Unintentional Weight Loss

Who is at risk for unexplained weight loss?

Patients who have a Diagnosis of- cancer, renal disease, diabetes, depression, COPD (Chronic Obstructive Pulmonary Disease), malnutrition, infection, Parkinson's Disease, Alzheimer's Disease, dementia, dehydration, constipation, diarrhea, below IBW or BMI <19, chewing or swallowing problems, dysphagia, edentulous, mouth pain, ill-fitting dentures, taste/sensory changes, bedfast, totally dependent for eating, decubitus/pressure ulcer, abnormal lab values associated with malnutrition (serum albumin, plasma transferrin, magnesium, Hct/Hgb (Hemoglobin/Hemocrit, BUN and creatinine ratio, potassium, cholesterol,) medications as diuretics, laxatives, cardiovascular agents

Causes of Weight Loss:

- Refusal- to Eat or Drink, withdrawn (Loner)
- <u>Special Diet</u>- Doesn't Taste Good, Taste Buds Poor-Sweet, Sour, Bitter, Salty, Decreased Taste, Food or Consistency Changes, Food Intolerances, Food Allergies, Total Assistance with Meals, Assistive Devices
- <u>Increased Nutrition</u>- as Decubitus, Alzheimer's Disease (wanderer, talks continuously)
- Poor Hygiene- eyesight, decreased sensory factors, motor coordination
- Slow Eater- meal removed, unpalatable, cold food
- Dementia, Depression, high levels of pain/discomfort
- Medications related to Nutritional Deficiencies

 diuretics, oral
 hypoglycemics, phenothiazines, antineoplastic drugs, psythropic drugs,
 overuse of laxatives or diuretics, cardiac glycosides, antiinflammatory drugs
- <u>Emotional</u> -or Psychological Stress
- <u>Lack of Access</u>- to Culturally Acceptable Foods
- Kidney Disease, Alcohol/Drug Abuse, Cigarette Smoking, Chronic Blood Loss, Sickle Cell Anemia, Hyperthyroidism
- Prolonged Nausea, Vomiting, Diarrhea- treatment ineffective
- End of Life Stage

