

## 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