# Malnutrition

Insufficient or poorly balanced diet (starvation), altered metabolism, or nutrient utilization resulting in changes to the subcellular, cellular, and/or organ function, diminished protein synthesis and/or mass

- Associated risk of morbidity & mortality can be reversed by nutrition support
- Physical Findings
  - cachexia or obesity, edema, dry mucous membranes, sunken eyes
  - scaly skin, decubitus ulcers, poor wound healing, red or bleeding gums
  - bone pain or tenderness, retarded growth (kids)
  - ataxia, nystagmus, fatigue, alopecia, jaundice



## **Physical Findings In Malnutrition**

**A Loxley** 

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