

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

\_\_\_\_\_  
Patient/Resident 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: current \_\_\_\_\_
- ADL score: 1 month prior to admission \_\_\_\_\_
- Constipation/fecal impaction
- Other: \_\_\_\_\_

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

**Potential Problem Medications**

- Sedatives such as lorazepam; clonazepam
- Major tranquilizers such as aripiprazole, risperidone
- Anticholinergics such as tolterodine, oxybutynin chloride
- GI irritants or anorexigenics: NSAIDs, COX IIs, bisphosphonates, opioids, digoxin, theophylline, antibiotics, iron, calcium
- Cholinergics for Alzheimer's and other dementias: donepezil, galantamine, rivastigmine)
- Other: \_\_\_\_\_

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

**Additional Comments:**

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

**Evaluating Clinician:** \_\_\_\_\_

Name

Initials

Date