

PEDIATRIC NUTRITION FOCUSED PHYSICAL EXAM WORKSHEET

Use this worksheet to identify signs of malnutrition

Patient Name: _____ Patient ID: _____

Anterior sites to assess for muscle and subcutaneous fat loss

Location: Temporalis

- Normal/Well Nourished: Can see/feel muscle, may look flat or bulged
- Mild-Moderate Loss: Slight depression
- Severe Loss: Hollowing/scooping/depression

Notes: _____

Location: Orbital Fat Pad

- Normal/Well Nourished: Slight bulging
- Mild-Moderate Loss: Slight hollowness, dark circles, loose skin
- Severe Loss: Pronounced hollowness/ depression

Notes: _____

Location: Buccal Fat Pad

- Normal/Well Nourished: Full, round cheeks
- Mild-Moderate Loss: Flat cheeks with minimal “bounce” when palpated
- Severe Loss: Hollow, sunken cheeks

Notes: _____

Location: Deltoid

- Normal/Well Nourished: Rounded shoulder, curves at shoulder/neck
- Mild-Moderate Loss: Acromion may slightly protrude, some shoulder angling
- Severe Loss: Squared shoulders, bones and acromion process protrusion prominent

Notes: _____

Location: Pectoralis Major

- Normal/Well Nourished: Not prominent, bone not visible (males)
- Mild-Moderate Loss: Some protrusion, bone visible
- Severe Loss: Protruding, prominent bone

Notes: _____

Location: Quadriceps

- Normal/Well Nourished: No loss – muscles protrude, bones not visible
- Mild-Moderate Loss: Mild depression of inner thigh
- Severe Loss: Inner line/depression along thigh, thin

Notes: _____

■ Muscle wasting ■ Fat loss ■ Anthropometrics

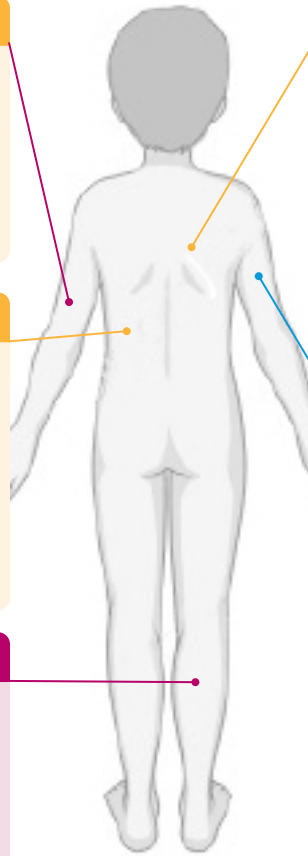
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Micronutrient Review / Assessment

Assessment Area	Physical Signs	Possible Nutrient Deficiency	Does dietary recall suggest that intake of nutrient is low or absorption is compromised?		If physical sign is present and intake may be low or absorption limited, consider nutrient labs. <i>Note: Labs should be interpreted along with C-reactive protein as inflammation may alter lab values</i>	
			Yes	No	Below Ref Range	Within Normal Range
Skin	<input type="checkbox"/> Paleness: pallor	Iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Poor, delayed wound healing	Protein, Zinc, Vitamins A & C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair	<input type="checkbox"/> Easily Plucked, Thinness, Lackluster	Protein, Essential Fatty Acid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Corkscrew hair (due to follicular hyperkeratosis)	Vitamin C (Scurvy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nails	<input type="checkbox"/> Koilonychia: thin, concave nails, raised edges (spoon shaped)	Iron, Protein, Anemia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Mottled, pale, poor blanching	Vitamins A & C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eyes	<input type="checkbox"/> Pale conjunctiva	B6, Folate, B12, Iron, Copper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Bitot's spots (white or grey spots on conjunctiva)	Vitamin A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lips and Tongue	<input type="checkbox"/> Cheilosis (dry, swollen, or ulcerated lip), Angular stomatitis	Riboflavin, Niacin, B6, Iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Glossitis (inflammation of the tongue) possible magenta color	Riboflavin, B6, Folate, B12, Niacin, Iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PEDIATRIC NUTRITION FOCUSED PHYSICAL EXAM WORKSHEET

Posterior sites to assess for muscle and subcutaneous fat loss



Location: Triceps

- Normal/Well Nourished: Ample fat tissue
- Mild-Moderate Loss: Some fat tissue, not ample
- Severe Loss: Mostly skin, very little space between fingers

Notes: _____

Location: Ribs/Mid Axillary Line

- Normal/Well Nourished: Chest is full, ribs not visible, iliac crest with little to no protrusion
- Mild-Moderate Loss: Ribs visible with mild depressions, iliac crest somewhat prominent
- Severe Loss: Ribs visible with prominent depressions, iliac crest prominent

Notes: _____

Location: Gastrocnemius

- Normal/Well Nourished: Well-rounded, firm, well developed muscle
- Mild-Moderate Loss: Some roundedness, slight firmness
- Severe Loss: Thin with very little definition/firmness

Notes: _____

Also evaluate for signs of:

- Dehydration (skin turgor, capillary refill, etc.)
- Edema
- Functional status (physical function, handgrip dynamometer)

Location: Trapezius, Supraspinatus, Infraspinatus

- Normal/Well Nourished: Bones not prominent, no significant depressions
- Mild-Moderate Loss: Mild depressions, bones may show slightly
- Severe Loss: Prominent bones, depressions easily visible between ribs/scapula/spine/shoulders

Notes: _____

Location: Acromion process to olecranon process

Mid-upper Arm Circumference (MUAC)

Status:

- _____ cm (MUAC screening)
- _____ z-score (refer to table below)



Notes: _____

REFERENCE TABLE FOR Z-SCORE RANGES ON TAPE

Color/Pattern Key	MUAC Z-score Range	Risk Classification	<input type="radio"/>
Solid Orange	2 to 3	Moderate Overnutrition	<input type="radio"/>
Solid Yellow	1 to 2	Mild Overnutrition	<input type="radio"/>
Solid Green	0 to 1	Normal	<input type="radio"/>
Hashed Green	-1 to 0	Normal	<input type="radio"/>
Hashed Yellow	-2 to -1	Mild Undernutrition	<input type="radio"/>
Hashed Orange	-3 to -2	Moderate Undernutrition	<input type="radio"/>
Hashed Red	-4 to -3	Severe Undernutrition	<input type="radio"/>

Nutrition Care Process Checklist

Screening	Assessment	Diagnosis	Intervention	Monitoring and Discharge Plan
<input type="radio"/> Completed Notes: _____	<input type="radio"/> Completed Notes: _____	<input type="radio"/> Completed Notes: _____	<input type="radio"/> Completed Notes: _____	<input type="radio"/> Completed Notes: _____

The pediatric nutrition focused physical exam is a hands-on assessment tool used to identify signs of malnutrition and nutrient deficiencies in children. It helps clinicians detect nutritional issues early and guide targeted interventions to support optimal growth and development.



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References: Mordarski B, Wolff J, editors. Pediatric Nutrition Focused Physical Exam Pocket Guide. Academy of Nutrition and Dietetics; 2015. Green Corkins K. Nutr Clin Pract. 2015;30(2):203-209. DeTallo C, editor. The Practitioner's Guide to Nutrition-Focused Physical Exam of Infants, Children, and Adolescents: An Illustrated Handbook. American Society for Parenteral and Enteral Nutrition; 2019.