El Camino College
Nursing 60B
Adult Nutritional Assessment

General Guidelines:

1. This nutritional assessment is to be typed on the form provided in the syllabus**.** The template for typing is in the TOP lab or on the course website.
2. This assignment is a required non optional assignment. Failure to submit this assignment will result in failure of the theory portion of the course. No late papers will be accepted. The nutritional assessment constitutes 4% of your grade. The subject of this assessment will be one of the patients you have cared for in the clinical setting.
3. The nutritional assessment is due to your clinical instructor as stated on the theory calendar.
4. There are sample papers in the resource room of the library.
5. Look at your patient's 24 hour diet history nad determine if they are eeating a nutritionally balanced diet according to the Food Guide Pyramid. Look at the percentage of meal intake while hospitalized.
6. Be sure to carefully research your patient's medical diagnosis and medications. You need to recognize the impact of the medical diagnosis and medications (if any) on their nutritional status. This should be discussed in your summary and conclusions section.
7. Look at your patient's anthropometric measurements and compare them to norms.
8. Look at your physical assessment data and compare it to norms.
9. The most important part of your assessment is the summary and conclusions section. Make sure that you draw conclusions as to whether your patient is meeting their ingestive need. Do not simply list data.
10. Turn in your grading sheet with your paper.

Reading assignment

Dudek, Susan Nutrition Essentials for Nursing Practice, 4th edition, 2001 Chapters 9, 13, and 14.

Grading Criteria

Total points available are 100. These points are distributed as follows.

History	10 points
Physical assessment	10 points
Anthropometric data	10 points
Lab data	10 points
Summary and Conclusions	10 points
Presentation	10 points
Grand total	100 points

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Clients Initials_____   **Age**_____
Dates of Care_____   **Sex**_____
Ethnicity_____   **Education/Occupation**_____
Health Status_____   **Religion**_____
Affiliative_____

History

In the last six months to twelve months:

Have you experienced any changes in weight? _____

Has your appetite or dietary habits changed? _____

Do you have any difficulty in feeding self, eating chewing or swallowing?

_____

Have you experience any nausea, vomiting or diarrhea? _____

What is your food likes or dislikes? _____

Do you eat alone or with a family group? _____

Do you take any vitamins or supplements? (Liquid diets)_____

Do you follow a particular diet? _____

Do you have any especially strong cravings? _____

Do you have any familial risk factors such as obesity, high cholesterol, diabetes, mellitus,

hypertension, coronary artery disease, cerebrovascular accident or cancer? _____

What nutritional concerns would you like to discuss?

_____

Twenty – four hour diet history – (A typical day at home):

Food eaten	Amount	Method of Preparation	Where eaten

Medical Diagnosis – List all the model medical diagnosis. (Some diseases may contribute to weight gain or weight loss. An example would be hypothyroidism, which causes a decreased metabolic rate.)

_____
_____
_____

Medications – List all medications. (Some medications may contribute to weight gain or weight loss. An example would be steroids, which contribute to weight gain.)

_____
_____
_____
_____
_____

Physical Assessment

Height_____ feet and inches / cm
Weight _____ lb/ kg

General Appearance _____
Skin_____
Nails_____
Hair_____
Eyes_____
Mouth_____
Head and Neck_____
Heart and Peripheral Vasculature_____
Abdomen_____
Musculoskelotal System_____
Neurological System_____
Female Menstrual Cycle_____

Anthropometrics Measurements

Triceps Skin-fold (TSF) _____mm

Mid-Arm Circumference (MAC) _____cm

Mid-Arm Muscle Circumference _____cm

MAMC (cm) = MAC (cm) - [3.14 x TSF (cm)]   = _____cm

The TSF is measures in mm. You will need to convert the TSF from mm to cm in order to calculate MAMC.

Body Mass Index (BMI) (use normogram) _____

Body shape (Pear, Apple or Normal)_____

Laboratory Data

Hematocrit (HCT) _____%

Hemoglobin (HGB) _____%

Cholesterol _____ mg/dl

HDL _____ mg/dl

LDL _____ mg/dl

Triglycerides _____ mg/dl

TIBC _____ mg/dl

Iron _____ mg/dl

Albumin _____ g/dl

Total Protein _____ g/ dl

Glucose _____ mg/ dl

Summary and Conclusions

Analyze your clients' food intake using the food guide pyramid. Discuss how their medical diagnosis impacts their nutrition. Discuss how their medications affect their nutritional status. Highlight any abnormal findings in your history, physical assessment, anthropometrics data or your laboratory findings. Explain the abnormal data as it relates to your patients medical diagnosis and medications. Summarize your conclusions regarding your patient's overall nutritional status. Is your patient meeting their ingestive need?

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Nutritional Analysis Grading Sheet

	Possible Points	Actual Points
History	10	_____
Physical Assessment	10	_____
Anthropometric Data	10	_____
Lab Data	10	_____
Summary and Conclusions	50	_____
Presentation	10	_____
Grand Total		_____

Comments_____

_____

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