

**Taking Charge: Good Medical Care for the Elderly  
and How to Get It**

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**APPENDIX N**

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## Appendix N

### Monitoring Nutritional Status and Managing Protein/Energy Malnutrition

Use this checklist to help you monitor for protein/energy malnutrition.  
(Check all that apply)

<i>Indicator</i>	<i>Action</i>
<ul style="list-style-type: none"> <li>— Resident has 5% involuntary weight loss in 30 days, or</li> <li>— Resident has 10% involuntary weight loss in 180 days or less, or BMI is <math>\leq 21</math> or less (703 x weight in lbs/height in inches), or</li> <li>— Resident leaves 25% or more food on tray in last seven days</li> </ul>	<p>Monitor weight weekly; encourage increased intake</p>
<p><b>In addition to action taken above</b></p> <ul style="list-style-type: none"> <li>— Serum albumin &lt;3.4g/dL</li> <li>— Cholesterol &lt;160 mg/dL</li> <li>— Hgb &lt;12 g/dL</li> <li>— Serum transferrin &lt;180</li> </ul>	<p><b>Evaluate laboratory tests</b></p>
<p><b>Conditions resident has</b></p> <ul style="list-style-type: none"> <li>— Takes medications other than multivitamins/minerals</li> <li>— Takes more than three (3) medications daily</li> <li>— Experiences symptoms of depression/anxiety</li> <li>— Experienced infection (UTI, URI, pneumonia, GI) in last seven days</li> <li>— Experienced fecal impaction in last seven days</li> <li>— Undergoing tube feeding</li> <li>— Experiencing functional ADL decline</li> </ul>	<p>Consult with pharmacist</p> <p>Ask for assessment</p> <p>Begin laboratory tests (urinalysis for infection); review lab work from last 30 days</p> <p>Implement bowel program</p> <p>Contact dietitian for assessment</p> <p>Consider occupational or physical therapy assessment</p>

This batch didn't always make sense, so I tried to fix it to read logically.

Please correct if I have gotten it wrong.

## Appendices

<i>Indicator</i>	<i>Action</i>
— Experiencing difficulty swallowing	Contact speech therapist for assessment and dietician for review of diet for consistency, texture
— Developed pressure ulcer in low-risk patient	Begin skin care program
— Presence of fever (2° above baseline)	Report to director of nursing, physician
— Presence of diarrhea	
— Presence of constipation	
— Presence of vomiting, nausea	
— Presence of dentition problem (ill-fitting dentures, missing teeth, bleeding gums)	Consult dentist