

Malnutrition

Identifying malnutrition criteria ASPEN 2012

1. Insufficient Energy Intake: % consumed over a specific timeframe and how that meets estimated energy needs
2. Unintentional Weight Loss: % weight change over a specific timeframe
3. Decreased physical finding of mild, moderate or severe wasting of body fat
4. Decreased physical finding of mild, moderate or severe wasting of muscle mass
5. Physical finding of mild, moderate or severe fluid accumulation
6. Decreased functional status (ex: hand grip strength)

Incomplete Progress Note: Example

Severe protein calorie malnutrition, weight loss with concern for GI Malignancy

- Nutritional evaluation noted and appreciated, we are advancing her diet, monitor for tolerance.
- GI Following

Complete Progress Note: Example

Severe Protein Calorie Malnutrition

- Patient has Metastatic Colon Cancer; BMI of 17; Displays severe depletion of body fat at orbitals and severe depletion of muscle mass at calves; has lost 30 lbs in the last 6 months and energy intakes have been less than 75% for the last month
- Daily weights, daily BMP, and Ensure 2x daily ordered
- Patient consuming Ensure and weight is remaining stable at this time.

Ensure the treatment plan is as intense as the diagnosis is severe

What is missing from progress note?

Treatments/Interventions

- Nutritional supplements 2-3 times per day
- Daily weights and calorie counts
- Appetite stimulant
- Monitor labs including electrolytes, phosphate and potassium
- Parenteral or Enteral nutrition

Response to treatment

- Compliance with nutritional supplement
- Weight stable
- Labs stable/improving
- Response to appetite stimulant
- Plan continues at discharge

Provider Note Must Include:

1. The Malnutrition Diagnosis documented by the Provider **and** added to the Problem list
2. Include the supportive clinical indicators from RD Clinical Assessment (at least 2)
3. Include plan for treatment **and** response to treatment
4. Continue/Include documentation into the discharge summary
5. Include post-discharge treatment (ie.. Patient is to continue with nutritional supplement 2x day)

**** Did you document in your assessment "Well developed and well nourished?" If you did, documentation is inconsistent and needs to be addressed. Make sure physical exam correlates with a malnourished patient.**