

**Nutrition Assessment and Monitoring**  
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**Learning Objectives**

1. Identify the components of a nutrition assessment.
2. Discuss evidence-based recommendations for determining energy needs.
3. Evaluate clinical tools for monitoring nutrition interventions and outcomes.

**Outline**

- I. Components of nutrition assessment
  - A. Medical and surgical history
  - B. Nutrient intake and weight history
  - C. Physical examination
  - D. Laboratory data
  - E. Functional status
- II. Subjective global assessment
  - A. Nutrition-related history
  - B. Physical examination
  - C. Functional status
- III. Assessment of nutrient requirements
  - A. Energy expenditure
    - a. Measured
    - b. Estimated
  - B. Measured and estimated protein requirements
  - C. Non-nutrition support sources of energy and protein
- VI. Putting all the pieces together in to a nutrition care plan

**Self-Assessment Questions**

1. Which of the following is an integral part of the nutrition assessment process?
  - A. Laboratory values
  - B. Indirect calorimetry
  - C. Critical thinking skills
  - D. Algorithms for decision making
2. Which of the following is true concerning interpretation of hepatic proteins in critically ill patients?
  - A. Hypoalbuminemia is indicative of protein-calorie malnutrition
  - B. Prealbumin is a positive acute phase response protein
  - C. Transferrin is preferred over other hepatic proteins as an indicator of malnutrition
  - D. Albumin, prealbumin, and transferrin decrease during the inflammatory process
3. Which of the following would **not** be included in the subjective global assessment?
  - A. Degree of sacral edema
  - B. Creatinine height index
  - C. Diarrhea persisting > 2 weeks
  - D. Weight changes

1-C; 2-D; 3-B

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