**Reflection on Adult and Pediatric NFPE**

**Nutrition Assessment in the Acute Care Setting – Adult NFPE**

 Conducting a nutrition-focused physical exam (NFPE) is important to identify any signs of nutrient deficiencies and malnutrition, so a more accurate diagnosis can be achieved. This was a concept I was familiar with as all the Nutrition Care Pro case studies I’ve done in this Master’s program had a section where we’ve been told to list the NFPE of different patients, be they adults or children.

 This YouTube video does a great job of giving a walkthrough on how a Dietitian conducts an NFPE in an acute care setting. She did a complete head-to-toe examination of the patient; checking for signs of muscle and fat wasting as well as evaluating the hair, nails, mouth and eyes of the patient, to detect signs of potential nutrient deficiencies. Prior to watching this video, I was at a loss of how this assessment starts, so this video really helped me learn about the entire process.

 One thing I really liked about this walkthrough is the little notes they had in the video that explained what the Dietitian was doing throughout the video. For example, she starts off by giving the patient context on their nutrition status and the interventions in place that will help them get better and then starts with taking their dietary assessment and then moves onto the examination. Overall, I learned a lot in this video.

**Nutrition Focused Physical Exam Part 1 & 2 – Pediatric NFPE**

 These lectures are divided into two parts, with the first part being an introduction to what a nutrition-focused physical exam is and how to identify the micronutrient needs of children when conducting this exam and the second part being a case study which shows us how to put this information into clinical practice.

 I learned just how important conducting a NFPE is after watching this lecture. It is true that anthropometrics may not always be available and laboratory values sometimes don’t accurately reflect nutrition status of the patient. Conducting an NFPE helps us identify micronutrient deficiencies earlier so we can plan for interventions and monitor them.

 It was interesting listening to the various pediatric diagnosis and what micronutrient deficiencies were associated with them. One thing I would’ve preferred was that when the lecturer was highlighting physical findings like alopecia or koilonychia, it would’ve been nice to see the pictures pop-up immediately for better understanding. The lecturer did show pictures later of the different conditions though, but not all were present.

 The case study was pretty straightforward and I had no difficulty doing it as the lecturer had discussed the different conditions and associated micronutrient deficiencies with us beforehand. It would’ve been nice to have a more interactive activity but live seminars usually aren’t formatted in that manner, which is understandable.