

Contents

Preface	vi		
1 Introduction	1		
2 Nutrition Assessment	3		
• Overview			
• Anthropometrics			
• Medical History			
• Laboratory Data			
• Dietary Data			
• Interview Techniques and Tips			
3 Indicators of Malnutrition	12		
4 Overview of Physical Exam Techniques	14		
5 Physical Exam of Subcutaneous Fat loss and Muscle Wasting	19		
• Overview			
• The Head-to-Toe Approach to Reviewing Systems			
• Head and Face (Fat and Muscle)			
• Upper Body (Fat And Muscle)			
• Upper Back (Muscle)			
• Ribs/Midaxillary Line (Fat)			
• Lower Extremities (Muscle)			
• Lower Extremities (Fat)			
• Mid-Upper Arm Circumference			
• Other Tools for Body Composition Assessment			
6 Physical Exam of Fluid Status	36		
• Overview			
• Dehydration			
• Edema			

7	Assessing Functional Status	40	10	Childhood Nutrition (Ages 3 to <11 Years)	61
	• Overview			• Overview	
	• Measuring Functional Status			• Growth	
8	Physical Exam of Hair, Eyes, Oral Cavity, Nails, and Skin	45	11	Adolescent Nutrition (Ages 11–20 Years)	64
	• Overview			• Overview	
	• Hair			• Growth	
	• Eyes				
	• Oral Cavity				
	• Nails				
	• Skin				
9	Infant/Toddler Nutrition (Birth to 3 Years of Age)	56	12	Nutrition Issues in Specialty Populations	67
	• Overview			• Patients with Obesity or Overweight	
	• Growth			• Patients with Neurological Impairments or Developmental Delays	
				• Patients in Critical Care	