Malnutrition Case Study-Picky Eater

JJ is a 3 year 9 month old male admitted to the hospital for dehydration associated with a viral illness. Medical team orders "Consult for Assessment" due to poor oral intake with current illness.

Current Anthropometrics:
Weight: 12.9 kg (z-score -1.69)
Height: 94 cm (z-score -1.6)
BMI: 14.6 kg/m^2 (z-score -1.09)
MUAC: 17.2 cm (z-score 0.84)

Past Medical History: None

History Obtained:
You enter the room and meet with JJ's mother and learn the following:
JJ has been sick with respiratory symptoms the last 10 days. He has been coughing a lot as well as having diarrhea. Therefore, he has only taken a few bites of solid foods over the past 3 days before admission. His mother has been trying to offer liquids like watered down juice and Pedialyte for him to drink, but he hasn't been drinking them either-leading her to bring him to the emergency room because she thought he looked dehydrated. Over the past 10 days since he got sick, mother estimates that he has lost 1 lb. You ask JJ's mother about his eating prior to admission and she tells you that he was a very picky eater. His favorite foods are macaroni & cheese, GoGurt, dry Lucky Charms. She struggles to get him to eat any other foods than these, especially meats, fruits and vegetables. He drinks 24oz 1% milk every day, as well as likes to drink water. His mother also notes that since JJ has been sick he hasn't wanted to go outside and play like he normally does, instead wants to play on his iPad, and he just "looks tired".

Circle applicable criteria below or indicate "N/A" with an X

Criteria	Mild	Moderate	Severe	N/A
Wt-for-lt z-score	-1 to -1.9	-2 to -2.9	-3 to -3.9	
BMI for age z-score	-1 to -1.9	-2 to -2.9	-3 to -3.9	
Length/Ht for Age z-score			-3 or less	
MUAC z-score	-1 to -1.9	-2 to -2.9	-3 to -3.9	
Weight gain velocity (<2 yrs)	<75% of norm	<50% of norm	<25% of norm	
Weight loss (2-20 yrs)	5% UBW	7.5% UBW	10% UBW	
Decline in Lt/Ht z-score	Decline of 1 z-score	Decline of 2 z-scores	Decline of 3 z-scores	
Inadequate nutrition intake	51-75% estimated energy/pro needs	26-50% estimated energy/pro needs	< 25% estimated energy/pro needs	

Does JJ meet criteria for malnutrition?   Yes   No

      Etiology: Acute   Chronic

      Illness: Illness-related   Non-illness related

      Severity: Mild   Moderate   Severe

Write a Malnutrition PES statement: Acute, illness related, mild malnutrition related to current respiratory illness as evidenced by 3% weight loss and intake <25% of estimated goals.