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 into 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

References
1. American Dietetic Association Evidence Analysis Library. www.adaevidencelibrary.org


