

Great Resources for the Nutrition-focused Physical Exam:

Books:

McLaren, Donald S, A Colour Atlas and Text of Diet-Related Disorders, 2nd Edition, 1992, Mosby-Year Book Europe Limited (out of print, Amazon)

Medical Dictionaries with pictures

Website: www.nutritionfocusedexam.com

GENERAL APPEARANCE:

Jensen, et al, Adult starvation and disease related malnutrition: A proposal for etiology-based diagnosis in the clinical practice setting from the International Consensus Guideline committee, Clinical Nutrition (2010), 1-3

Jensen, et al, Malnutrition Syndromes: A conundrum vs. Continuum, Journal of Parenteral and Enteral Nutrition. Vol 33, No. 6, November 2009

Soeter and Schols, Advances in understanding and assessing malnutrition, Current Opinion in clinical Nutrition and Metabolic Care 2009, 12:487-494

Aspen definition of malnutrition: Journal of Parental and Enteral Nutrition. Vol. 35, No. 1, January 2011

MOUTH:

Scully and Porter, ABC of Oral Health, Swelling and red, white and pigmented lesions, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1118223/?tool=pubmed>

Mouth Assessment http://en.wikipedia.org/wiki/Mouth_assessment

Laurie Barclay, MD, Common Tongue Conditions in Primary Care Reviewed, Clinical Brief, <http://www.medscape.org/viewarticle/718564>

The Stanford 25, The Tongue in Diagnosis <http://stanford25.wordpress.com/the-tongue-in-diagnosis/>

Mark E Williams, MD, Examining the Ears, Nose and Oral Cavity in the Older Patient, Clinical Review <http://www.medscape.org/viewarticle/556144>

Oral Photographs, http://www.entusa.com/oral_photos.htm

EYES:

Mark E Williams, MD, Examining the Eyes of an Older Person, http://www.medscape.org/viewarticle/547645_print

EARS:

Mark E Williams, MD, Examining the Ears, Nose and Oral Cavity in the Older Patient, Assessing the Ears, <http://www.medscape.org/viewarticle/556144>

SKIN:

Acanthosis Nigricans - www.medscape.com/viewarticle/725631

Kong, etal, Acanthosis Nigricans and Diabetes Risk Factors: Prevalence in Young Persons Seen in Southwestern US Primary Care Practices, Ann Fam Med, Vol 5, No. 3 s0s-2008.

<http://www.annfammed.org/content/5/3/202.full>

American Academy of Dermatology website with pictures, <http://www.aad.org/skin-conditions/dermatology-a-to-z/alopecia>

Skin disease and condition list with pictures, <http://www.skindsight.com/diseaseList.htm>

Xanthoma pictures

http://www.google.com/search?q=xanthomas&hl=en&qscr=1&nord=1&rlz=1T4ADRA_enUS367US370&biw=1384&bih=787&site=webhp&prmd=imvns&tbm=isch&tbo=u&source=univ&sa=X&ei=GYipTtmUHNGLsAK-h4HcDw&sqi=2&ved=0CEkQsAQ

EXTREMITIES:

Mark E Williams, MD, Examining the Fingernails, http://www.medscape.org/viewarticle/571916_2

Lower Extremities, <http://meded.ucsd.edu/clinicalmed/extremities.htm>

Musculo-Skeletal Examination, <http://meded.ucsd.edu/clinicalmed/joints.htm>

Upper Extremities, <http://meded.ucsd.edu/clinicalmed/upper.htm>

November 4, 2011

Huls, A. The University of Kansas Clinical Nutrition Seminar – Assessment using the Nutrition-focused Physical Examination and Laboratory Testing.