

MALNUTRITION INFLAMMATION SCORE

MEDICAL HISTORY / Change if goal dry weight in past 3-6 months

0	1	2	3
<0.5kg	0.5-1.0kg	>1kg but <5%	≥5%

DIETARY INTAKE

0	1	2	3
Good appetite, no deterioration	Sub-optimal solid dietary intake	Moderate overall decrease and/or full liquid diet	Hypo-caloric liquid diet to starvation

GASTROINTESTINAL SYMPTOMS

0	1	2	3
No symptoms w/ good appetite	Mild symptoms, poor appetite, or nauseated occasionally	Occasional vomiting or moderate GI symptoms	Frequent diarrhea or vomiting or severe anorexia

FUNCTIONAL CAPACITY (nutrition-related)

0	1	2	3
Feeling fine – normal to improved functional capacity	Feeling tired frequently – occasional difficulty w/ baseline ambulation	Difficulty w/ otherwise independent ADLs	Bed/chair ridden, little to no physical activity

CO-MORBIDITY

0	1	2	3
On dialysis <1 year and no co-morbidity	Dialyzed 1-4 years, or mild comorbidity (excluding MCC*)	Dialyzed >4 years or moderate comorbidity (including 1 MCC*)	Any severe multiple comorbidity (≥2 MCCs*)

PHYSICAL EXAM / Decreased Fat Stores – triceps, biceps, chest, below the eyes

0	1	2	3
No change	Mild	Moderate	Severe

SIGNS OF MUSCLE WASTING – temple, clavicle, scapula, ribs, quadriceps, knee, interosseous

0	1	2	3
No change	Mild	Moderate	Severe

BODY SIZE / Body Mass Index (BMI)

0	1	2	3
≥20	18-19.9	16-17.99	<16

LABORATORY PARAMETERS / Serum albumin (g/L)

0	1	2	3
≥4.0	3.5-3.9	3.0-3.4	<3.0

SERUM TOTAL IRON BINDING CAPACITY (mg/dL)

0	1	2	3
≥250	200-249	150-199	<150

The sum of all above components added together, 0 means no malnutrition, 30 indicates severe malnutrition. A higher score indicates a more severe degree of malnutrition and inflammation.

SCORE _____

* MCC includes congestive heart failure class III or IV, full blown AIDS, severe coronary artery disease, moderate to severe chronic obstructive pulmonary disease, major neurological sequelae, metastatic malignancy, or recent chemotherapy.

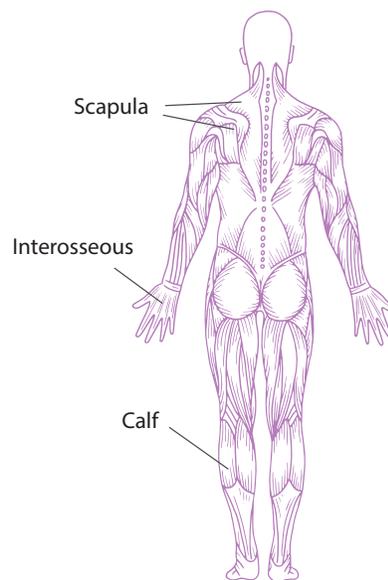
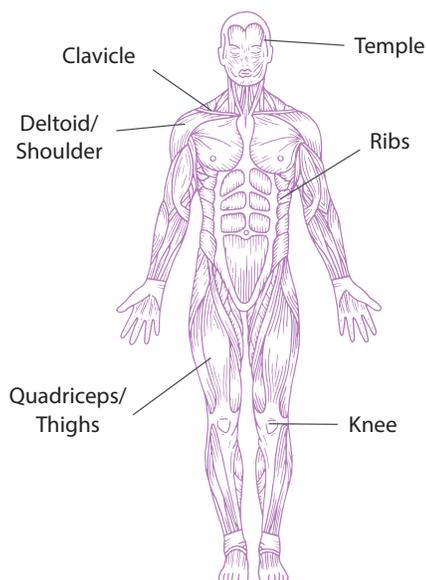
* Continues on back side

MUSCLE WASTING

Physical Examination	Normal	Mild/Moderate	Severe
Temple	Well-defined muscle	Slight depression	Hollowing, depression
Clavicle	Not visible in males; may be visible but not prominent in females	Some protrusion; may not be all the way along	Protruding/prominent bone
Shoulder	Rounded	No square look; acromion process may protrude slightly	Square look; bones prominent
Scapula/ribs	Bones not prominent; no significant depression	Mild depressions or bone may show slightly; not all areas	Bones prominent; significant depression
Quadriceps	Well defined	Depression/atrophy medially	Prominent knee, severe depression medially
Interosseous muscle between thumb and forefinger (back of hand)	Muscle protrudes, could be flat in females	Slightly depressed	Flat or depressed area

FAT STORES

Physical Examination	Normal	Mild/Moderate	Severe
Under the eyes	Slightly bulging area	Somewhat hollow look, slightly dark circles	Hollowed look, depression, dark circles
Triceps	Large space between fingers	Some depth to fat tissue, but not ample. Loose fitting skin.	Very little space between fingers or fingers touch
Ribs, lower back, and sides of trunk	Chest is full; ribs do not show. Slight to no protrusion of the iliac crest.	Ribs obvious, but indentations are not marked. Iliac crest somewhat prominent.	Indentation between ribs obvious. Iliac crest very prominent.



For a visual guide of the physical Assessment please log on login.pcacorp.com/login

PATIENT CARE AMERICA 

3890 Park Central Blvd N.
Pompano Beach, FL 33064
Ph: 866-348-0441
Fax: 888-503-6982
pcacorp.com