Assessment of Nutrition Status and Nutrition Requirements

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LEARNING OBJECTIVES

Upon completion of the chapter, the reader will be able to:

1. Characterize a patient’s state/risk of malnutrition using etiology-based parameters.
2. Evaluate a nutrition screening program and use information obtained from the screen to identify patients at nutrition-related risk.
3. Identify social, medical, and surgery history findings that identify a nutritionally-at-risk patient.
4. Assess a patient’s height and weight using comparators such as ideal body weight and usual body weight.
5. Calculate body mass index given patient-specific data and use it and waist circumference to assess an individual’s nutrition status and nutrition-related risk.
6. Differentiate the role of visceral proteins (albumin, transferrin, prealbumin, C reactive protein) in nutrition assessment.
7. Discuss the risk factors for, signs and symptoms of, and laboratory monitoring for the deficiency or toxicity state of essential trace minerals: zinc, copper, manganese, selenium, chromium, iodine, molybdenum, and iron.
8. Identify risk factors for, signs and symptoms of, and laboratory monitoring for vitamin deficiencies given patient-specific information.
10. Recommend changes to an individual’s nutrition care plan based on results from indirect calorimetry.
11. Evaluate the adequacy of an individual’s protein intake relative to usual requirements and when given specific laboratory data including a nitrogen balance study.
13. Recommend changes to an individual’s nutrition care plan given patient-specific information.