Best of Basics in Clinical Nutrition – Dietitians Pocket Book

A. Nutrition Care Process

I. Nutrition Screening

II. Nutrition Assessment

i. Anthropometry

a. Height

b. Height in bedridden patients

c. Weight

i. Ideal body weight (IBW)

ii. Usual body weight (UBW)

iii. Percentage weight loss

iv. Adjusted body weight (ABW)

v. Adjusted body weight for obese (ABW)

vi. Weight used to calculate Calorie requirements

vii. Amputees: Ideal Body Weight

viii. Paraplegics and Quadriplegics

ix. Guidelines for estimating fluid weight (kg) in CLD

d. Body Mass Index (BMI)

e. Body Fat Percentage

f. Lean Body Mass

g. Waist Circumference

h. Waist-Hip ratio (WHR)

i. Mid Upper Arm Circumference (MUAC)

ii. Assessment of Malnutrition

iii. Clinical Signs and Symptoms of Malnutrition

iv. Co-morbidities (Disease & its relation to nutritional requirements Metabolic Stress)

III. Nutrition Care Plan : Nutrition equations

i. Caloric requirements

a. Harris - Benedict equations

b. Ireton-Jones equations

c. Miffin-St. Jeor Equation – Obese Adult

d. Schofield Equation
e. Curreri formula - For Burns
f. Energy needs – Sickle cell anemia
g. Weight based energy calculations
h. Indirect Calorimetry

ii. Protein requirements

iii. Fat Requirements

iv. Fluid Requirements
a. During Illness
b. Serum Osmolality
c. Factors that alter fluid reuirements
d. Clinical symptoms of excess/deficit fluids

B. Recommended Dietary Allowance (RDA)

C. Guidelines for Enteral Nutrition

D. Guidelines for Parenteral Nutrition

E. Nutritional Guidelines for Ventilator Dependent patients

F. Colostomy or Ileostomy diets

G. Sources of nutrients

H. Fatty acid content of oils

I. Cholesterol content of foods

J. Quick reference – Food & Drug Interaction

K. Short Nutrition Formulary

L. Facts and Formulas commonly used in Nutritional Therapeutics
a. Calorie Value of Macronutrients
b. Weight, Height and Liquid Conversion Factors
c. Conversion Factors for Nutrients
d. Major Mineral Content in various Compounds and Solutions
e. Nutrient Descriptors
f. Nutrition Monitoring: Assessing with Lab values
g. Burning calories with daily activities