

For access to more information on copy and paste guidelines and CE certification please go to the following resource, The Legal Health Record: Copy and Paste Guidelines, Webinar, Nov 17, 2009, American Health Information Management Association.⁸

References:

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What 's new in Nutrition?

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Nutrition is an integral part of the healing process. The role of nutrition in healing is often underappreciated and the service of dietician/ nutrition specialists underutilized. This brief review provides information about useful resources, intended to guide clinical evaluation and treatment of malnutrition. Even though the calorie and protein requirements, during illness are increased, appetite and dietary intake is often decreased. Malnutrition has been defined by American Society of Parenteral and Enteral Nutrition (ASPEN) and the Academy of Nutrition and Dietetics (AND) to aid early recognition and intervention in malnourished subjects.

Etiology based categorization of malnutrition is widely accepted. Such categorization aids evaluation of severity and allows appropriate intervention. It is now understood that timely interventions in hospitalized patients to improve nutritional status, or to prevent malnutrition, can improve outcomes and decrease healthcare costs.

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It should be noted that current defining criteria for malnourishment do not include lab markers like albumin and prealbumin as levels of these acute phase reactants, do not correspond well with the nutritional status of the patient.

It is recommended that malnutrition be diagnosed if two or more of the following six characteristics are present.

1. Insufficient energy intake
2. Weight loss
3. Loss of muscle mass
4. Loss of subcutaneous fat
5. Fluid accumulation that may mask weight loss
6. Decreased functional status as measured by hand grip strength

The use of these characteristics to diagnose and evaluate severity of malnutrition has been discussed in great detail in the suggested readings.

Suggested readings:

- White, Jane V, Guenter, P, Jensen, GL, Malone,A, Schofield,M, the Academy Malnutrition Work Group, the A.S.P.E.N Malnutrition Task Force, and the A.S.P.E.N. board of Directors. JPEN J Parenter enteral Nutr. 2010;36(3): 275-283.
 - Jensen GL, Mirtallo J, Compher C, et al. Adult starvation and disease-related malnutrition: a rational approach for etiology-based diagnosis in the clinical practice setting from the International consensus guideline Committee. JPEN J Parenter enteral Nutr. 2010;34:156-159.
 - Fuhrman MP, Charney P, Mueller CM. Hepatic protein and nutrition assessment. J AM Diet Assoc. 2004;104:1258-1264.
 - Rosenbaum K, Wang J, Pierson RN, Kotler DP. Time –dependent variation in weight and body composition in healthy adults. JPEN J Parenter Enteral Nutr. 2000;24:52-55.
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