

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- **Refusal-** to Eat or Drink, withdrawn (Loner)
- **Special Diet-** 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
- **Increased Nutrition-** 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, psychotropic drugs, overuse of laxatives or diuretics, cardiac glycosides, antiinflammatory drugs
- **Emotional** -or Psychological Stress
- **Lack of Access-** 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**

