

# DOCUMENTATION REFERENCE CARD

## MALNUTRITION

### *Documentation Considerations*

- Record current calculated BMI
- Document inadequate caloric intake
- Record any loss of muscle mass or subcutaneous fat
- Identify unplanned weight loss >10% body weight (speed/frequency/amount)
- Record diminished function
- Avoid contradictory statements (“well nourished” with BMI  $\leq$ 20)

### *Diagnosis Considerations*

- Assign a code for patient’s BMI **AND** the nutritional status
- Ensure appropriate BMI code for pediatric patients (codes Z68.51 – Z68.54) w/percentile
- Code for severity of malnutrition (codes E40 – E46)
- Select additional diagnoses if malnutrition attributed to specified cause
- Emaciated/emaciation code to cachexia (R64)

### *Additional Considerations*

- Malnutrition in obesity can exist - correlate any rapid weight loss in obese patients
- Document complications and sequelae (short stature, etc.)
- Select additional diagnoses if attributed to specified cause
- Emaciation due to malnutrition = severe protein-calorie malnutrition (E43)
- “Appears” cachectic not synonymous with cachexia

