

## Technical/Clinical Best Practice 3

### Abbreviated Differential Diagnosis for Under Nutrition and Malnutrition

**Note:** The examples in these lists are not ranked by importance.

#### CAUSES OF UNDER and MALNUTRITION

- Anorectogenic medications
- Chronic constipation
- Co-morbid conditions including inflammatory diseases (e.g. cardio-vascular disease, diabetes mellitus, HIV/AIDS, peripheral vascular disease, and systemic lupus erythematosi.)
- Constipation
- Depression
- Diabetic enteropathy
- Food/drug interactions
- Hypothyroidism
- Inability to obtain and/or prepare meals: lack of access to grocery choices (distance to store, choices in store, access to transportation)
- Inadequate nutrient intake resulting in anorexia. Anorexia can be caused by inflammation, uremic toxicity, impaired gastric emptying, and emotional and/or psychological disorders
- Medications
- Multiple dietary restrictions and confusion of what to eat; palatability
- Nutrient losses during dialysis, especially peritoneal dialysis
- Ostomies (output and absorption issues)
- Periodontal disease, caries, poor denture fit
- Poverty
- Sensory impairment (smell, taste)
- Social constraints (changing insurance, special grocery needs or due to cost of medication)