

Nutrition Assessment Sample

Food/Nutrition Related History

Meal intake 50% - 75% at most meals, doesn't eat supper often.
Standard LTC diet, Minced texture, Regular fluids.
Prefers small meals.
Nursing reports skips dinner frequently.
Some reports of prolonged swallow, coughing after some bites at lunch.
MOS initiated.
Needs encouragement at meals.

Anthropometrics

BMI 22.8
Weight loss, non-significant of 2.1 kg in 3/12
Current BW 56.1 kg
Height 157 cm
UBW - 60-61 kg (last year)

Biochemical

Na 142
K 4.8
Cl 108
Urea 20.5 **
Cr 81
eGFR 50 **
FBG 7.8 **
A1C 10.1% **
Uric Acid 260
Fe 9 *
B12 252
TSH 1.78
** = High, * = Low

Nutrition Focused Physical Findings

Mild/moderate fat and muscle wasting in clavicle, upper arms, no edema noted, sarcopenia.
Maintains ability to walk with a 4ww. Enjoys sitting/resting, doesn't typically walk besides to meal times and activities.

Client History

Family supportive, used to comes at meals to provide assistance but no longer allowed at meal times.
No food avoidances.
No religious preferences/beliefs affecting intake.

It Done Nutrition Guide

JG Myers



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