation: Vital Signs (Table 3-2)	13
Markers of Inflammation: Biochemical Markers (Table 3-3)	14
Imaging Studies (Table 3-4)	16
4 Physical Exam of Subcutaneous Muscle and Fat Stores	17
Overview	18
Academy/ASPEN Malnutrition Clinical Characteristics for Muscle and Fat Assessment (Table 4-1)	18
Special Considerations: Obesity, Critical Illness, and Sarcopenia	18
Additional Tools for Body-Composition Assessment	19
Head-to-Toe Approach	20
Muscle Groups for Head-to-Toe Assessment (Figure 4-1)	20
Exam Areas: Head and Face, Upper Chest, Upper Back, Midaxillary Line, Arms, Hands, Lower Extremities (Figure 4-2)	21
5 Assessment of Fluid Status: Accumulation and Dehydration	29
Overview	30
Fluid Accumulation/Edema	30

Academy/ASPEN Fluid Accumulation Characteristics That Support a Malnutrition Diagnosis (Table 5-1)	31
Impact of Edema on Nutrition	31
Differential Diagnosis of Edema (Table 5-2)	32
Medications Known to Cause Edema (Table 5-3)	34
Terminology Used to Describe Edema (Table 5-4)	35
Grading of Pitting Edema (Table 5-5)	36
Evaluation of Fluid Accumulation/Edema (Table 5-6)	38
Dehydration and Hypovolemia	38
Clinical Symptoms of Dehydration (Figure 5-1)	39
Laboratory Values and Vital Signs Associated With Dehydration (Table 5-7)	39
Areas of Focus to Evaluate for Dehydration (Table 5-8)	40
6 Functional Status	42
Overview	43
Reduced Grip Strength as a Supportive Clinical Characteristic for Malnutrition (Table 6-1)	43
Measuring Functional Status	43
Techniques for Using a Handgrip Dynamometer	44
Handgrip Dynamometer Position (Figure 6-1)	45
7 Micronutrient Status	46
Overview	47
Skin	47
Physical Assessment of Micronutrients: Skin (Table 7-1)	48
Nails	50
Physical Assessment of Micronutrients: Nails (Table 7-2)	50
Hair	53
Physical Assessment of Micronutrients: Hair (Table 7-3)	53
Orofacial	55
Physical Assessment of Micronutrients: Orofacial (Table 7-4)	55
Appendix 1: Nutrition-Focused Physical Exam Checklist	59
Appendix 2: Recommended Documentation Practices for Successful Coding of Malnutrition	62
References	68

PREFACE

The Cleveland Clinic Center for Human Nutrition (CHN) developed this illustrated handbook to assist clinicians with the nutrition assessment of their patients and to help discern the presence and degree of malnutrition. The Academy of Nutrition and Dietetics/American Society for Parenteral and Enteral Nutrition Consensus Statement and Characteristics for Identification of Malnutrition (2012) has been a catalyst for realizing the importance of incorporating a nutrition-focused physical exam (NFPE) as part of a comprehensive nutrition assessment. After the release of the consensus statement, the CHN developed a comprehensive training program—including online education modules and live patient simulations—to provide dietitians and students with a standardized approach for nutrition assessment.

The training program remains successful, however, it was evident that a learning tool with step-by-step instructions for performing an NFPE, along with visual aids demonstrating how to assess the physical findings, was needed. The result was the publication of the first edition of this handbook, containing photos, illustrations, and specific tips and techniques for performing the NFPE. This second edition contains new and enhanced photos and illustrations, information on examining and evaluating patients with obesity, tips for conducting telehealth appointments, and suggestions for electronic medical record documentation. We hope this handbook is a useful resource for clinicians and promotes confidence in performing an NFPE.

We would like to express our gratitude to ASPEN for their enthusiasm and willingness to collaborate with us to produce this valuable handbook. We appreciate the relationship cultivated with ASPEN over many years, which is one of collegiality and shared vision.

Cindy Hamilton, MS, RD, LD, FAND

Senior Director, Nutrition, Center for Human Nutrition, Cleveland Clinic