

**NUTRITION & IMMUNE STATUS**

Physical assessment of common markers of malnutrition, maldigestion, malabsorption, hypermetabolic stress syndrome and protein calorie malnutrition. Exam to be conducted by a healthcare professional.

**General Appearance:**

- Undernourished, skinny (especially the temporal muscles)

**Hair:**

- Dull, dry
- Thin, fine, straight
- Easily plucked
- Areas of lighter or darker spots
- Hair loss

**Face:**

- Pale complexion
- Generalized swelling
- Dark areas on cheeks
- Dark circles under eyes
- Lumpy or flaky skin around the nose and mouth
- Enlarged parotid glands

**Eyes:**

- Difficulty adjusting to the dark
- Dull appearance
- Dry and either pale or red membranes
- Triangular, shiny gray spots on conjunctivas
- Red and fissured eyelid corners
- Bloodshot ring around cornea

**Lips:**

- Red and swollen, especially at corners
- Cheilosis (fissures and chapping of lips)

**Tongue:**

- Swollen
- Purple and raw-looking with sores and abnormal papillae

**Teeth:**

- Missing, or emerging abnormally
- Visible cavities or dark spots
- Bleeding gums

**Nails:**

- Spoon-shaped
- Brittle
- Ridged

**Neck:**

- Swollen thyroid gland

**Skin:**

- Dry, flaky
- Swollen, with lighter and darker spots, some resembling bruises
- Tight and drawn, with poor turgor (elasticity)
- Dermatitis
- Retarded wound healing
- Skin lesions

**Smell and Taste:**

- Partial loss of taste
- Partial loss of smell

**Musculoskeletal System:**

- Muscle wasting
- Muscle weakness
- Muscle atrophy
- Knock-knee or bowlegs
- Bumps on ribs
- Swollen joints
- Musculoskeletal hemorrhages
- Stunted growth, loss of height
- Dowager's hump
- Tetany (muscle twitches and/or cramps)

**Cardiovascular System:**

- Heart rate above 100 beats/minute
- Arrhythmias
- Elevated blood pressure

**Abdomen:**

- Enlarged liver and spleen

**Reproductive System:**

- Decreased libido
- Amenorrhea
- Retarded development of the reproductive system

**Nervous System:**

- Irritability
- Mental confusion
- Abnormal behavior
- Depression
- Paresthesias (tingling) in hands and feet
- Loss of proprioception (unable to maintain balance with eyes closed)
- Decreased ankle and knee reflexes
- Paralysis (no spinal cord injury)
- Tremor

**Consider blood deficiency (pernicious anemia) with the following clinical picture:**

- Considerable weight loss without apparent cause
- Burning tongue
- General weakness, malaise and fatigue
- Numbness and tingling in the extremities
- Alternating constipation and diarrhea
- Abdominal pain
- Nausea and vomiting
- Bleeding gums
- Ataxia (incoordination and irregularity of voluntary, purposeful movements)
- Diplopia (double vision) and blurred vision
- Irritability
- Headache

**Ethnic Background:**

- White (non-Hispanic origin)
- Hispanic
- African American
- Asian
- Pacific Islander
- Native North American
- East Indian

# Health Appraisal Graph

NAME \_\_\_\_\_ INITIAL TEST DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ RETEST DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

Category	Initial Test Score					Retest Score						
	1	2	3	4	5	1	2	3	4	5		
<b>I</b> Gastrointestinal (GI)	A. Gastric Function	56	72	80	72	56	72	80	72	56		
	B. GI Inflammation	44	56	64	58	44	56	64	58	44		
	C. Small Intestine & Pancreas	32	40	48	44	32	40	48	44	32		
	D. Colon	20	24	32	30	20	24	32	30	20		
<b>II</b> Liver/GB	Hepatobiliary Function		120	94	68	42	120	94	68	42		
	<b>III</b> Endocrine		A. Thyroid	120	98	76	54	120	98	76	54	
		B. Adrenal	96	72	48	24	96	72	48	24		
<b>IV</b> Glucose Regulation	A. Dysglycemia-L	128	102	76	50	24	128	102	76	50		
	B. Dysglycemia-E	80	66	52	38	24	80	66	52	38		
<b>V</b> Cardio-vascular	A. Heart	56	45	34	23	12	56	45	34	23		
	B. Circulation	96	72	48	24	16	96	72	48	24		
<b>VI</b> Mood	A. Depression	72	59	46	33	20	72	59	46	33		
	B. Anxiety	112	89	66	43	20	112	89	66	43		
	C. Anger	64	51	38	25	12	64	51	38	25		
<b>VII</b> Immune	Eyes, Ears, Nose, Throat & Lungs		248	200	160	120	100	248	200	160	120	
	<b>VIII</b> Uro-logical	Kidney & Bladder		96	80	64	48	32	96	80	64	48
		<b>IX</b> Musculoskeletal	A. Bone Integrity	72	56	40	24	8	72	56	40	24
B. Connective Tissue			104	80	56	32	8	104	80	56	32	
C. Muscle & Nerves	112		88	64	40	16	112	88	64	40		
<b>X</b> CNS & Brain	A. Central Nervous System	128	100	72	44	16	128	100	72	44		
	B. Cognition	72	62	52	42	32	72	62	52	42		
<b>XI</b> Male	Prostate Health		64	50	36	22	8	64	50	36	22	
<b>XII</b> Female	A. Premenstrual Balance	176	142	108	74	40	176	142	108	74		
	B. Menstruation	80	64	48	32	16	80	64	48	32		
	C. Reproductive Tissue Inflammation	76	60	44	28	12	76	60	44	28		
	D. Hormone Balance	144	116	88	60	32	144	116	88	60		
	E. Ovarian Function	88	74	60	46	32	88	74	60	46		
F. Estrogen/ Progesterone Decline	120	96	72	48	24	120	96	72	48			

**HIGH PRIORITY**

**MODERATE PRIORITY**

**LOW PRIORITY**

Initial Test Score

Retest Score