



**Readiness. Knowledge. Network.**

## **Incorporating Nutrition-Focused Physical Exams into Practice Resources**

1. ASPEN <https://www.nutritioncare.org/>
2. The Malnutrition Quality Improvement Initiative (MQii) Toolkit available at: <https://malnutritionquality.org/mqii-toolkit/>
3. Nutrition Focused Physical Exam Pocket Guide, 3rd Ed. (eBook) Beth Mordarski, RDN, LD [https://www.eatrightstore.org/product-type/ebooks/nutrition-focused-physical-exam-pocket-guide-3rd-edition?rdType=archived\\_product&rdInfo=494718e](https://www.eatrightstore.org/product-type/ebooks/nutrition-focused-physical-exam-pocket-guide-3rd-edition?rdType=archived_product&rdInfo=494718e)
4. A.S.P.E.N Nutrition-Focused Physical Exam for Adults: An Illustrated Handbook, 2nd Ed. <https://www.nutritioncare.org/nfpe/>
5. What is the Nutrition Focused Physical Exam <https://www.eatright.org/food/nutrition/healthy-eating/what-is-the-nutrition-focused-physical-exam#:~:text=The%20Nutrition%20Focused%20Physical%20Exam%2C%20or%20NFPE%2C%20is%20a%20physical,you%20meet%20with%20an%20RDN.>
6. Nutrition-Focused Physical Exams - Today's Dietitian Magazine <https://www.todaysdietitian.com/newarchives/0216p36.shtml#.YuAV4TBblrY.twitter>
7. Nutrition-Focused Physical Exam (NFPE): A Beginner's Guide <https://dakotadietitians.com/nutrition-focused-physical-exam/>
8. Hummell, AC, Cummings, M. Role of the nutrition-focused physical examination in identifying malnutrition and its effectiveness. *Nutr Clin Pract.* 2022; 37: 41–49. <https://doi.org/10.1002/ncp.10797>
9. Malnutrition Matters Education Program for Providers <http://www.nutritioncare.org/MalnutritionMatters/>
10. 2012 ASPEN-AND Malnutrition Criteria -ASPEN Consensus Recommendations [https://www.nutritioncare.org/Guidelines\\_and\\_Clinical\\_Resources/Clinical\\_Practice\\_Library/Consensus\\_Recommendations/](https://www.nutritioncare.org/Guidelines_and_Clinical_Resources/Clinical_Practice_Library/Consensus_Recommendations/)



11. Consensus Statement: Academy of Nutrition and Dietetics and American Society for Parenteral and Enteral Nutrition: Characteristics Recommended for the Identification and Documentation of Adult Malnutrition (Undernutrition) <https://dietitiansondemand.com/wp-content/uploads/2017/09/ASPEN-AND-2012-Consensus-Statement-Regarding-Malnutrition-Diagnosis-1.pdf>
12. Definitions Malnutrition [https://www.nutritioncare.org/Guidelines and Clinical Resources/Toolkits/Malnutrition Tool kit/Definitions/](https://www.nutritioncare.org/Guidelines%20and%20Clinical%20Resources/Toolkits/Malnutrition%20Tool%20kit/Definitions/)
13. ASPEN Malnutrition Solution Center <https://www.nutritioncare.org/search.aspx?query=Malnutrition>
14. Which Malnutrition Screening Tool is Best? <https://the geriatric dietitian.com/malnutrition-screening-tool/>
15. How an RDN Can Help with Malnutrition *Contributors: Barbara Gordon, RDN, LD and Esther Ellis, MS, RDN, LDN* <https://www.eatright.org/food/nutrition/healthy-eating/how-an-rdn-can-help-with-malnutrition>