

**Approach to Adult Patient Unable to Maintain Nutrition  
Checklist for Global Assessment**

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date of Birth

**Check each factor considered/addressed**

**Parameters of Nutritional Status**

- Weight Change
- Body Mass Index
- Lab Tests: albumin, prealbumin, cholesterol, lymphocyte count
- Hydration Status (skin turgor, heart rate, BUN/creatinine)
- Urine Output
- Other: \_\_\_\_\_

Comments about above factors: \_\_\_\_\_  
\_\_\_\_\_

**Factors that Impede Ability to Take in Food**

- Physical Limitations
- Pain
- Visual Problems
- Chewing Problems: mouth, teeth, dentures
- Swallowing Problems: cough after/while eating, holding bolus, pocketing, position while eating or being fed
- Nausea/Vomiting
- Constipation
- Candidiasis
- Shortness of Breath
- Dementia, Depression, Anxiety
- Communication Problems
- Neurological Conditions
- Other: \_\_\_\_\_

Comments about above factors: \_\_\_\_\_  
\_\_\_\_\_

**Medical Assessment**

- Stage of Illness : advanced or end stage illness
- ADL Score (please refer to Appendix G for Clinical Frailty Scale): current \_\_\_\_\_
- ADL Score: 1 month prior to admission \_\_\_\_\_
- Constipation/Fecal Impaction
- Other: \_\_\_\_\_

Comments about above factors: \_\_\_\_\_  
\_\_\_\_\_

**Potential Problem Medications**

- Sedatives: lorazepam, clonazepam, etc.
- Antipsychotics: risperidone, quetiapine, aripiprazole, etc.
- Cholinergics for Alzheimer's and other dementias: donepezil, galantamine, rivastigmine
- Anticholinergics: tolterodine, oxybutynin chloride
- GI irritants or anorexigencis: NSAIDs, COX IIs, bisphosphonates, opioids, digoxin, theophylline, antibiotics, iron, calcium, memantine, SSRIs
- Other: \_\_\_\_\_

Comments about medications: \_\_\_\_\_  
\_\_\_\_\_

**Correctable Conditions Identified and Acted Upon and Additional Comments:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Evaluating Clinician:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Initials

\_\_\_\_\_  
Date