

For office use only.

| NUTRITION & IMMUNE STATUS | |
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| Physical assessment of common markers of malnutrition, maldigestion, malabsorption, hypermetabolic stress syndrome and protein calorie malnutrition. Exam to be conducted by a healthcare professional. | |
| <p>General Appearance:</p> <input type="checkbox"/> Undernourished, skinny (especially the temporal muscles) <p>Hair:</p> <input type="checkbox"/> Dull, dry <input type="checkbox"/> Thin, fine, straight <input type="checkbox"/> Easily plucked <input type="checkbox"/> Areas of lighter or darker spots <input type="checkbox"/> Hair loss <p>Face:</p> <input type="checkbox"/> Pale complexion <input type="checkbox"/> Generalized swelling <input type="checkbox"/> Dark areas on cheeks <input type="checkbox"/> Dark circles under eyes <input type="checkbox"/> Lumpy or flaky skin around the nose and mouth <input type="checkbox"/> Enlarged parotid glands | <p>Musculoskeletal System:</p> <input type="checkbox"/> Muscle wasting <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Muscle atrophy <input type="checkbox"/> Knock-knee or bowlegs <input type="checkbox"/> Bumps on ribs <input type="checkbox"/> Swollen joints <input type="checkbox"/> Musculoskeletal hemorrhages <input type="checkbox"/> Stunted growth, loss of height <input type="checkbox"/> Dowager's hump <input type="checkbox"/> Tetany (muscle twitches and/or cramps) |
| <p>Eyes:</p> <input type="checkbox"/> Difficulty adjusting to the dark <input type="checkbox"/> Dull appearance <input type="checkbox"/> Dry and either pale or red membranes <input type="checkbox"/> Triangular, shiny gray spots on conjunctivas <input type="checkbox"/> Red and fissured eyelid corners <input type="checkbox"/> Bloodshot ring around cornea | <p>Cardiovascular System:</p> <input type="checkbox"/> Heart rate above 100 beats/minute <input type="checkbox"/> Arrhythmias <input type="checkbox"/> Elevated blood pressure |
| <p>Lips:</p> <input type="checkbox"/> Red and swollen, especially at corners <input type="checkbox"/> Cheilosis (fissures and chapping of lips) <p>Tongue:</p> <input type="checkbox"/> Swollen <input type="checkbox"/> Purple and raw-looking with sores and abnormal papillae | <p>Abdomen:</p> <input type="checkbox"/> Enlarged liver and spleen <p>Reproductive System:</p> <input type="checkbox"/> Decreased libido <input type="checkbox"/> Amenorrhea <input type="checkbox"/> Retarded development of the reproductive system |
| <p>Teeth:</p> <input type="checkbox"/> Missing, or emerging abnormally <input type="checkbox"/> Visible cavities or dark spots <input type="checkbox"/> Bleeding gums <p>Nails:</p> <input type="checkbox"/> Spoon-shaped <input type="checkbox"/> Brittle <input type="checkbox"/> Ridged <p>Neck:</p> <input type="checkbox"/> Swollen thyroid gland | <p>Nervous System:</p> <input type="checkbox"/> Irritability <input type="checkbox"/> Mental confusion <input type="checkbox"/> Abnormal behavior <input type="checkbox"/> Depression <input type="checkbox"/> Paresthesias (tingling) in hands and feet <input type="checkbox"/> Loss of proprioception (unable to maintain balance with eyes closed) <input type="checkbox"/> Decreased ankle and knee reflexes <input type="checkbox"/> Paralysis (no spinal cord injury) <input type="checkbox"/> Tremor |
| <p>Skin:</p> <input type="checkbox"/> Dry, flaky <input type="checkbox"/> Swollen, with lighter and darker spots, some resembling bruises <input type="checkbox"/> Tight and drawn, with poor turgor (elasticity) <input type="checkbox"/> Dermatitis <input type="checkbox"/> Retarded wound healing <input type="checkbox"/> Skin lesions | <p>Consider blood deficiency (pernicious anemia) with the following clinical picture:</p> <input type="checkbox"/> Considerable weight loss without apparent cause <input type="checkbox"/> Burning tongue <input type="checkbox"/> General weakness, malaise and fatigue <input type="checkbox"/> Numbness and tingling in the extremities <input type="checkbox"/> Alternating constipation and diarrhea <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Nausea and vomiting <input type="checkbox"/> Bleeding gums <input type="checkbox"/> Ataxia (incoordination and irregularity of voluntary, purposeful movements) <input type="checkbox"/> Diplopia (double vision) and blurred vision <input type="checkbox"/> Irritability <input type="checkbox"/> Headache |
| <p>Smell and Taste:</p> <input type="checkbox"/> Partial loss of taste <input type="checkbox"/> Partial loss of smell | <p>Ethnic Background:</p> <input type="checkbox"/> White (non-Hispanic origin) <input type="checkbox"/> Hispanic <input type="checkbox"/> African American <input type="checkbox"/> Asian <input type="checkbox"/> Pacific Islander <input type="checkbox"/> Native North American <input type="checkbox"/> East Indian |

