## Malnutrition case study – Teen

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

**Past Medical History: Depression, Anxiety**

**Anthropometrics:**

**Ht: 5’2” (z-score: -0.67)**

**Current wt: 99 lbs (z-score: -0.9)**

**BMI: 18.1 kg/m2 (z-score: -0.7)**

**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.**

**Typical intake:**

**Breakfast: 2 pieces toast with peanut butter, 1 cup milk, and 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**

**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**

*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 for DJ:**

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