

### Case Study 1 answer key

K.S. 20 year old female with a diagnosis of type 1 diabetes, celiac disease, depression and anxiety disorder. Presents to clinic with a decreased appetite related to her depression. Patient has had a weight loss of 11.4 kg over the past 12 months. Patient is not always following a gluten free diet, also has very poorly controlled diabetes with a Ha1c >14%. Per food recall, patient is meeting **less than 75%** of estimated energy needs, patient reports this has been her typical intake over the **past 6 months**.

### **Anthropometrics**

Wt: 43.7 kg / 55.1 kg (UBW) = 21% weight loss in 12 months

Ht: 162.5 cm

BMI: 16.6 kg/m<sup>2</sup>

### **NFPE:**

Orbital Region Signs: **somewhat hollow look**, slightly dark circles.

Anterior Thigh Region: **obviously thin**

Patellar Bone Region: **bones prominent, little sign of muscle around knee**

Clavicle Bone Region: **Some protrusion in clavicle region**

No sign of fluid accumulation

1. What is this patient's percent weight loss over 12 months? **21%**
2. How would you categorize the NFPE findings (mild, moderate, severe?)
  - a. Orbital Region: **moderate**
  - b. Anterior Thigh Region: **severe**
  - c. Patellar Bone Region: **severe**
  - d. Clavicle Bone: **moderate**
3. Write a PES statement for diagnosis of malnutrition

### **Best Answer:**

Severe malnutrition related to Chronic illness ( T1DM and Celiac disease) as evidenced by 21% weight loss over 12 months, intake of less than 75% of estimated needs over 6 months and severe muscle loss. (Meets three criteria for severe – weight loss, intake, severe muscle loss – so moderate would not be correct)

### **Alternative answer:**

Severe malnutrition related to non-inflammatory condition (anxiety and depression) as evidenced by 21% weight loss over 12 months, intake of less than 75% of estimated needs over 6 months and severe muscle loss. (While anxiety and depression are in the non-inflammatory category, the patient does also have a chronic illness that is a likely contributor to malnutrition – would need to justify why this answer was chosen)