

## ASPEN/AND Malnutrition Diagnosis Guide\* ( $\geq 2$ indicators should be present)

Inflammation	Marked Response		Mild to Moderate		Not Present	
Clinical Characteristics	Acute Disease/Injury		Chronic Disease Related		Starvation Related	
	Non-Severe (Moderate) Malnutrition	Severe Malnutrition	Non-Severe (Moderate) Malnutrition	Severe Malnutrition	Non-Severe (Moderate) Malnutrition	Severe Malnutrition
<i>Work with the patient's physician to create the billable diagnosis of malnutrition. Conservatively, ICD-9 263.9 -Unspecified Protein-Calorie Malnutrition, would be appropriate for any of the above. More specific malnutrition diagnoses may be considered with improved proficiency.</i>						
<b>(1) Energy Intake</b>	<75% for >7 days	<50% for $\geq 5$ days	<75% for $\geq 1$ month	<75% for $\geq 1$ month	<75% for $\geq 3$ months	<50% for $\geq 1$ month
<i>Malnutrition is the result of inadequate food and nutrient intake or assimilation; thus, recent intake compared to estimated requirements is a primary criterion defining malnutrition. The clinician may obtain or review the food and nutrition history, estimate optimum energy needs, compare them with estimates of energy consumed and report inadequate intake as a % of estimated energy requirements over time.</i>						
<b>(2) Interpretation of Weight Loss</b>	1-2% in 1 wk; 5% in 1 mo; 7.5% in 3 mos	>2% in 1 wk; >5% in mo; >7.5% in 3 mos	5% in 1 month; 7.5% in 3 mos; 10% in 6 mos; 20% in 1 year	>5% in 1 mo; >7.5% in 3 mos; >10% in 6 mos; >20% in 1 year	5% in 1 month; 7.5% in 3 mos; 10% in 6 mos; 20% in 1 year	>5% in 1 month; >7.5% in 3 mos; >10% in 6 mos; >20% in 1 year
<i>The clinician may evaluate the weight in light of other clinical findings including the presence of under- or over- hydration. The clinician may assess weight change over time reported as a % of weight lost from baseline.</i>						
<b>(3) Body Fat loss</b>	Mild	Moderate	Mild	Severe	Mild	Severe
<i>Loss of subcutaneous fat (eg, orbital, triceps, fat, overlying the ribs).</i>						
<b>(4) Muscle Mass loss</b>	Mild	Moderate	Mild	Severe	Mild	Severe
<i>Muscle loss (eg, wasting of the temples; clavicles; shoulders, interosseous muscles; scapula; thigh and calf).</i>						
<b>(5) Fluid Accumulation</b>	Mild	Moderate to Severe	Mild	Severe	Mild	Severe
<i>The clinician may evaluate generalized or localized fluid accumulation evident on exam (extremities; vulvar/scrotal edema or ascites) Weight loss is often masked by generalized fluid retention (edema) and weight gain may be observed.</i>						
<b>(6) Reduced Grip Strength</b>	N/A	Measurably Reduced	N/A	Measurably Reduced	N/A	Measurably Reduced
<i>Consult normative standards supplied by the manufacturer of the measurement device.</i>						

\* Consensus Statement of the Academy of Nutrition and Dietetics/American Society for Parenteral and Enteral Nutrition: Characteristics Recommended for the Identification of Adult Malnutrition (Undernutrition). JADA. May 2012; 112(5):730-738.