

Clinical Assessment Worksheet

Name: _____ Course & Section: _____ Date: _____

I. Identification

- _____ 1. A severe form of protein-energy malnutrition characterized by extreme wasting.
- _____ 2. A type of malnutrition caused mainly by protein deficiency and usually accompanied by edema.
- _____ 3. Enlargement of the thyroid gland due to iodine deficiency.
- _____ 4. Vitamin A deficiency that can affect vision and eye health.
- _____ 5. A disease caused by Vitamin D deficiency that leads to weak or soft bones.

II. True or False

- _____ 1. Clinical assessment is most useful during the advanced stages of nutritional depletion.
- _____ 2. Signs are clinical manifestations reported by the patient.
- _____ 3. Symptoms are observations made by a qualified examiner.
- _____ 4. Clinical assessment requires expensive and sophisticated equipment.
- _____ 5. Clinical assessment can cover many clients in a short time.

III. Multiple Choice

- 1. What is the first step in clinical assessment?
a. Physical examination b. Medical history c. Biochemical test d. Dietary survey
- 2. Which part of the body is commonly examined during physical examination for malnutrition?
a. Skin b. Eyes c. Hair d. All of the above
- 3. Which condition is commonly indicated by koilonychia (spoon nails)?
a. Vitamin A deficiency b. Iron deficiency anemia c. Protein deficiency d. Iodine deficiency
- 4. What vitamin deficiency causes pellagra?
a. Vitamin B1 b. Vitamin B2 c. Vitamin B3 d. Vitamin B12
- 5. Which of the following is a sign of beriberi?
a. Muscle weakness b. Heart enlargement c. Edema d. All of the above

IV. Matching Type

Column A

- 1. _____ Pellagra
- 2. _____ Ariboflavinosis
- 3. _____ Koilonychia
- 4. _____ Beriberi
- 5. _____ Goiter

Column B

- a. Vitamin B2 deficiency
- b. Spoon-shaped nails
- c. Vitamin B3 deficiency
- d. Vitamin B1 deficiency
- e. Iodine deficiency