



LET'S GET PHYSICAL: NUTRITION FOCUSED PHYSICAL EXAM

the Foundation for Pressure Injury Risk Assessment



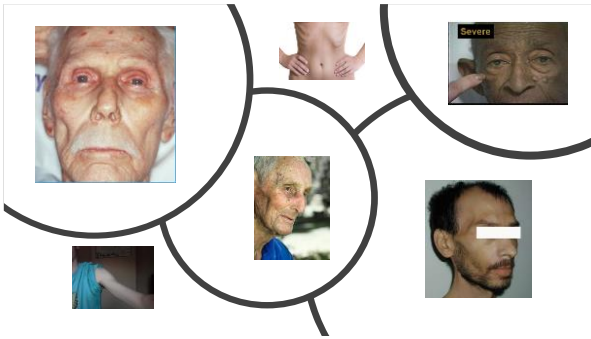
Mainnutrition Matrix

If you are considering a Malnutrition Diagnosis, consider consulting a Dietitian

Subject Characteristics	Malnutrition in the context of acute illness or injury 1, 2	Malnutrition in the context of chronic illness 3, 4	Malnutrition in the context of social or environmental issues 5																																																																																																																																																																								
Diagnosis	Mild/Moderate Protein Calorie Malnutrition	Moderate Protein Calorie Malnutrition	Moderate Protein Calorie Malnutrition																																																																																																																																																																								
Energy Intake	<75% of estimated energy requirements for 1-2 days	<75% of estimated energy requirements for 1-2 weeks	<50% of estimated energy requirements for 1-2 months																																																																																																																																																																								
Interpretation of BMI Loss	<table border="1"> <tr><th>Time</th><th>1-2</th><th>3-4</th><th>5-6</th><th>7-8</th><th>9-10</th><th>11-12</th></tr> <tr><th>% Loss</th><td>1-2</td><td>3-4</td><td>5-6</td><td>7-8</td><td>9-10</td><td>11-12</td></tr> <tr><th>1-2 mos</th><td>1.0</td><td>1.5</td><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td></tr> <tr><th>3-4 mos</th><td>1.5</td><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td></tr> <tr><th>5-6 mos</th><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td></tr> <tr><th>7-8 mos</th><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td></tr> <tr><th>9-10 mos</th><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td><td>5.5</td></tr> <tr><th>11-12 mos</th><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td><td>5.5</td><td>6.0</td></tr> </table>	Time	1-2	3-4	5-6	7-8	9-10	11-12	% Loss	1-2	3-4	5-6	7-8	9-10	11-12	1-2 mos	1.0	1.5	2.0	2.5	3.0	3.5	3-4 mos	1.5	2.0	2.5	3.0	3.5	4.0	5-6 mos	2.0	2.5	3.0	3.5	4.0	4.5	7-8 mos	2.5	3.0	3.5	4.0	4.5	5.0	9-10 mos	3.0	3.5	4.0	4.5	5.0	5.5	11-12 mos	3.5	4.0	4.5	5.0	5.5	6.0	<table border="1"> <tr><th>Time</th><th>1-2</th><th>3-4</th><th>5-6</th><th>7-8</th><th>9-10</th><th>11-12</th></tr> <tr><th>% Loss</th><td>1-2</td><td>3-4</td><td>5-6</td><td>7-8</td><td>9-10</td><td>11-12</td></tr> <tr><th>1-2 mos</th><td>1.0</td><td>1.5</td><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td></tr> <tr><th>3-4 mos</th><td>1.5</td><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td></tr> <tr><th>5-6 mos</th><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td></tr> <tr><th>7-8 mos</th><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td></tr> <tr><th>9-10 mos</th><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td><td>5.5</td></tr> <tr><th>11-12 mos</th><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td><td>5.5</td><td>6.0</td></tr> </table>	Time	1-2	3-4	5-6	7-8	9-10	11-12	% Loss	1-2	3-4	5-6	7-8	9-10	11-12	1-2 mos	1.0	1.5	2.0	2.5	3.0	3.5	3-4 mos	1.5	2.0	2.5	3.0	3.5	4.0	5-6 mos	2.0	2.5	3.0	3.5	4.0	4.5	7-8 mos	2.5	3.0	3.5	4.0	4.5	5.0	9-10 mos	3.0	3.5	4.0	4.5	5.0	5.5	11-12 mos	3.5	4.0	4.5	5.0	5.5	6.0	<table border="1"> <tr><th>Time</th><th>1-2</th><th>3-4</th><th>5-6</th><th>7-8</th><th>9-10</th><th>11-12</th></tr> <tr><th>% Loss</th><td>1-2</td><td>3-4</td><td>5-6</td><td>7-8</td><td>9-10</td><td>11-12</td></tr> <tr><th>1-2 mos</th><td>1.0</td><td>1.5</td><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td></tr> <tr><th>3-4 mos</th><td>1.5</td><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td></tr> <tr><th>5-6 mos</th><td>2.0</td><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td></tr> <tr><th>7-8 mos</th><td>2.5</td><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td></tr> <tr><th>9-10 mos</th><td>3.0</td><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td><td>5.5</td></tr> <tr><th>11-12 mos</th><td>3.5</td><td>4.0</td><td>4.5</td><td>5.0</td><td>5.5</td><td>6.0</td></tr> </table>	Time	1-2	3-4	5-6	7-8	9-10	11-12	% Loss	1-2	3-4	5-6	7-8	9-10	11-12	1-2 mos	1.0	1.5	2.0	2.5	3.0	3.5	3-4 mos	1.5	2.0	2.5	3.0	3.5	4.0	5-6 mos	2.0	2.5	3.0	3.5	4.0	4.5	7-8 mos	2.5	3.0	3.5	4.0	4.5	5.0	9-10 mos	3.0	3.5	4.0	4.5	5.0	5.5	11-12 mos	3.5	4.0	4.5	5.0	5.5	6.0
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Physical Findings	add loss	add loss	add loss																																																																																																																																																																								
Recent Weight	add loss	add loss	add loss																																																																																																																																																																								
Fluid Accumulation	add loss	add loss	add loss																																																																																																																																																																								
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A minimum of 3 characteristics is recommended for diagnosis of either severe or non-severe malnutrition.

- 1. Severe protein such as albumin and prealbumin are not included in defining characteristics of malnutrition because recent evidence suggests that severe levels of these proteins do not change in response to nutrient intake.
- 2. Height and weight should be measured rather than estimated to determine BMI.
- 3. Usual weight should be obtained in order to determine the percentage and to interpret the significance of weight loss.
- 4. Exact numbers of malnutrition signs such as low weight, weight change, and appetite are not included in the matrix with reflecting in the absence of information. Reflecting weight change may indicate, but not significantly improve malnutrition in the presence of information.
- 5. The National Center for Health Statistics defines "severe" as a decrease in body weight, muscle or fat.







Ratings	Males		Females	
	(lbs)	(kg)	(lbs)	(kg)
Excellent	>141	>64	>84	>38
Very good	123-141	56-64	75-84	34-38
Above average	114-122	52-55	66-74	30-33
Average	105-113	48-51	57-65	26-29
Below average	96-104	44-47	49-56	23-25
Poor	88-95	40-43	44-48	20-22
Very poor	<88	<40	<44	<20

HAND DYNAMOMETER

Nutrient Needs

- Energy 30-35 kcals/kg or 35-40 kcals/kg for those underweight or losing wt.
(Max 40 kcals/kg)
- Protein 1.25-1.5 gms/kg
 - Stage I - 1.2
 - Stage II - 1.25-1.4
 - Stage III - 1.5
 - Stage IV - 1.5-2.0
 - (Max 2.2 gms/kg)
- Fluids 30 ml/kg or 1-1.5 ml/kcal

Benefits of Documentation

- MCC = major complication or comorbidity
- CC = complication or comorbidity
- Only physician documentation can be used for coding and reimbursement

Phillips, NCP, October 2015
