

Weight loss

Confirm weight loss via chart review, interview with family or caregiver

Loss of ≥ 10 lb (4.5 kg) OR $\geq 5\%$ of baseline weight over 6–12 months is significant

Calculate body mass index (BMI)

A BMI under < 18.5 kg/m² is considered underweight and undernourished

Is weight loss voluntary or involuntary?

Voluntary

Healthy dieting
Anorexia
Bulimia

Involuntary

Are any of the following contributing factors present?

Social isolation
Limited access to food
Poverty
Poor oral health
Age-related physiologic causes (eg, diminished smell, taste, functional capacity, etc)

No

Is appetite increased or decreased?

Decreased

Cancer
Depression or anxiety
Gastrointestinal disease
Infection
Medication side effect
Severe cardiovascular or pulmonary disease
Neurologic disease
Renal dysfunction
Connective tissue disease

Increased

Diabetes
Hyperthyroidism
Malabsorption
Oropharyngeal dysfunction
Increased exercise

Yes

Dietician and/or social worker consultation, increase oral intake, community support services, nutritional supplements, high-energy snacks

Reassess weight in 3 months