



Nutrient Evaluation

Patient Name: _____

DOB: _____

Skin

- _____ Eccymosis (Bruising larger than 2mm)
- _____ Erythema (Redness) with swelling
- _____ Petachiae / purpura (skin hemorrhages)
- _____ delayed wound healing
- _____ angular stomatitis (skin cracking around the mouth)
- _____ chelosis (swelling and ulceration of the lips)
- _____ perifolliculitis (hair follicles containing blood or pigment)
- _____ flaking scaly dermatitis
- _____ casal's necklace (symmetrical darkening scaly dermatitis, desquamation of sun exposed areas)
- _____ nasolabial seborrheic dermatitis

Gums

- _____ stomatitis, gingivitis (tender, ulcerated, bleeding gums)

Tongue

- _____ atrophy of sublingual papillae
- _____ fissuring and edema
- _____ geographic tongue
- _____ glossitis with papillary inflammation
- _____ glossitis with papillary atrophy
- _____ color - magenta, beefy red, scarlet, pallor
- _____ tender, painful, swollen tongue
- _____ white fur on tongue

Reflexes

- _____ hyporeflexia - biceps (C5-6), triceps (C7-8), Patellar (L2-4)

Hair/scalp

- _____ alopecia (patches of hair loss)

Musculoskeletal

- _____ weakness
- _____ tenderness
- _____ muscle wasting
- _____ Trousseau's sign (carpal tunnel tapping occluding brachial artery)

- Chvostek's (facial nerve tapping)
- Fractures

Conditions

- Alcoholism
- Beriberi (decreased Thiamin, B1)
- Debilitating systemic disease
- Diabetes
- Hyperthyroidism
- Inflammatory bowel disease
- Liver disease
- Low blood pressure
- Malabsorption
- Osteoporosis
- Pellagra (lack of vitamin B3, dermatitis, diarrhea, mental disturbance)
- Periodontal disease
- Renal failure
- Scurvy (vitamin C deficiency, skin spots, spongy gums, bleeding from mucous membranes)
- Severe infection
- Uremia (elevated urea in the blood)

Diagnosis: _____

Other Comments:

Provider Sign. : _____ **Date:** _____