

REVISITING “The Skeleton”: Malnutrition

Krista M. Clark, MBA, RD, LD, CNSD
Regional Manager
Armstrong Nutrition Management

1. The ADA has created a Malnutrition Workgroup
2. This workgroup was created because there are no standard definitions of malnutrition –
 - a. There are multiple definitions
 - b. There are multiple diagnostic ICD-9 codes
 - c. There are multiple characteristics used to Diagnose malnutrition
 - d. And there is limited evidence based research on this
3. So there thoughts? Wouldn't it be great to have standardized definitions and characteristics and to know the prevalence of malnutrition in our health system, our state, our country, our continent, and the world?
4. Definitions that are being considered and researched are being developed with the ADA in joint collaboration with ASPEN and ESPEN
 - a. Starvation-related malnutrition: Chronic starvation without the evidence of inflammation, which can occur at anytime and at any BMI; Absence of inflammatory disease or injury, and absence of inflammatory indicators
 - i. Ex. Include anorexia, benign esophageal stricture, some fad wt loss diets, and long-term lapse in adherence to post-bariatric surgery nutrition recommendations
 - ii. Starvation – Providing adequate calories and nutrients will improve nutritional status and restore health; Resident management requires resource utilization beyond that needed to care for the resident who is able and willing to consume sufficient nutrients to maintain health
 - b. Chronic Disease-Related Malnutrition: Present of chronic diseases or conditions with inflammation of a mild-moderate degree
 - i. Can occur at any BMI
 - ii. At least one indicator of inflammation must be present (fever, leucocytosis, hyperglycemia, elevated CRP, reduced albumin, and reduced PAB)
 - iii. Organ failure syndromes, such as heart, liver, lung, or kidney; pancreatic cancer and other advanced malignancies, RA, Sarcopenic obesity; Inflammatory Bowel Disease not in acute exacerbation, chronic pancreatitis, some chronic infections, TB, and HIV.
 - c. Acute Disease or Injury-Related Malnutrition: Presence of acute inflammation of a severe degree
 - i. Can occur at any BMI

- ii. At least 2 indicators of acute inflammation must be present (fever, leucocytosis, hyperglycemia, elevated CRP, reduced Alb and PAB
 - iii. These include critical illness, major infections, sepsis, severe burns, severe trauma, closed head injuries, and ARDS/SIRS
- d. ADA is seeking feedback on proposed Malnutrition Diagnosis codes – There will be an upcoming webinar and instructions to get involved in helping to write these definitions.