

Malnutrition case study – Teen

DJ is a 15 year-old female presenting to GI clinic for constipation.

Past Medical History: Depression, Anxiety

Anthropometrics:

Ht: 157.5 cm (z-score: -0.67)

Current wt: 45 kg (z-score: -0.9)

BMI: 18.1 kg/m² (z-score: -0.7)

MUAC: 208 mm (3-5th percentile)

UBW: Unsure – mom thinks she may have been 106# at her PMD a month ago. Pt says that she needs to wear a belt now to keep her pants up

History:

She lives with her mother, who lost her job 6 months ago. She stopped taking her anti-depressant medication because her mother could not afford them any longer. She went to her primary doctor a month ago because she was having chest pain, nausea, racing heart. Her doctor admitted her to the hospital overnight for further work-up after an irregular EKG. Pt is not very hungry, always stressed about current situation. Family has had to cut back on groceries. Pt is very tired and sleeps all the time. She appears with dark circles under her eyes and doesn't say much.

Current intake (for last 2 months):

Breakfast: 2 pieces dry toast or will skip
Lunch: Yogurt (if they have it) or will skip
Dinner: 1 package Ramen noodles
No snacks

Typical intake:

Breakfast: 2 pieces toast with peanut butter, 1 cup milk, banana
Lunch: Turkey/cheese sandwich, yogurt, granola bar, 1 cup juice
PM snack: Small bag of chips
Dinner: 1 cup pasta, chicken, ½ cup broccoli, 1 cup milk
Evening: 2 cookies, 1 cup milk

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	x
BMI for age z-score	-1 to -1.9	-2 to -2.9	-3 to -3.9	x
Length/Ht for Age z-score			-3 or less	x
MUAC z-score	-1 to -1.9	-2 to -2.9	-3 to -3.9	x
Weight gain velocity (<2 yrs)	<75% of norm	<50% of norm	<25% of norm	x
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	x
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 for DJ:

Acute, non-illness related, moderate malnutrition related to depression and financial difficulties as evidenced by wt loss of 6.5% and current intake <25% of normal.