Bright HealthCare™

Provider Documentation: Malnutrition
Documentation Tips & Best Practices

Did you know that documenting the severity of malnutrition is essential to complete and accurate coding?

Key elements to document:

- Severity: mild, moderate, or severe
- Unplanned weight loss with clinical details, such as: speed, frequency, amount
- Note the following when present:
  - Inadequate caloric intake
  - Diminished function
  - Complications and sequelae of protein-calorie malnutrition
  - Cachexia
  - Underlying or correlating conditions (i.e., COPD, heart failure, cancer, CKD)

Utilize MEAT (Monitor, Evaluate, Assess, Treat) to specifically address patient conditions:

Monitor	Evaluate	Assess	Treat
Signs Symptoms Disease progression Disease regression	Test results Medication effectiveness Response to treatment Physical exam findings	Test ordered Counseling Record review Discussion	Medication Therapies Referral Other modalities
MEAT Examples: Malnutrition			
Severe protein-calorie malnutrition – Will continue to monitor weight, continue TPN/lipids, and encourage oral intake.	Moderate protein-calorie malnutrition – BMI 16.63; pt has gained weight while on nutritional supplements.	Cachexia – Recommended pt try to increase calorie intake. We discussed nutritional supplementation, including Boost or Ensure.	Severe protein-calorie malnutrition – Due to esophageal cancer and difficulty swallowing for past 2 months. Following with dietician.