

NUTRITION FOCUSED PHYSICAL EXAM PREP - EXAM 4 (250 QUESTIONS)

This 250-question practice exam reviews nutrition-focused physical examination techniques and interpretation. Select the single best answer for each question. Use the answer key and explanations after completing the exam. These items are educational and should be interpreted with current clinical standards and the full patient context.

1. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the temporal muscle?
 - A. prominent temporal fullness during this physical examination today
 - B. localized scalp redness during this physical examination today
 - C. symmetric ear position during this physical examination today
 - D. temporal hollowing with reduced bulk during this physical examination today
2. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the clavicle region?
 - A. warm intact skin during this physical examination today
 - B. rounded shoulder contour during this physical examination today
 - C. visible clavicle with loss of pectoral fullness during this physical examination today
 - D. even hair distribution during this physical examination today
3. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the deltoid muscle?
 - A. a squared shoulder contour with reduced deltoid bulk
 - B. equal pupil size during this physical examination today
 - C. a rounded shoulder contour during this physical examination today
 - D. mild nail ridging during this physical examination today
4. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the interosseous muscles?
 - A. dry lips only during this physical examination today
 - B. depression between the thumb and index finger during this physical examination today
 - C. a normal plantar arch during this physical examination today
 - D. fullness over the first dorsal web space during this physical examination today

5. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the thenar muscles?
- A. a smooth nail plate during this physical examination today
 - B. a symmetric jaw line during this physical examination today
 - C. flattening of the thumb pad compared with the other hand
 - D. normal ankle alignment during this physical examination today
6. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the quadriceps?
- A. clear sclera during this physical examination today
 - B. firm calf edema during this physical examination today
 - C. mild tongue coating during this physical examination today
 - D. reduced bulk above the patella compared with expected contour
7. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the gastrocnemius?
- A. a flattened calf contour with decreased muscle definition
 - B. an intact cuticle during this physical examination today
 - C. a rounded calf contour during this physical examination today
 - D. a moist oral mucosa during this physical examination today
8. During a nutrition-focused physical examination, which finding is most consistent with possible muscle loss at the scapular region?
- A. mild facial flushing during this physical examination today
 - B. equal grip strength during this physical examination today
 - C. prominent scapulae with reduced surrounding muscle fullness during this physical examination today
 - D. smooth scapular contour during this physical examination today
9. During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the orbital fat pads?
- A. mild eyelid redness during this physical examination today
 - B. a rounded chin during this physical examination today
 - C. scalp dandruff during this physical examination today
 - D. hollowed appearance below the eyes during this physical examination today

- 10.** During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the triceps skinfold?
- A. increased elbow flexibility during this physical examination today
 - B. markedly reduced subcutaneous tissue at the posterior arm
 - C. a healed skin abrasion during this physical examination today
 - D. equal radial pulses during this physical examination today
- 11.** During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the ribs and chest?
- A. equal shoulder height during this physical examination today
 - B. prominent ribs with reduced chest wall soft tissue
 - C. normal breath sounds during this physical examination today
 - D. mild hair dryness during this physical examination today
- 12.** During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the buccal fat pads?
- A. a smooth tongue during this physical examination today
 - B. normal ear alignment during this physical examination today
 - C. mild lip dryness during this physical examination today
 - D. sunken cheeks with reduced facial fullness during this physical examination today
- 13.** During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the upper-arm fat?
- A. a warm hand during this physical examination today
 - B. a rounded fingernail during this physical examination today
 - C. minimal pinchable tissue at the posterior upper arm
 - D. a normal elbow angle during this physical examination today
- 14.** During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the mid-axillary area?
- A. reduced soft tissue over the lateral rib cage
 - B. intact axillary hair during this physical examination today
 - C. clear conjunctiva during this physical examination today
 - D. normal wrist motion during this physical examination today

- 15.** During a nutrition-focused physical examination, which finding is most consistent with possible fat loss at the sacral area?
- A. a dry scalp during this physical examination today
 - B. a clean intact dressing during this physical examination today
 - C. loss of padding over the sacrum in a bedbound patient
 - D. symmetrical pupils during this physical examination today
- 16.** During a nutrition-focused physical examination, which finding is most consistent with fluid accumulation at the pitting edema?
- A. a visible tendon during this physical examination today
 - B. a warm palm during this physical examination today
 - C. a brief skin blanch during this physical examination today
 - D. a persistent indentation after firm pressure over the shin
- 17.** During a nutrition-focused physical examination, which finding is most consistent with fluid accumulation at the bilateral ankle edema?
- A. one small bruise on the forearm during this physical examination today
 - B. symmetric swelling at both ankles with pitting during this physical examination today
 - C. a rounded shoulder during this physical examination today
 - D. a dry tongue during this physical examination today
- 18.** During a nutrition-focused physical examination, which finding is most consistent with fluid accumulation at the periorbital edema?
- A. puffy tissue around both eyes on morning assessment
 - B. temporal hollowing during this physical examination today
 - C. cracked corners of the mouth during this physical examination today
 - D. thin scalp hair during this physical examination today
- 19.** During a nutrition-focused physical examination, which finding is most consistent with fluid accumulation at the ascites screening?
- A. a smooth nail surface during this physical examination today
 - B. dry lips during this physical examination today
 - C. a flat relaxed abdomen during this physical examination today
 - D. progressive abdominal distention with a fluid-wave finding during this physical examination today

- 20.** During a nutrition-focused physical examination, which finding is most consistent with possible dehydration at the skin turgor?
- A. prominent clavicles during this physical examination today
 - B. delayed return of a gently pinched skin fold
 - C. a coated tongue during this physical examination today
 - D. a normal capillary refill during this physical examination today
- 21.** During a nutrition-focused physical examination, which finding is most consistent with possible dehydration at the oral mucosa?
- A. a warm moist palm during this physical examination today
 - B. a rounded calf during this physical examination today
 - C. dry, tacky oral mucosa during this physical examination today
 - D. an intact cuticle during this physical examination today
- 22.** During a nutrition-focused physical examination, which finding is most consistent with possible dehydration at the lips?
- A. dry lips with visible fissuring during this physical examination today
 - B. mild facial fullness during this physical examination today
 - C. a normal toenail curve during this physical examination today
 - D. equal hand size during this physical examination today
- 23.** During a nutrition-focused physical examination, which finding is most consistent with possible dehydration at the tongue?
- A. an intact earlobe during this physical examination today
 - B. a normal pupil response during this physical examination today
 - C. a dry tongue with a sticky surface during this physical examination today
 - D. smooth shoulder contour during this physical examination today
- 24.** During a nutrition-focused physical examination, which finding is most consistent with skin-breakdown risk at the skin integrity?
- A. nonblanchable erythema over a bony prominence during this physical examination today
 - B. a rounded cheek during this physical examination today
 - C. a moist tongue during this physical examination today
 - D. uniformly intact skin during this physical examination today

25. During a nutrition-focused physical examination, which finding is most consistent with skin-breakdown risk at the pressure injury risk?

- A. a smooth nail plate during this physical examination today
- B. a clear sclera during this physical examination today
- C. an even hairline during this physical examination today
- D. reduced padding over a bony area with fragile skin

26. During a nutrition-focused physical examination, which finding is most consistent with a nonspecific finding needing context at the hair texture?

- A. a moist oral mucosa during this physical examination today
- B. dry, brittle hair that breaks easily during this physical examination today
- C. a rounded deltoid during this physical examination today
- D. equal grip strength during this physical examination today

27. During a nutrition-focused physical examination, which finding is most consistent with a nonspecific finding needing context at the hair distribution?

- A. a symmetric knee during this physical examination today
- B. normal tongue moisture during this physical examination today
- C. a single healed scar during this physical examination today
- D. diffuse thinning noted across the scalp during this physical examination today

28. During a nutrition-focused physical examination, which finding is most consistent with a nonspecific finding needing context at the nails?

- A. dry lips during this physical examination today
- B. spoon-shaped nails with central concavity during this physical examination today
- C. a rounded calf during this physical examination today
- D. smooth curved nails during this physical examination today

29. During a nutrition-focused physical examination, which finding is most consistent with a nonspecific finding needing context at the nail beds?

- A. pale nail beds compared with the patient baseline
- B. intact heel skin during this physical examination today
- C. full temporal muscle during this physical examination today
- D. a smooth tongue during this physical examination today

- 30.** During a nutrition-focused physical examination, which finding is most consistent with a finding requiring clinical follow-up at the bruising?
- A. a rounded cheek during this physical examination today
 - B. a normal skin fold during this physical examination today
 - C. new unexplained bruising in several sites during this physical examination today
 - D. a moist mouth during this physical examination today
- 31.** During a nutrition-focused physical examination, which finding is most consistent with an oral finding requiring context at the angular cheilitis?
- A. cracking and soreness at the corners of the mouth
 - B. a rounded shoulder during this physical examination today
 - C. a smooth intact lip border during this physical examination today
 - D. normal scalp hair during this physical examination today
- 32.** During a nutrition-focused physical examination, which finding is most consistent with an oral finding requiring context at the glossitis?
- A. full triceps tissue during this physical examination today
 - B. a normal ankle contour during this physical examination today
 - C. a smooth, sore, reddened tongue during this physical examination today
 - D. a dry scalp during this physical examination today
- 33.** During a nutrition-focused physical examination, which finding is most consistent with an oral finding requiring context at the gingiva?
- A. an intact nail plate during this physical examination today
 - B. a warm foot during this physical examination today
 - C. a normal shoulder contour during this physical examination today
 - D. bleeding or swollen gums on routine observation during this physical examination today
- 34.** During a nutrition-focused physical examination, which finding is most consistent with a functional nutrition barrier at the dentition?
- A. a symmetric jaw shape during this physical examination today
 - B. missing or painful teeth that limit chewing during this physical examination today
 - C. normal pupils during this physical examination today
 - D. an intact heel during this physical examination today

35. During a nutrition-focused physical examination, which finding is most consistent with a functional nutrition barrier at the xerostomia?
- A. a normal hairline during this physical examination today
 - B. a rounded calf during this physical examination today
 - C. persistent dry mouth that makes swallowing difficult during this physical examination today
 - D. a smooth nail surface during this physical examination today
36. During a nutrition-focused physical examination, which finding is most consistent with a swallowing safety concern at the dysphagia screening?
- A. an intact cuticle during this physical examination today
 - B. coughing during a sip of water and difficulty clearing the mouth
 - C. a smooth tongue during this physical examination today
 - D. a normal grip effort during this physical examination today
37. During a nutrition-focused physical examination, which finding is most consistent with a functional nutrition barrier at the chewing function?
- A. fatigue or pain while chewing a regular meal
 - B. a warm hand during this physical examination today
 - C. a symmetric shoulder during this physical examination today
 - D. a normal radial pulse during this physical examination today
38. During a nutrition-focused physical examination, which finding is most consistent with an intake barrier to assess at the taste change?
- A. a smooth nail plate during this physical examination today
 - B. a rounded upper arm during this physical examination today
 - C. a normal tongue color during this physical examination today
 - D. reported metallic taste that reduces food intake during this physical examination today
39. During a nutrition-focused physical examination, which finding is most consistent with an intake barrier to assess at the vision and meals?
- A. an intact toenail during this physical examination today
 - B. normal calf contour during this physical examination today
 - C. difficulty seeing food labels or meal items during this physical examination today
 - D. a moist mouth during this physical examination today

- 40.** During a nutrition-focused physical examination, which finding is most consistent with a functional nutrition barrier at the hand strength?
- A. a moist lip surface during this physical examination today
 - B. normal ankle contour during this physical examination today
 - C. a smooth scalp during this physical examination today
 - D. difficulty opening a container because of weak grip
- 41.** During a nutrition-focused physical examination, which finding is most consistent with reduced functional reserve at the sit-to-stand?
- A. needing arm support to rise from a chair
 - B. clear conjunctiva during this physical examination today
 - C. an intact earlobe during this physical examination today
 - D. normal nail color during this physical examination today
- 42.** During a nutrition-focused physical examination, which finding is most consistent with reduced functional reserve at the gait?
- A. a rounded cheek during this physical examination today
 - B. unsteady walking that limits access to meals during this physical examination today
 - C. normal mouth moisture during this physical examination today
 - D. an intact cuticle during this physical examination today
- 43.** During a nutrition-focused physical examination, which finding is most consistent with reduced functional reserve at the fatigue?
- A. a normal shoulder contour during this physical examination today
 - B. a warm palm during this physical examination today
 - C. a smooth nail plate during this physical examination today
 - D. fatigue that prevents completion of usual meal preparation
- 44.** During a nutrition-focused physical examination, which finding is most consistent with a need for feeding support at the self-feeding?
- A. an intact heel during this physical examination today
 - B. inability to bring utensils to the mouth without assistance
 - C. a moist tongue during this physical examination today
 - D. a normal pupil response during this physical examination today

45. During a nutrition-focused physical examination, which finding is most consistent with a need for nutrition support at the cognition?
- A. confusion that interferes with recalling meal instructions during this physical examination today
 - B. a smooth nail plate during this physical examination today
 - C. a warm hand during this physical examination today
 - D. a full temporal area during this physical examination today
46. During a nutrition-focused physical examination, which finding is most consistent with patient-centered assessment practice at the NFPE consent?
- A. ask a visitor to leave only after the exam
 - B. begin palpation without discussion during this physical examination today
 - C. explain the assessment, obtain permission, and protect privacy
 - D. document before observing during this physical examination today
47. During a nutrition-focused physical examination, which finding is most consistent with patient-centered assessment practice at the NFPE positioning?
- A. avoid repositioning despite discomfort during this physical examination today
 - B. perform every maneuver while standing during this physical examination today
 - C. keep all areas exposed for efficiency during this physical examination today
 - D. position the patient comfortably and expose only the area assessed
48. During a nutrition-focused physical examination, which finding is most consistent with sound assessment interpretation at the NFPE comparison?
- A. use a single photograph as the only evidence
 - B. compare symmetric body areas and consider the patient baseline
 - C. ignore functional observations during this physical examination today
 - D. judge one finding without context during this physical examination today
49. During a nutrition-focused physical examination, which finding is most consistent with sound assessment documentation at the NFPE documentation?
- A. record location, severity, symmetry, and relevant functional effect
 - B. document a diagnosis from one sign during this physical examination today
 - C. omit negative findings during this physical examination today
 - D. write only that the exam was normal during this physical examination today

50. During a nutrition-focused physical examination, which finding is most consistent with sound nutrition assessment at the NFPE integration?
- A. ignore edema when interpreting weight during this physical examination today
 - B. diagnose malnutrition from one isolated sign during this physical examination today
 - C. use body weight as the sole assessment during this physical examination today
 - D. combine physical findings with history, intake, and clinical data
51. When assessing the temporal muscle in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. symmetric ear position during this physical examination today
 - B. prominent temporal fullness during this physical examination today
 - C. temporal hollowing with reduced bulk during this physical examination today
 - D. localized scalp redness during this physical examination today
52. When assessing the clavicle region in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. visible clavicle with loss of pectoral fullness during this physical examination today
 - B. even hair distribution during this physical examination today
 - C. warm intact skin during this physical examination today
 - D. rounded shoulder contour during this physical examination today
53. When assessing the deltoid muscle in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. a rounded shoulder contour during this physical examination today
 - B. a squared shoulder contour with reduced deltoid bulk
 - C. equal pupil size during this physical examination today
 - D. mild nail ridging during this physical examination today
54. When assessing the interosseous muscles in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. dry lips only during this physical examination today
 - B. fullness over the first dorsal web space during this physical examination today
 - C. depression between the thumb and index finger during this physical examination today
 - D. a normal plantar arch during this physical examination today

55. When assessing the thenar muscles in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. normal ankle alignment during this physical examination today
 - B. a symmetric jaw line during this physical examination today
 - C. a smooth nail plate during this physical examination today
 - D. flattening of the thumb pad compared with the other hand
56. When assessing the quadriceps in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. mild tongue coating during this physical examination today
 - B. clear sclera during this physical examination today
 - C. reduced bulk above the patella compared with expected contour
 - D. firm calf edema during this physical examination today
57. When assessing the gastrocnemius in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. a flattened calf contour with decreased muscle definition
 - B. a moist oral mucosa during this physical examination today
 - C. an intact cuticle during this physical examination today
 - D. a rounded calf contour during this physical examination today
58. When assessing the scapular region in an adult with reduced intake, which observation should be documented as possible muscle loss?
- A. smooth scapular contour during this physical examination today
 - B. prominent scapulae with reduced surrounding muscle fullness during this physical examination today
 - C. mild facial flushing during this physical examination today
 - D. equal grip strength during this physical examination today
59. When assessing the orbital fat pads in an adult with reduced intake, which observation should be documented as possible fat loss?
- A. scalp dandruff during this physical examination today
 - B. mild eyelid redness during this physical examination today
 - C. hollowed appearance below the eyes during this physical examination today
 - D. a rounded chin during this physical examination today

60. When assessing the triceps skinfold in an adult with reduced intake, which observation should be documented as possible fat loss?

- A. markedly reduced subcutaneous tissue at the posterior arm
- B. equal radial pulses during this physical examination today
- C. a healed skin abrasion during this physical examination today
- D. increased elbow flexibility during this physical examination today

61. When assessing the ribs and chest in an adult with reduced intake, which observation should be documented as possible fat loss?

- A. normal breath sounds during this physical examination today
- B. mild hair dryness during this physical examination today
- C. equal shoulder height during this physical examination today
- D. prominent ribs with reduced chest wall soft tissue

62. When assessing the buccal fat pads in an adult with reduced intake, which observation should be documented as possible fat loss?

- A. mild lip dryness during this physical examination today
- B. sunken cheeks with reduced facial fullness during this physical examination today
- C. a smooth tongue during this physical examination today
- D. normal ear alignment during this physical examination today

63. When assessing the upper-arm fat in an adult with reduced intake, which observation should be documented as possible fat loss?

- A. a normal elbow angle during this physical examination today
- B. minimal pinchable tissue at the posterior upper arm
- C. a warm hand during this physical examination today
- D. a rounded fingernail during this physical examination today

64. When assessing the mid-axillary area in an adult with reduced intake, which observation should be documented as possible fat loss?

- A. reduced soft tissue over the lateral rib cage
- B. normal wrist motion during this physical examination today
- C. clear conjunctiva during this physical examination today
- D. intact axillary hair during this physical examination today

- 65.** When assessing the sacral area in an adult with reduced intake, which observation should be documented as possible fat loss?
- A. a clean intact dressing during this physical examination today
 - B. symmetrical pupils during this physical examination today
 - C. loss of padding over the sacrum in a bedbound patient
 - D. a dry scalp during this physical examination today
- 66.** When assessing the pitting edema in an adult with reduced intake, which observation should be documented as fluid accumulation?
- A. a warm palm during this physical examination today
 - B. a brief skin blanch during this physical examination today
 - C. a visible tendon during this physical examination today
 - D. a persistent indentation after firm pressure over the shin
- 67.** When assessing the bilateral ankle edema in an adult with reduced intake, which observation should be documented as fluid accumulation?
- A. a rounded shoulder during this physical examination today
 - B. one small bruise on the forearm during this physical examination today
 - C. symmetric swelling at both ankles with pitting during this physical examination today
 - D. a dry tongue during this physical examination today
- 68.** When assessing the periorbital edema in an adult with reduced intake, which observation should be documented as fluid accumulation?
- A. puffy tissue around both eyes on morning assessment
 - B. thin scalp hair during this physical examination today
 - C. cracked corners of the mouth during this physical examination today
 - D. temporal hollowing during this physical examination today
- 69.** When assessing the ascites screening in an adult with reduced intake, which observation should be documented as fluid accumulation?
- A. a flat relaxed abdomen during this physical examination today
 - B. progressive abdominal distention with a fluid-wave finding during this physical examination today
 - C. a smooth nail surface during this physical examination today
 - D. dry lips during this physical examination today

70. When assessing the skin turgor in an adult with reduced intake, which observation should be documented as possible dehydration?

- A. a coated tongue during this physical examination today
- B. a normal capillary refill during this physical examination today
- C. prominent clavicles during this physical examination today
- D. delayed return of a gently pinched skin fold

71. When assessing the oral mucosa in an adult with reduced intake, which observation should be documented as possible dehydration?

- A. an intact cuticle during this physical examination today
- B. a warm moist palm during this physical examination today
- C. dry, tacky oral mucosa during this physical examination today
- D. a rounded calf during this physical examination today

72. When assessing the lips in an adult with reduced intake, which observation should be documented as possible dehydration?

- A. a normal toenail curve during this physical examination today
- B. equal hand size during this physical examination today
- C. mild facial fullness during this physical examination today
- D. dry lips with visible fissuring during this physical examination today

73. When assessing the tongue in an adult with reduced intake, which observation should be documented as possible dehydration?

- A. a dry tongue with a sticky surface during this physical examination today
- B. smooth shoulder contour during this physical examination today
- C. an intact earlobe during this physical examination today
- D. a normal pupil response during this physical examination today

74. When assessing the skin integrity in an adult with reduced intake, which observation should be documented as skin-breakdown risk?

- A. uniformly intact skin during this physical examination today
- B. nonblanchable erythema over a bony prominence during this physical examination today
- C. a moist tongue during this physical examination today
- D. a rounded cheek during this physical examination today

75. When assessing the pressure injury risk in an adult with reduced intake, which observation should be documented as skin-breakdown risk?
- A. an even hairline during this physical examination today
 - B. reduced padding over a bony area with fragile skin
 - C. a smooth nail plate during this physical examination today
 - D. a clear sclera during this physical examination today
76. When assessing the hair texture in an adult with reduced intake, which observation should be documented as a nonspecific finding needing context?
- A. a rounded deltoid during this physical examination today
 - B. equal grip strength during this physical examination today
 - C. a moist oral mucosa during this physical examination today
 - D. dry, brittle hair that breaks easily during this physical examination today
77. When assessing the hair distribution in an adult with reduced intake, which observation should be documented as a nonspecific finding needing context?
- A. a single healed scar during this physical examination today
 - B. normal tongue moisture during this physical examination today
 - C. diffuse thinning noted across the scalp during this physical examination today
 - D. a symmetric knee during this physical examination today
78. When assessing the nails in an adult with reduced intake, which observation should be documented as a nonspecific finding needing context?
- A. spoon-shaped nails with central concavity during this physical examination today
 - B. smooth curved nails during this physical examination today
 - C. dry lips during this physical examination today
 - D. a rounded calf during this physical examination today
79. When assessing the nail beds in an adult with reduced intake, which observation should be documented as a nonspecific finding needing context?
- A. full temporal muscle during this physical examination today
 - B. intact heel skin during this physical examination today
 - C. a smooth tongue during this physical examination today
 - D. pale nail beds compared with the patient baseline

80. When assessing the bruising in an adult with reduced intake, which observation should be documented as a finding requiring clinical follow-up?

- A. a rounded cheek during this physical examination today
- B. a moist mouth during this physical examination today
- C. new unexplained bruising in several sites during this physical examination today
- D. a normal skin fold during this physical examination today

81. When assessing the angular cheilitis in an adult with reduced intake, which observation should be documented as an oral finding requiring context?

- A. a smooth intact lip border during this physical examination today
- B. cracking and soreness at the corners of the mouth
- C. a rounded shoulder during this physical examination today
- D. normal scalp hair during this physical examination today

82. When assessing the glossitis in an adult with reduced intake, which observation should be documented as an oral finding requiring context?

- A. a smooth, sore, reddened tongue during this physical examination today
- B. a dry scalp during this physical examination today
- C. full triceps tissue during this physical examination today
- D. a normal ankle contour during this physical examination today

83. When assessing the gingiva in an adult with reduced intake, which observation should be documented as an oral finding requiring context?

- A. a normal shoulder contour during this physical examination today
- B. bleeding or swollen gums on routine observation during this physical examination today
- C. an intact nail plate during this physical examination today
- D. a warm foot during this physical examination today

84. When assessing the dentition in an adult with reduced intake, which observation should be documented as a functional nutrition barrier?

- A. normal pupils during this physical examination today
- B. an intact heel during this physical examination today
- C. a symmetric jaw shape during this physical examination today
- D. missing or painful teeth that limit chewing during this physical examination today

85. When assessing the xerostomia in an adult with reduced intake, which observation should be documented as a functional nutrition barrier?

- A. a rounded calf during this physical examination today
- B. a smooth nail surface during this physical examination today
- C. persistent dry mouth that makes swallowing difficult during this physical examination today
- D. a normal hairline during this physical examination today

86. When assessing the dysphagia screening in an adult with reduced intake, which observation should be documented as a swallowing safety concern?

- A. coughing during a sip of water and difficulty clearing the mouth
- B. a normal grip effort during this physical examination today
- C. an intact cuticle during this physical examination today
- D. a smooth tongue during this physical examination today

87. When assessing the chewing function in an adult with reduced intake, which observation should be documented as a functional nutrition barrier?

- A. a symmetric shoulder during this physical examination today
- B. fatigue or pain while chewing a regular meal
- C. a normal radial pulse during this physical examination today
- D. a warm hand during this physical examination today

88. When assessing the taste change in an adult with reduced intake, which observation should be documented as an intake barrier to assess?

- A. a normal tongue color during this physical examination today
- B. a smooth nail plate during this physical examination today
- C. a rounded upper arm during this physical examination today
- D. reported metallic taste that reduces food intake during this physical examination today

89. When assessing the vision and meals in an adult with reduced intake, which observation should be documented as an intake barrier to assess?

- A. difficulty seeing food labels or meal items during this physical examination today
- B. a moist mouth during this physical examination today
- C. an intact toenail during this physical examination today
- D. normal calf contour during this physical examination today

90. When assessing the hand strength in an adult with reduced intake, which observation should be documented as a functional nutrition barrier?

- A. a moist lip surface during this physical examination today
- B. a smooth scalp during this physical examination today
- C. difficulty opening a container because of weak grip
- D. normal ankle contour during this physical examination today

91. When assessing the sit-to-stand in an adult with reduced intake, which observation should be documented as reduced functional reserve?

- A. an intact earlobe during this physical examination today
- B. normal nail color during this physical examination today
- C. needing arm support to rise from a chair
- D. clear conjunctiva during this physical examination today

92. When assessing the gait in an adult with reduced intake, which observation should be documented as reduced functional reserve?

- A. normal mouth moisture during this physical examination today
- B. unsteady walking that limits access to meals during this physical examination today
- C. an intact cuticle during this physical examination today
- D. a rounded cheek during this physical examination today

93. When assessing the fatigue in an adult with reduced intake, which observation should be documented as reduced functional reserve?

- A. fatigue that prevents completion of usual meal preparation
- B. a warm palm during this physical examination today
- C. a normal shoulder contour during this physical examination today
- D. a smooth nail plate during this physical examination today

94. When assessing the self-feeding in an adult with reduced intake, which observation should be documented as a need for feeding support?

- A. a moist tongue during this physical examination today
- B. a normal pupil response during this physical examination today
- C. an intact heel during this physical examination today
- D. inability to bring utensils to the mouth without assistance

95. When assessing the cognition in an adult with reduced intake, which observation should be documented as a need for nutrition support?
- A. a warm hand during this physical examination today
 - B. confusion that interferes with recalling meal instructions during this physical examination today
 - C. a full temporal area during this physical examination today
 - D. a smooth nail plate during this physical examination today
96. When assessing the NFPE consent in an adult with reduced intake, which observation should be documented as patient-centered assessment practice?
- A. explain the assessment, obtain permission, and protect privacy
 - B. document before observing during this physical examination today
 - C. ask a visitor to leave only after the exam
 - D. begin palpation without discussion during this physical examination today
97. When assessing the NFPE positioning in an adult with reduced intake, which observation should be documented as patient-centered assessment practice?
- A. keep all areas exposed for efficiency during this physical examination today
 - B. perform every maneuver while standing during this physical examination today
 - C. position the patient comfortably and expose only the area assessed
 - D. avoid repositioning despite discomfort during this physical examination today
98. When assessing the NFPE comparison in an adult with reduced intake, which observation should be documented as sound assessment interpretation?
- A. ignore functional observations during this physical examination today
 - B. judge one finding without context during this physical examination today
 - C. use a single photograph as the only evidence
 - D. compare symmetric body areas and consider the patient baseline
99. When assessing the NFPE documentation in an adult with reduced intake, which observation should be documented as sound assessment documentation?
- A. record location, severity, symmetry, and relevant functional effect
 - B. omit negative findings during this physical examination today
 - C. write only that the exam was normal during this physical examination today
 - D. document a diagnosis from one sign during this physical examination today

100. When assessing the NFPE integration in an adult with reduced intake, which observation should be documented as sound nutrition assessment?

- A. use body weight as the sole assessment during this physical examination today
- B. ignore edema when interpreting weight during this physical examination today
- C. combine physical findings with history, intake, and clinical data
- D. diagnose malnutrition from one isolated sign during this physical examination today

101. A patient has prolonged poor intake. Which NFPE observation at the temporal muscle most warrants follow-up for possible muscle loss?

- A. prominent temporal fullness during this physical examination today
- B. temporal hollowing with reduced bulk during this physical examination today
- C. symmetric ear position during this physical examination today
- D. localized scalp redness during this physical examination today

102. A patient has prolonged poor intake. Which NFPE observation at the clavicle region most warrants follow-up for possible muscle loss?

- A. even hair distribution during this physical examination today
- B. rounded shoulder contour during this physical examination today
- C. warm intact skin during this physical examination today
- D. visible clavicle with loss of pectoral fullness during this physical examination today

103. A patient has prolonged poor intake. Which NFPE observation at the deltoid muscle most warrants follow-up for possible muscle loss?

- A. equal pupil size during this physical examination today
- B. mild nail ridging during this physical examination today
- C. a rounded shoulder contour during this physical examination today
- D. a squared shoulder contour with reduced deltoid bulk

104. A patient has prolonged poor intake. Which NFPE observation at the interosseous muscles most warrants follow-up for possible muscle loss?

- A. depression between the thumb and index finger during this physical examination today
- B. a normal plantar arch during this physical examination today
- C. dry lips only during this physical examination today
- D. fullness over the first dorsal web space during this physical examination today

105. A patient has prolonged poor intake. Which NFPE observation at the thenar muscles most warrants follow-up for possible muscle loss?

- A. a smooth nail plate during this physical examination today
- B. a symmetric jaw line during this physical examination today
- C. flattening of the thumb pad compared with the other hand
- D. normal ankle alignment during this physical examination today

106. A patient has prolonged poor intake. Which NFPE observation at the quadriceps most warrants follow-up for possible muscle loss?

- A. firm calf edema during this physical examination today
- B. reduced bulk above the patella compared with expected contour
- C. mild tongue coating during this physical examination today
- D. clear sclera during this physical examination today

107. A patient has prolonged poor intake. Which NFPE observation at the gastrocnemius most warrants follow-up for possible muscle loss?

- A. a flattened calf contour with decreased muscle definition
- B. an intact cuticle during this physical examination today
- C. a rounded calf contour during this physical examination today
- D. a moist oral mucosa during this physical examination today

108. A patient has prolonged poor intake. Which NFPE observation at the scapular region most warrants follow-up for possible muscle loss?

- A. mild facial flushing during this physical examination today
- B. equal grip strength during this physical examination today
- C. smooth scapular contour during this physical examination today
- D. prominent scapulae with reduced surrounding muscle fullness during this physical examination today

109. A patient has prolonged poor intake. Which NFPE observation at the orbital fat pads most warrants follow-up for possible fat loss?

- A. mild eyelid redness during this physical examination today
- B. hollowed appearance below the eyes during this physical examination today
- C. scalp dandruff during this physical examination today
- D. a rounded chin during this physical examination today

110. A patient has prolonged poor intake. Which NFPE observation at the triceps skinfold most warrants follow-up for possible fat loss?

- A. a healed skin abrasion during this physical examination today
- B. increased elbow flexibility during this physical examination today
- C. markedly reduced subcutaneous tissue at the posterior arm
- D. equal radial pulses during this physical examination today

111. A patient has prolonged poor intake. Which NFPE observation at the ribs and chest most warrants follow-up for possible fat loss?

- A. equal shoulder height during this physical examination today
- B. mild hair dryness during this physical examination today
- C. normal breath sounds during this physical examination today
- D. prominent ribs with reduced chest wall soft tissue

112. A patient has prolonged poor intake. Which NFPE observation at the buccal fat pads most warrants follow-up for possible fat loss?

- A. a smooth tongue during this physical examination today
- B. normal ear alignment during this physical examination today
- C. sunken cheeks with reduced facial fullness during this physical examination today
- D. mild lip dryness during this physical examination today

113. A patient has prolonged poor intake. Which NFPE observation at the upper-arm fat most warrants follow-up for possible fat loss?

- A. a warm hand during this physical examination today
- B. minimal pinchable tissue at the posterior upper arm
- C. a normal elbow angle during this physical examination today
- D. a rounded fingernail during this physical examination today

114. A patient has prolonged poor intake. Which NFPE observation at the mid-axillary area most warrants follow-up for possible fat loss?

- A. reduced soft tissue over the lateral rib cage
- B. intact axillary hair during this physical examination today
- C. clear conjunctiva during this physical examination today
- D. normal wrist motion during this physical examination today

115. A patient has prolonged poor intake. Which NFPE observation at the sacral area most warrants follow-up for possible fat loss?

- A. a dry scalp during this physical examination today
- B. a clean intact dressing during this physical examination today
- C. loss of padding over the sacrum in a bedbound patient
- D. symmetrical pupils during this physical examination today

116. A patient has prolonged poor intake. Which NFPE observation at the pitting edema most warrants follow-up for fluid accumulation?

- A. a persistent indentation after firm pressure over the shin
- B. a warm palm during this physical examination today
- C. a visible tendon during this physical examination today
- D. a brief skin blanch during this physical examination today

117. A patient has prolonged poor intake. Which NFPE observation at the bilateral ankle edema most warrants follow-up for fluid accumulation?

- A. one small bruise on the forearm during this physical examination today
- B. symmetric swelling at both ankles with pitting during this physical examination today
- C. a rounded shoulder during this physical examination today
- D. a dry tongue during this physical examination today

118. A patient has prolonged poor intake. Which NFPE observation at the periorbital edema most warrants follow-up for fluid accumulation?

- A. thin scalp hair during this physical examination today
- B. temporal hollowing during this physical examination today
- C. cracked corners of the mouth during this physical examination today
- D. puffy tissue around both eyes on morning assessment

119. A patient has prolonged poor intake. Which NFPE observation at the ascites screening most warrants follow-up for fluid accumulation?

- A. a smooth nail surface during this physical examination today
- B. progressive abdominal distention with a fluid-wave finding during this physical examination today
- C. a flat relaxed abdomen during this physical examination today
- D. dry lips during this physical examination today

120. A patient has prolonged poor intake. Which NFPE observation at the skin turgor most warrants follow-up for possible dehydration?

- A. delayed return of a gently pinched skin fold
- B. a coated tongue during this physical examination today
- C. prominent clavicles during this physical examination today
- D. a normal capillary refill during this physical examination today

121. A patient has prolonged poor intake. Which NFPE observation at the oral mucosa most warrants follow-up for possible dehydration?

- A. a warm moist palm during this physical examination today
- B. a rounded calf during this physical examination today
- C. dry, tacky oral mucosa during this physical examination today
- D. an intact cuticle during this physical examination today

122. A patient has prolonged poor intake. Which NFPE observation at the lips most warrants follow-up for possible dehydration?

- A. equal hand size during this physical examination today
- B. mild facial fullness during this physical examination today
- C. a normal toenail curve during this physical examination today
- D. dry lips with visible fissuring during this physical examination today

123. A patient has prolonged poor intake. Which NFPE observation at the tongue most warrants follow-up for possible dehydration?

- A. an intact earlobe during this physical examination today
- B. smooth shoulder contour during this physical examination today
- C. a normal pupil response during this physical examination today
- D. a dry tongue with a sticky surface during this physical examination today

124. A patient has prolonged poor intake. Which NFPE observation at the skin integrity most warrants follow-up for skin-breakdown risk?

- A. a moist tongue during this physical examination today
- B. nonblanchable erythema over a bony prominence during this physical examination today
- C. a rounded cheek during this physical examination today
- D. uniformly intact skin during this physical examination today

- 125.** A patient has prolonged poor intake. Which NFPE observation at the pressure injury risk most warrants follow-up for skin-breakdown risk?
- A. a smooth nail plate during this physical examination today
 - B. a clear sclera during this physical examination today
 - C. reduced padding over a bony area with fragile skin
 - D. an even hairline during this physical examination today
- 126.** A patient has prolonged poor intake. Which NFPE observation at the hair texture most warrants follow-up for a nonspecific finding needing context?
- A. dry, brittle hair that breaks easily during this physical examination today
 - B. a moist oral mucosa during this physical examination today
 - C. a rounded deltoid during this physical examination today
 - D. equal grip strength during this physical examination today
- 127.** A patient has prolonged poor intake. Which NFPE observation at the hair distribution most warrants follow-up for a nonspecific finding needing context?
- A. diffuse thinning noted across the scalp during this physical examination today
 - B. a symmetric knee during this physical examination today
 - C. a single healed scar during this physical examination today
 - D. normal tongue moisture during this physical examination today
- 128.** A patient has prolonged poor intake. Which NFPE observation at the nails most warrants follow-up for a nonspecific finding needing context?
- A. dry lips during this physical examination today
 - B. a rounded calf during this physical examination today
 - C. smooth curved nails during this physical examination today
 - D. spoon-shaped nails with central concavity during this physical examination today
- 129.** A patient has prolonged poor intake. Which NFPE observation at the nail beds most warrants follow-up for a nonspecific finding needing context?
- A. a smooth tongue during this physical examination today
 - B. intact heel skin during this physical examination today
 - C. pale nail beds compared with the patient baseline
 - D. full temporal muscle during this physical examination today

130. A patient has prolonged poor intake. Which NFPE observation at the bruising most warrants follow-up for a finding requiring clinical follow-up?

- A. a normal skin fold during this physical examination today
- B. new unexplained bruising in several sites during this physical examination today
- C. a rounded cheek during this physical examination today
- D. a moist mouth during this physical examination today

131. A patient has prolonged poor intake. Which NFPE observation at the angular cheilitis most warrants follow-up for an oral finding requiring context?

- A. a rounded shoulder during this physical examination today
- B. normal scalp hair during this physical examination today
- C. a smooth intact lip border during this physical examination today
- D. cracking and soreness at the corners of the mouth

132. A patient has prolonged poor intake. Which NFPE observation at the glossitis most warrants follow-up for an oral finding requiring context?

- A. full triceps tissue during this physical examination today
- B. a smooth, sore, reddened tongue during this physical examination today
- C. a normal ankle contour during this physical examination today
- D. a dry scalp during this physical examination today

133. A patient has prolonged poor intake. Which NFPE observation at the gingiva most warrants follow-up for an oral finding requiring context?

- A. an intact nail plate during this physical examination today
- B. a warm foot during this physical examination today
- C. bleeding or swollen gums on routine observation during this physical examination today
- D. a normal shoulder contour during this physical examination today

134. A patient has prolonged poor intake. Which NFPE observation at the dentition most warrants follow-up for a functional nutrition barrier?

- A. missing or painful teeth that limit chewing during this physical examination today
- B. a symmetric jaw shape during this physical examination today
- C. normal pupils during this physical examination today
- D. an intact heel during this physical examination today

135. A patient has prolonged poor intake. Which NFPE observation at the xerostomia most warrants follow-up for a functional nutrition barrier?

- A. a normal hairline during this physical examination today
- B. a smooth nail surface during this physical examination today
- C. a rounded calf during this physical examination today
- D. persistent dry mouth that makes swallowing difficult during this physical examination today

136. A patient has prolonged poor intake. Which NFPE observation at the dysphagia screening most warrants follow-up for a swallowing safety concern?

- A. an intact cuticle during this physical examination today
- B. a smooth tongue during this physical examination today
- C. coughing during a sip of water and difficulty clearing the mouth
- D. a normal grip effort during this physical examination today

137. A patient has prolonged poor intake. Which NFPE observation at the chewing function most warrants follow-up for a functional nutrition barrier?

- A. a normal radial pulse during this physical examination today
- B. fatigue or pain while chewing a regular meal
- C. a symmetric shoulder during this physical examination today
- D. a warm hand during this physical examination today

138. A patient has prolonged poor intake. Which NFPE observation at the taste change most warrants follow-up for an intake barrier to assess?

- A. reported metallic taste that reduces food intake during this physical examination today
- B. a rounded upper arm during this physical examination today
- C. a normal tongue color during this physical examination today
- D. a smooth nail plate during this physical examination today

139. A patient has prolonged poor intake. Which NFPE observation at the vision and meals most warrants follow-up for an intake barrier to assess?

- A. an intact toenail during this physical examination today
- B. difficulty seeing food labels or meal items during this physical examination today
- C. normal calf contour during this physical examination today
- D. a moist mouth during this physical examination today

140. A patient has prolonged poor intake. Which NFPE observation at the hand strength most warrants follow-up for a functional nutrition barrier?

- A. a moist lip surface during this physical examination today
- B. normal ankle contour during this physical examination today
- C. difficulty opening a container because of weak grip
- D. a smooth scalp during this physical examination today

141. A patient has prolonged poor intake. Which NFPE observation at the sit-to-stand most warrants follow-up for reduced functional reserve?

- A. normal nail color during this physical examination today
- B. clear conjunctiva during this physical examination today
- C. an intact earlobe during this physical examination today
- D. needing arm support to rise from a chair

142. A patient has prolonged poor intake. Which NFPE observation at the gait most warrants follow-up for reduced functional reserve?

- A. unsteady walking that limits access to meals during this physical examination today
- B. a rounded cheek during this physical examination today
- C. normal mouth moisture during this physical examination today
- D. an intact cuticle during this physical examination today

143. A patient has prolonged poor intake. Which NFPE observation at the fatigue most warrants follow-up for reduced functional reserve?

- A. a normal shoulder contour during this physical examination today
- B. a smooth nail plate during this physical examination today
- C. fatigue that prevents completion of usual meal preparation
- D. a warm palm during this physical examination today

144. A patient has prolonged poor intake. Which NFPE observation at the self-feeding most warrants follow-up for a need for feeding support?

- A. an intact heel during this physical examination today
- B. inability to bring utensils to the mouth without assistance
- C. a moist tongue during this physical examination today
- D. a normal pupil response during this physical examination today

- 145.** A patient has prolonged poor intake. Which NFPE observation at the cognition most warrants follow-up for a need for nutrition support?
- A. a full temporal area during this physical examination today
 - B. a smooth nail plate during this physical examination today
 - C. a warm hand during this physical examination today
 - D. confusion that interferes with recalling meal instructions during this physical examination today
- 146.** A patient has prolonged poor intake. Which NFPE observation at the NFPE consent most warrants follow-up for patient-centered assessment practice?
- A. explain the assessment, obtain permission, and protect privacy
 - B. begin palpation without discussion during this physical examination today
 - C. ask a visitor to leave only after the exam
 - D. document before observing during this physical examination today
- 147.** A patient has prolonged poor intake. Which NFPE observation at the NFPE positioning most warrants follow-up for patient-centered assessment practice?
- A. avoid repositioning despite discomfort during this physical examination today
 - B. position the patient comfortably and expose only the area assessed
 - C. keep all areas exposed for efficiency during this physical examination today
 - D. perform every maneuver while standing during this physical examination today
- 148.** A patient has prolonged poor intake. Which NFPE observation at the NFPE comparison most warrants follow-up for sound assessment interpretation?
- A. compare symmetric body areas and consider the patient baseline
 - B. ignore functional observations during this physical examination today
 - C. use a single photograph as the only evidence
 - D. judge one finding without context during this physical examination today
- 149.** A patient has prolonged poor intake. Which NFPE observation at the NFPE documentation most warrants follow-up for sound assessment documentation?
- A. write only that the exam was normal during this physical examination today
 - B. document a diagnosis from one sign during this physical examination today
 - C. omit negative findings during this physical examination today
 - D. record location, severity, symmetry, and relevant functional effect

- 150.** A patient has prolonged poor intake. Which NFPE observation at the NFPE integration most warrants follow-up for sound nutrition assessment?
- A. use body weight as the sole assessment during this physical examination today
 - B. diagnose malnutrition from one isolated sign during this physical examination today
 - C. combine physical findings with history, intake, and clinical data
 - D. ignore edema when interpreting weight during this physical examination today
- 151.** Which assessment note best describes a finding of possible muscle loss when examining the temporal muscle?
- A. symmetric ear position during this physical examination today
 - B. localized scalp redness during this physical examination today
 - C. prominent temporal fullness during this physical examination today
 - D. temporal hollowing with reduced bulk during this physical examination today
- 152.** Which assessment note best describes a finding of possible muscle loss when examining the clavicle region?
- A. warm intact skin during this physical examination today
 - B. visible clavicle with loss of pectoral fullness during this physical examination today
 - C. even hair distribution during this physical examination today
 - D. rounded shoulder contour during this physical examination today
- 153.** Which assessment note best describes a finding of possible muscle loss when examining the deltoid muscle?
- A. a squared shoulder contour with reduced deltoid bulk
 - B. mild nail ridging during this physical examination today
 - C. equal pupil size during this physical examination today
 - D. a rounded shoulder contour during this physical examination today
- 154.** Which assessment note best describes a finding of possible muscle loss when examining the interosseous muscles?
- A. dry lips only during this physical examination today
 - B. fullness over the first dorsal web space during this physical examination today
 - C. depression between the thumb and index finger during this physical examination today
 - D. a normal plantar arch during this physical examination today
- 155.** Which assessment note best describes a finding of possible muscle loss when examining the thenar muscles?
- A. normal ankle alignment during this physical examination today
 - B. flattening of the thumb pad compared with the other hand
 - C. a smooth nail plate during this physical examination today
 - D. a symmetric jaw line during this physical examination today

- 156.** Which assessment note best describes a finding of possible muscle loss when examining the quadriceps?
- A. reduced bulk above the patella compared with expected contour
 - B. clear sclera during this physical examination today
 - C. mild tongue coating during this physical examination today
 - D. firm calf edema during this physical examination today
- 157.** Which assessment note best describes a finding of possible muscle loss when examining the gastrocnemius?
- A. a rounded calf contour during this physical examination today
 - B. a moist oral mucosa during this physical examination today
 - C. a flattened calf contour with decreased muscle definition
 - D. an intact cuticle during this physical examination today
- 158.** Which assessment note best describes a finding of possible muscle loss when examining the scapular region?
- A. equal grip strength during this physical examination today
 - B. smooth scapular contour during this physical examination today
 - C. mild facial flushing during this physical examination today
 - D. prominent scapulae with reduced surrounding muscle fullness during this physical examination today
- 159.** Which assessment note best describes a finding of possible fat loss when examining the orbital fat pads?
- A. scalp dandruff during this physical examination today
 - B. hollowed appearance below the eyes during this physical examination today
 - C. mild eyelid redness during this physical examination today
 - D. a rounded chin during this physical examination today
- 160.** Which assessment note best describes a finding of possible fat loss when examining the triceps skinfold?
- A. a healed skin abrasion during this physical examination today
 - B. equal radial pulses during this physical examination today
 - C. increased elbow flexibility during this physical examination today
 - D. markedly reduced subcutaneous tissue at the posterior arm
- 161.** Which assessment note best describes a finding of possible fat loss when examining the ribs and chest?
- A. normal breath sounds during this physical examination today
 - B. mild hair dryness during this physical examination today
 - C. prominent ribs with reduced chest wall soft tissue
 - D. equal shoulder height during this physical examination today

- 162.** Which assessment note best describes a finding of possible fat loss when examining the buccal fat pads?
- A. sunken cheeks with reduced facial fullness during this physical examination today
 - B. mild lip dryness during this physical examination today
 - C. a smooth tongue during this physical examination today
 - D. normal ear alignment during this physical examination today
- 163.** Which assessment note best describes a finding of possible fat loss when examining the upper-arm fat?
- A. minimal pinchable tissue at the posterior upper arm
 - B. a normal elbow angle during this physical examination today
 - C. a warm hand during this physical examination today
 - D. a rounded fingernail during this physical examination today
- 164.** Which assessment note best describes a finding of possible fat loss when examining the mid-axillary area?
- A. clear conjunctiva during this physical examination today
 - B. normal wrist motion during this physical examination today
 - C. reduced soft tissue over the lateral rib cage
 - D. intact axillary hair during this physical examination today
- 165.** Which assessment note best describes a finding of possible fat loss when examining the sacral area?
- A. a clean intact dressing during this physical examination today
 - B. loss of padding over the sacrum in a bedbound patient
 - C. a dry scalp during this physical examination today
 - D. symmetrical pupils during this physical examination today
- 166.** Which assessment note best describes a finding of fluid accumulation when examining the pitting edema?
- A. a warm palm during this physical examination today
 - B. a brief skin blanch during this physical examination today
 - C. a visible tendon during this physical examination today
 - D. a persistent indentation after firm pressure over the shin
- 167.** Which assessment note best describes a finding of fluid accumulation when examining the bilateral ankle edema?
- A. a rounded shoulder during this physical examination today
 - B. one small bruise on the forearm during this physical examination today
 - C. symmetric swelling at both ankles with pitting during this physical examination today
 - D. a dry tongue during this physical examination today

- 168.** Which assessment note best describes a finding of fluid accumulation when examining the periorbital edema?
- A. cracked corners of the mouth during this physical examination today
 - B. puffy tissue around both eyes on morning assessment
 - C. thin scalp hair during this physical examination today
 - D. temporal hollowing during this physical examination today
- 169.** Which assessment note best describes a finding of fluid accumulation when examining the ascites screening?
- A. a flat relaxed abdomen during this physical examination today
 - B. dry lips during this physical examination today
 - C. a smooth nail surface during this physical examination today
 - D. progressive abdominal distention with a fluid-wave finding during this physical examination today
- 170.** Which assessment note best describes a finding of possible dehydration when examining the skin turgor?
- A. delayed return of a gently pinched skin fold
 - B. a normal capillary refill during this physical examination today
 - C. prominent clavicles during this physical examination today
 - D. a coated tongue during this physical examination today
- 171.** Which assessment note best describes a finding of possible dehydration when examining the oral mucosa?
- A. an intact cuticle during this physical examination today
 - B. dry, tacky oral mucosa during this physical examination today
 - C. a warm moist palm during this physical examination today
 - D. a rounded calf during this physical examination today
- 172.** Which assessment note best describes a finding of possible dehydration when examining the lips?
- A. a normal toenail curve during this physical examination today
 - B. equal hand size during this physical examination today
 - C. mild facial fullness during this physical examination today
 - D. dry lips with visible fissuring during this physical examination today
- 173.** Which assessment note best describes a finding of possible dehydration when examining the tongue?
- A. a normal pupil response during this physical examination today
 - B. smooth shoulder contour during this physical examination today
 - C. a dry tongue with a sticky surface during this physical examination today
 - D. an intact earlobe during this physical examination today

- 174.** Which assessment note best describes a finding of skin-breakdown risk when examining the skin integrity?
- A. nonblanchable erythema over a bony prominence during this physical examination today
 - B. uniformly intact skin during this physical examination today
 - C. a moist tongue during this physical examination today
 - D. a rounded cheek during this physical examination today
- 175.** Which assessment note best describes a finding of skin-breakdown risk when examining the pressure injury risk?
- A. an even hairline during this physical examination today
 - B. a smooth nail plate during this physical examination today
 - C. reduced padding over a bony area with fragile skin
 - D. a clear sclera during this physical examination today
- 176.** Which assessment note best describes a finding of a nonspecific finding needing context when examining the hair texture?
- A. dry, brittle hair that breaks easily during this physical examination today
 - B. equal grip strength during this physical examination today
 - C. a rounded deltoid during this physical examination today
 - D. a moist oral mucosa during this physical examination today
- 177.** Which assessment note best describes a finding of a nonspecific finding needing context when examining the hair distribution?
- A. a single healed scar during this physical examination today
 - B. normal tongue moisture during this physical examination today
 - C. a symmetric knee during this physical examination today
 - D. diffuse thinning noted across the scalp during this physical examination today
- 178.** Which assessment note best describes a finding of a nonspecific finding needing context when examining the nails?
- A. smooth curved nails during this physical examination today
 - B. spoon-shaped nails with central concavity during this physical examination today
 - C. dry lips during this physical examination today
 - D. a rounded calf during this physical examination today

179. Which assessment note best describes a finding of a nonspecific finding needing context when examining the nail beds?

- A. full temporal muscle during this physical examination today
- B. pale nail beds compared with the patient baseline
- C. a smooth tongue during this physical examination today
- D. intact heel skin during this physical examination today

180. Which assessment note best describes a finding of a finding requiring clinical follow-up when examining the bruising?

- A. a rounded cheek during this physical examination today
- B. a moist mouth during this physical examination today
- C. a normal skin fold during this physical examination today
- D. new unexplained bruising in several sites during this physical examination today

181. Which assessment note best describes a finding of an oral finding requiring context when examining the angular cheilitis?

- A. cracking and soreness at the corners of the mouth
- B. normal scalp hair during this physical examination today
- C. a rounded shoulder during this physical examination today
- D. a smooth intact lip border during this physical examination today

182. Which assessment note best describes a finding of an oral finding requiring context when examining the glossitis?

- A. full triceps tissue during this physical examination today
- B. a dry scalp during this physical examination today
- C. a smooth, sore, reddened tongue during this physical examination today
- D. a normal ankle contour during this physical examination today

183. Which assessment note best describes a finding of an oral finding requiring context when examining the gingiva?

- A. a normal shoulder contour during this physical examination today
- B. an intact nail plate during this physical examination today
- C. bleeding or swollen gums on routine observation during this physical examination today
- D. a warm foot during this physical examination today

- 184.** Which assessment note best describes a finding of a functional nutrition barrier when examining the dentition?
- A. normal pupils during this physical examination today
 - B. missing or painful teeth that limit chewing during this physical examination today
 - C. an intact heel during this physical examination today
 - D. a symmetric jaw shape during this physical examination today
- 185.** Which assessment note best describes a finding of a functional nutrition barrier when examining the xerostomia?
- A. a rounded calf during this physical examination today
 - B. a smooth nail surface during this physical examination today
 - C. a normal hairline during this physical examination today
 - D. persistent dry mouth that makes swallowing difficult during this physical examination today
- 186.** Which assessment note best describes a finding of a swallowing safety concern when examining the dysphagia screening?
- A. coughing during a sip of water and difficulty clearing the mouth
 - B. a normal grip effort during this physical examination today
 - C. an intact cuticle during this physical examination today
 - D. a smooth tongue during this physical examination today
- 187.** Which assessment note best describes a finding of a functional nutrition barrier when examining the chewing function?
- A. a symmetric shoulder during this physical examination today
 - B. a normal radial pulse during this physical examination today
 - C. fatigue or pain while chewing a regular meal
 - D. a warm hand during this physical examination today
- 188.** Which assessment note best describes a finding of an intake barrier to assess when examining the taste change?
- A. reported metallic taste that reduces food intake during this physical examination today
 - B. a smooth nail plate during this physical examination today
 - C. a normal tongue color during this physical examination today
 - D. a rounded upper arm during this physical examination today

189. Which assessment note best describes a finding of an intake barrier to assess when examining the vision and meals?

- A. normal calf contour during this physical examination today
- B. difficulty seeing food labels or meal items during this physical examination today
- C. an intact toenail during this physical examination today
- D. a moist mouth during this physical examination today

190. Which assessment note best describes a finding of a functional nutrition barrier when examining the hand strength?

- A. normal ankle contour during this physical examination today
- B. a smooth scalp during this physical examination today
- C. a moist lip surface during this physical examination today
- D. difficulty opening a container because of weak grip

191. Which assessment note best describes a finding of reduced functional reserve when examining the sit-to-stand?

- A. needing arm support to rise from a chair
- B. an intact earlobe during this physical examination today
- C. normal nail color during this physical examination today
- D. clear conjunctiva during this physical examination today

192. Which assessment note best describes a finding of reduced functional reserve when examining the gait?

- A. normal mouth moisture during this physical examination today
- B. an intact cuticle during this physical examination today
- C. unsteady walking that limits access to meals during this physical examination today
- D. a rounded cheek during this physical examination today

193. Which assessment note best describes a finding of reduced functional reserve when examining the fatigue?

- A. a smooth nail plate during this physical examination today
- B. fatigue that prevents completion of usual meal preparation
- C. a normal shoulder contour during this physical examination today
- D. a warm palm during this physical examination today

194. Which assessment note best describes a finding of a need for feeding support when examining the self-feeding?

- A. a moist tongue during this physical examination today
- B. a normal pupil response during this physical examination today
- C. an intact heel during this physical examination today
- D. inability to bring utensils to the mouth without assistance

- 195.** Which assessment note best describes a finding of a need for nutrition support when examining the cognition?
- A. a warm hand during this physical examination today
 - B. a smooth nail plate during this physical examination today
 - C. a full temporal area during this physical examination today
 - D. confusion that interferes with recalling meal instructions during this physical examination today
- 196.** Which assessment note best describes a finding of patient-centered assessment practice when examining the NFPE consent?
- A. ask a visitor to leave only after the exam
 - B. explain the assessment, obtain permission, and protect privacy
 - C. document before observing during this physical examination today
 - D. begin palpation without discussion during this physical examination today
- 197.** Which assessment note best describes a finding of patient-centered assessment practice when examining the NFPE positioning?
- A. position the patient comfortably and expose only the area assessed
 - B. perform every maneuver while standing during this physical examination today
 - C. avoid repositioning despite discomfort during this physical examination today
 - D. keep all areas exposed for efficiency during this physical examination today
- 198.** Which assessment note best describes a finding of sound assessment interpretation when examining the NFPE comparison?
- A. use a single photograph as the only evidence
 - B. judge one finding without context during this physical examination today
 - C. compare symmetric body areas and consider the patient baseline
 - D. ignore functional observations during this physical examination today
- 199.** Which assessment note best describes a finding of sound assessment documentation when examining the NFPE documentation?
- A. omit negative findings during this physical examination today
 - B. record location, severity, symmetry, and relevant functional effect
 - C. write only that the exam was normal during this physical examination today
 - D. document a diagnosis from one sign during this physical examination today

- 200.** Which assessment note best describes a finding of sound nutrition assessment when examining the NFPE integration?
- A. use body weight as the sole assessment during this physical examination today
 - B. ignore edema when interpreting weight during this physical examination today
 - C. diagnose malnutrition from one isolated sign during this physical examination today
 - D. combine physical findings with history, intake, and clinical data
- 201.** During a bedside NFPE, which observation related to the temporal muscle most supports possible muscle loss?
- A. temporal hollowing with reduced bulk during this physical examination today
 - B. localized scalp redness during this physical examination today
 - C. symmetric ear position during this physical examination today
 - D. prominent temporal fullness during this physical examination today
- 202.** During a bedside NFPE, which observation related to the clavicle region most supports possible muscle loss?
- A. warm intact skin during this physical examination today
 - B. rounded shoulder contour during this physical examination today
 - C. visible clavicle with loss of pectoral fullness during this physical examination today
 - D. even hair distribution during this physical examination today
- 203.** During a bedside NFPE, which observation related to the deltoid muscle most supports possible muscle loss?
- A. equal pupil size during this physical examination today
 - B. mild nail ridging during this physical examination today
 - C. a rounded shoulder contour during this physical examination today
 - D. a squared shoulder contour with reduced deltoid bulk
- 204.** During a bedside NFPE, which observation related to the interosseous muscles most supports possible muscle loss?
- A. dry lips only during this physical examination today
 - B. depression between the thumb and index finger during this physical examination today
 - C. a normal plantar arch during this physical examination today
 - D. fullness over the first dorsal web space during this physical examination today
- 205.** During a bedside NFPE, which observation related to the thenar muscles most supports possible muscle loss?
- A. flattening of the thumb pad compared with the other hand
 - B. a symmetric jaw line during this physical examination today
 - C. normal ankle alignment during this physical examination today
 - D. a smooth nail plate during this physical examination today

- 206.** During a bedside NFPE, which observation related to the quadriceps most supports possible muscle loss?
- A. mild tongue coating during this physical examination today
 - B. firm calf edema during this physical examination today
 - C. reduced bulk above the patella compared with expected contour
 - D. clear sclera during this physical examination today
- 207.** During a bedside NFPE, which observation related to the gastrocnemius most supports possible muscle loss?
- A. an intact cuticle during this physical examination today
 - B. a rounded calf contour during this physical examination today
 - C. a flattened calf contour with decreased muscle definition
 - D. a moist oral mucosa during this physical examination today
- 208.** During a bedside NFPE, which observation related to the scapular region most supports possible muscle loss?
- A. prominent scapulae with reduced surrounding muscle fullness during this physical examination today
 - B. equal grip strength during this physical examination today
 - C. mild facial flushing during this physical examination today
 - D. smooth scapular contour during this physical examination today
- 209.** During a bedside NFPE, which observation related to the orbital fat pads most supports possible fat loss?
- A. mild eyelid redness during this physical examination today
 - B. hollowed appearance below the eyes during this physical examination today
 - C. scalp dandruff during this physical examination today
 - D. a rounded chin during this physical examination today
- 210.** During a bedside NFPE, which observation related to the triceps skinfold most supports possible fat loss?
- A. equal radial pulses during this physical examination today
 - B. increased elbow flexibility during this physical examination today
 - C. a healed skin abrasion during this physical examination today
 - D. markedly reduced subcutaneous tissue at the posterior arm
- 211.** During a bedside NFPE, which observation related to the ribs and chest most supports possible fat loss?
- A. equal shoulder height during this physical examination today
 - B. prominent ribs with reduced chest wall soft tissue
 - C. normal breath sounds during this physical examination today
 - D. mild hair dryness during this physical examination today

- 212.** During a bedside NFPE, which observation related to the buccal fat pads most supports possible fat loss?
- A. sunken cheeks with reduced facial fullness during this physical examination today
 - B. normal ear alignment during this physical examination today
 - C. a smooth tongue during this physical examination today
 - D. mild lip dryness during this physical examination today
- 213.** During a bedside NFPE, which observation related to the upper-arm fat most supports possible fat loss?
- A. a warm hand during this physical examination today
 - B. a rounded fingernail during this physical examination today
 - C. minimal pinchable tissue at the posterior upper arm
 - D. a normal elbow angle during this physical examination today
- 214.** During a bedside NFPE, which observation related to the mid-axillary area most supports possible fat loss?
- A. normal wrist motion during this physical examination today
 - B. intact axillary hair during this physical examination today
 - C. clear conjunctiva during this physical examination today
 - D. reduced soft tissue over the lateral rib cage
- 215.** During a bedside NFPE, which observation related to the sacral area most supports possible fat loss?
- A. a dry scalp during this physical examination today
 - B. a clean intact dressing during this physical examination today
 - C. loss of padding over the sacrum in a bedbound patient
 - D. symmetrical pupils during this physical examination today
- 216.** During a bedside NFPE, which observation related to the pitting edema most supports fluid accumulation?
- A. a persistent indentation after firm pressure over the shin
 - B. a warm palm during this physical examination today
 - C. a visible tendon during this physical examination today
 - D. a brief skin blanch during this physical examination today
- 217.** During a bedside NFPE, which observation related to the bilateral ankle edema most supports fluid accumulation?
- A. one small bruise on the forearm during this physical examination today
 - B. symmetric swelling at both ankles with pitting during this physical examination today
 - C. a rounded shoulder during this physical examination today
 - D. a dry tongue during this physical examination today

- 218.** During a bedside NFPE, which observation related to the periorbital edema most supports fluid accumulation?
- A. thin scalp hair during this physical examination today
 - B. temporal hollowing during this physical examination today
 - C. cracked corners of the mouth during this physical examination today
 - D. puffy tissue around both eyes on morning assessment
- 219.** During a bedside NFPE, which observation related to the ascites screening most supports fluid accumulation?
- A. a smooth nail surface during this physical examination today
 - B. a flat relaxed abdomen during this physical examination today
 - C. progressive abdominal distention with a fluid-wave finding during this physical examination today
 - D. dry lips during this physical examination today
- 220.** During a bedside NFPE, which observation related to the skin turgor most supports possible dehydration?
- A. prominent clavicles during this physical examination today
 - B. a coated tongue during this physical examination today
 - C. a normal capillary refill during this physical examination today
 - D. delayed return of a gently pinched skin fold
- 221.** During a bedside NFPE, which observation related to the oral mucosa most supports possible dehydration?
- A. dry, tacky oral mucosa during this physical examination today
 - B. a rounded calf during this physical examination today
 - C. an intact cuticle during this physical examination today
 - D. a warm moist palm during this physical examination today
- 222.** During a bedside NFPE, which observation related to the lips most supports possible dehydration?
- A. mild facial fullness during this physical examination today
 - B. dry lips with visible fissuring during this physical examination today
 - C. a normal toenail curve during this physical examination today
 - D. equal hand size during this physical examination today
- 223.** During a bedside NFPE, which observation related to the tongue most supports possible dehydration?
- A. a dry tongue with a sticky surface during this physical examination today
 - B. an intact earlobe during this physical examination today
 - C. a normal pupil response during this physical examination today
 - D. smooth shoulder contour during this physical examination today

- 224.** During a bedside NFPE, which observation related to the skin integrity most supports skin-breakdown risk?
- A. a moist tongue during this physical examination today
 - B. a rounded cheek during this physical examination today
 - C. uniformly intact skin during this physical examination today
 - D. nonblanchable erythema over a bony prominence during this physical examination today
- 225.** During a bedside NFPE, which observation related to the pressure injury risk most supports skin-breakdown risk?
- A. a smooth nail plate during this physical examination today
 - B. a clear sclera during this physical examination today
 - C. reduced padding over a bony area with fragile skin
 - D. an even hairline during this physical examination today
- 226.** During a bedside NFPE, which observation related to the hair texture most supports a nonspecific finding needing context?
- A. a moist oral mucosa during this physical examination today
 - B. dry, brittle hair that breaks easily during this physical examination today
 - C. a rounded deltoid during this physical examination today
 - D. equal grip strength during this physical examination today
- 227.** During a bedside NFPE, which observation related to the hair distribution most supports a nonspecific finding needing context?
- A. diffuse thinning noted across the scalp during this physical examination today
 - B. a symmetric knee during this physical examination today
 - C. a single healed scar during this physical examination today
 - D. normal tongue moisture during this physical examination today
- 228.** During a bedside NFPE, which observation related to the nails most supports a nonspecific finding needing context?
- A. dry lips during this physical examination today
 - B. a rounded calf during this physical examination today
 - C. spoon-shaped nails with central concavity during this physical examination today
 - D. smooth curved nails during this physical examination today

229. During a bedside NFPE, which observation related to the nail beds most supports a nonspecific finding needing context?

- A. a smooth tongue during this physical examination today
- B. pale nail beds compared with the patient baseline
- C. full temporal muscle during this physical examination today
- D. intact heel skin during this physical examination today

230. During a bedside NFPE, which observation related to the bruising most supports a finding requiring clinical follow-up?

- A. a moist mouth during this physical examination today
- B. a normal skin fold during this physical examination today
- C. a rounded cheek during this physical examination today
- D. new unexplained bruising in several sites during this physical examination today

231. During a bedside NFPE, which observation related to the angular cheilitis most supports an oral finding requiring context?

- A. a rounded shoulder during this physical examination today
- B. a smooth intact lip border during this physical examination today
- C. cracking and soreness at the corners of the mouth
- D. normal scalp hair during this physical examination today

232. During a bedside NFPE, which observation related to the glossitis most supports an oral finding requiring context?

- A. a smooth, sore, reddened tongue during this physical examination today
- B. a normal ankle contour during this physical examination today
- C. full triceps tissue during this physical examination today
- D. a dry scalp during this physical examination today

233. During a bedside NFPE, which observation related to the gingiva most supports an oral finding requiring context?

- A. an intact nail plate during this physical examination today
- B. bleeding or swollen gums on routine observation during this physical examination today
- C. a normal shoulder contour during this physical examination today
- D. a warm foot during this physical examination today

- 234.** During a bedside NFPE, which observation related to the dentition most supports a functional nutrition barrier?
- A. an intact heel during this physical examination today
 - B. a symmetric jaw shape during this physical examination today
 - C. normal pupils during this physical examination today
 - D. missing or painful teeth that limit chewing during this physical examination today
- 235.** During a bedside NFPE, which observation related to the xerostomia most supports a functional nutrition barrier?
- A. a normal hairline during this physical examination today
 - B. a smooth nail surface during this physical examination today
 - C. a rounded calf during this physical examination today
 - D. persistent dry mouth that makes swallowing difficult during this physical examination today
- 236.** During a bedside NFPE, which observation related to the dysphagia screening most supports a swallowing safety concern?
- A. an intact cuticle during this physical examination today
 - B. a smooth tongue during this physical examination today
 - C. coughing during a sip of water and difficulty clearing the mouth
 - D. a normal grip effort during this physical examination today
- 237.** During a bedside NFPE, which observation related to the chewing function most supports a functional nutrition barrier?
- A. a normal radial pulse during this physical examination today
 - B. fatigue or pain while chewing a regular meal
 - C. a symmetric shoulder during this physical examination today
 - D. a warm hand during this physical examination today
- 238.** During a bedside NFPE, which observation related to the taste change most supports an intake barrier to assess?
- A. reported metallic taste that reduces food intake during this physical examination today
 - B. a rounded upper arm during this physical examination today
 - C. a normal tongue color during this physical examination today
 - D. a smooth nail plate during this physical examination today

- 239.** During a bedside NFPE, which observation related to the vision and meals most supports an intake barrier to assess?
- A. an intact toenail during this physical examination today
 - B. a moist mouth during this physical examination today
 - C. normal calf contour during this physical examination today
 - D. difficulty seeing food labels or meal items during this physical examination today
- 240.** During a bedside NFPE, which observation related to the hand strength most supports a functional nutrition barrier?
- A. a moist lip surface during this physical examination today
 - B. normal ankle contour during this physical examination today
 - C. difficulty opening a container because of weak grip
 - D. a smooth scalp during this physical examination today
- 241.** During a bedside NFPE, which observation related to the sit-to-stand most supports reduced functional reserve?
- A. needing arm support to rise from a chair
 - B. clear conjunctiva during this physical examination today
 - C. an intact earlobe during this physical examination today
 - D. normal nail color during this physical examination today
- 242.** During a bedside NFPE, which observation related to the gait most supports reduced functional reserve?
- A. a rounded cheek during this physical examination today
 - B. unsteady walking that limits access to meals during this physical examination today
 - C. normal mouth moisture during this physical examination today
 - D. an intact cuticle during this physical examination today
- 243.** During a bedside NFPE, which observation related to the fatigue most supports reduced functional reserve?
- A. a normal shoulder contour during this physical examination today
 - B. a warm palm during this physical examination today
 - C. a smooth nail plate during this physical examination today
 - D. fatigue that prevents completion of usual meal preparation
- 244.** During a bedside NFPE, which observation related to the self-feeding most supports a need for feeding support?
- A. inability to bring utensils to the mouth without assistance
 - B. a moist tongue during this physical examination today
 - C. an intact heel during this physical examination today
 - D. a normal pupil response during this physical examination today

- 245.** During a bedside NFPE, which observation related to the cognition most supports a need for nutrition support?
- A. a full temporal area during this physical examination today
 - B. a smooth nail plate during this physical examination today
 - C. confusion that interferes with recalling meal instructions during this physical examination today
 - D. a warm hand during this physical examination today
- 246.** During a bedside NFPE, which observation related to the NFPE consent most supports patient-centered assessment practice?
- A. begin palpation without discussion during this physical examination today
 - B. explain the assessment, obtain permission, and protect privacy
 - C. ask a visitor to leave only after the exam
 - D. document before observing during this physical examination today
- 247.** During a bedside NFPE, which observation related to the NFPE positioning most supports patient-centered assessment practice?
- A. avoid repositioning despite discomfort during this physical examination today
 - B. position the patient comfortably and expose only the area assessed
 - C. keep all areas exposed for efficiency during this physical examination today
 - D. perform every maneuver while standing during this physical examination today
- 248.** During a bedside NFPE, which observation related to the NFPE comparison most supports sound assessment interpretation?
- A. compare symmetric body areas and consider the patient baseline
 - B. ignore functional observations during this physical examination today
 - C. use a single photograph as the only evidence
 - D. judge one finding without context during this physical examination today
- 249.** During a bedside NFPE, which observation related to the NFPE documentation most supports sound assessment documentation?
- A. write only that the exam was normal during this physical examination today
 - B. document a diagnosis from one sign during this physical examination today
 - C. record location, severity, symmetry, and relevant functional effect
 - D. omit negative findings during this physical examination today

250. During a bedside NFPE, which observation related to the NFPE integration most supports sound nutrition assessment?

- A. ignore edema when interpreting weight during this physical examination today
- B. diagnose malnutrition from one isolated sign during this physical examination today
- C. use body weight as the sole assessment during this physical examination today
- D. combine physical findings with history, intake, and clinical data

Nutrition Focused Physical Exam Prep - Exam 4: Answer Key and Explanations

1. **D** - The keyed finding is temporal hollowing with reduced bulk. Assess the temporal muscle systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
2. **C** - The keyed finding is visible clavicle with loss of pectoral fullness. Assess the clavicle region systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
3. **A** - The keyed finding is a squared shoulder contour with reduced deltoid bulk. Assess the deltoid muscle systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
4. **B** - The keyed finding is depression between the thumb and index finger. Assess the interosseous muscles systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
5. **C** - The keyed finding is flattening of the thumb pad compared with the other hand. Assess the thenar muscles systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
6. **D** - The keyed finding is reduced bulk above the patella compared with expected contour. Assess the quadriceps systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
7. **A** - The keyed finding is a flattened calf contour with decreased muscle definition. Assess the gastrocnemius systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
8. **C** - The keyed finding is prominent scapulae with reduced surrounding muscle fullness. Assess the scapular region systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
9. **D** - The keyed finding is hollowed appearance below the eyes. Assess the orbital fat pads systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
10. **B** - The keyed finding is markedly reduced subcutaneous tissue at the posterior arm. Assess the triceps skinfold systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

11. B - The keyed finding is prominent ribs with reduced chest wall soft tissue. Assess the ribs and chest systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

12. D - The keyed finding is sunken cheeks with reduced facial fullness. Assess the buccal fat pads systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

13. C - The keyed finding is minimal pinchable tissue at the posterior upper arm. Assess the upper-arm fat systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

14. A - The keyed finding is reduced soft tissue over the lateral rib cage. Assess the mid-axillary area systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

15. C - The keyed finding is loss of padding over the sacrum in a bedbound patient. Assess the sacral area systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

16. D - The keyed finding is a persistent indentation after firm pressure over the shin. Assess the pitting edema systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

17. B - The keyed finding is symmetric swelling at both ankles with pitting. Assess the bilateral ankle edema systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

18. A - The keyed finding is puffy tissue around both eyes on morning assessment. Assess the periorbital edema systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

19. D - The keyed finding is progressive abdominal distention with a fluid-wave finding. Assess the ascites screening systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

20. B - The keyed finding is delayed return of a gently pinched skin fold. Assess the skin turgor systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

21. C - The keyed finding is dry, tacky oral mucosa. Assess the oral mucosa systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate

intervention plan.

22. A - The keyed finding is dry lips with visible fissuring. Assess the lips systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

23. C - The keyed finding is a dry tongue with a sticky surface. Assess the tongue systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

24. A - The keyed finding is nonblanchable erythema over a bony prominence. Assess the skin integrity systematically and compare with the patient baseline. It may support skin-breakdown risk, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

25. D - The keyed finding is reduced padding over a bony area with fragile skin. Assess the pressure injury risk systematically and compare with the patient baseline. It may support skin-breakdown risk, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

26. B - The keyed finding is dry, brittle hair that breaks easily. Assess the hair texture systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

27. D - The keyed finding is diffuse thinning noted across the scalp. Assess the hair distribution systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

28. B - The keyed finding is spoon-shaped nails with central concavity. Assess the nails systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

29. A - The keyed finding is pale nail beds compared with the patient baseline. Assess the nail beds systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

30. C - The keyed finding is new unexplained bruising in several sites. Assess the bruising systematically and compare with the patient baseline. It may support a finding requiring clinical follow-up, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

31. A - The keyed finding is cracking and soreness at the corners of the mouth. Assess the angular cheilitis systematically and compare with the patient baseline. It may support an oral finding requiring context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

32. C - The keyed finding is a smooth, sore, reddened tongue. Assess the glossitis systematically and compare with the patient baseline. It may support an oral finding requiring context, but does not diagnose it alone. Interpret with intake,

weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

33. D - The keyed finding is bleeding or swollen gums on routine observation. Assess the gingiva systematically and compare with the patient baseline. It may support an oral finding requiring context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

34. B - The keyed finding is missing or painful teeth that limit chewing. Assess the dentition systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

35. C - The keyed finding is persistent dry mouth that makes swallowing difficult. Assess the xerostomia systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

36. B - The keyed finding is coughing during a sip of water and difficulty clearing the mouth. Assess the dysphagia screening systematically and compare with the patient baseline. It may support a swallowing safety concern, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

37. A - The keyed finding is fatigue or pain while chewing a regular meal. Assess the chewing function systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

38. D - The keyed finding is reported metallic taste that reduces food intake. Assess the taste change systematically and compare with the patient baseline. It may support an intake barrier to assess, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

39. C - The keyed finding is difficulty seeing food labels or meal items. Assess the vision and meals systematically and compare with the patient baseline. It may support an intake barrier to assess, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

40. D - The keyed finding is difficulty opening a container because of weak grip. Assess the hand strength systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

41. A - The keyed finding is needing arm support to rise from a chair. Assess the sit-to-stand systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

42. B - The keyed finding is unsteady walking that limits access to meals. Assess the gait systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

- 43. D** - The keyed finding is fatigue that prevents completion of usual meal preparation. Assess the fatigue systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
- 44. B** - The keyed finding is inability to bring utensils to the mouth without assistance. Assess the self-feeding systematically and compare with the patient baseline. It may support a need for feeding support, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
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- 52. A** - The keyed finding is visible clavicle with loss of pectoral fullness. Assess the clavicle region systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.
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75. B - The keyed finding is reduced padding over a bony area with fragile skin. Assess the pressure injury risk systematically and compare with the patient baseline. It may support skin-breakdown risk, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

76. D - The keyed finding is dry, brittle hair that breaks easily. Assess the hair texture systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

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147. B - The keyed finding is position the patient comfortably and expose only the area assessed. Assess the NFPE positioning systematically and compare with the patient baseline. It may support patient-centered assessment practice, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

148. A - The keyed finding is compare symmetric body areas and consider the patient baseline. Assess the NFPE comparison systematically and compare with the patient baseline. It may support sound assessment interpretation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

149. D - The keyed finding is record location, severity, symmetry, and relevant functional effect. Assess the NFPE documentation systematically and compare with the patient baseline. It may support sound assessment documentation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings.

Combined data guide nutrition assessment and an appropriate intervention plan.

150. C - The keyed finding is combine physical findings with history, intake, and clinical data. Assess the NFPE integration systematically and compare with the patient baseline. It may support sound nutrition assessment, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

151. D - The keyed finding is temporal hollowing with reduced bulk. Assess the temporal muscle systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

152. B - The keyed finding is visible clavicle with loss of pectoral fullness. Assess the clavicle region systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

153. A - The keyed finding is a squared shoulder contour with reduced deltoid bulk. Assess the deltoid muscle systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

154. C - The keyed finding is depression between the thumb and index finger. Assess the interosseous muscles systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

155. B - The keyed finding is flattening of the thumb pad compared with the other hand. Assess the thenar muscles systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

156. A - The keyed finding is reduced bulk above the patella compared with expected contour. Assess the quadriceps systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

157. C - The keyed finding is a flattened calf contour with decreased muscle definition. Assess the gastrocnemius systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

158. D - The keyed finding is prominent scapulae with reduced surrounding muscle fullness. Assess the scapular region systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

159. B - The keyed finding is hollowed appearance below the eyes. Assess the orbital fat pads systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

160. D - The keyed finding is markedly reduced subcutaneous tissue at the posterior arm. Assess the triceps skinfold systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone.

Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

161. C - The keyed finding is prominent ribs with reduced chest wall soft tissue. Assess the ribs and chest systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

162. A - The keyed finding is sunken cheeks with reduced facial fullness. Assess the buccal fat pads systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

163. A - The keyed finding is minimal pinchable tissue at the posterior upper arm. Assess the upper-arm fat systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

164. C - The keyed finding is reduced soft tissue over the lateral rib cage. Assess the mid-axillary area systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

165. B - The keyed finding is loss of padding over the sacrum in a bedbound patient. Assess the sacral area systematically and compare with the patient baseline. It may support possible fat loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

166. D - The keyed finding is a persistent indentation after firm pressure over the shin. Assess the pitting edema systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

167. C - The keyed finding is symmetric swelling at both ankles with pitting. Assess the bilateral ankle edema systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

168. B - The keyed finding is puffy tissue around both eyes on morning assessment. Assess the periorbital edema systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

169. D - The keyed finding is progressive abdominal distention with a fluid-wave finding. Assess the ascites screening systematically and compare with the patient baseline. It may support fluid accumulation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

170. A - The keyed finding is delayed return of a gently pinched skin fold. Assess the skin turgor systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

171. B - The keyed finding is dry, tacky oral mucosa. Assess the oral mucosa systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

172. D - The keyed finding is dry lips with visible fissuring. Assess the lips systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

173. C - The keyed finding is a dry tongue with a sticky surface. Assess the tongue systematically and compare with the patient baseline. It may support possible dehydration, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

174. A - The keyed finding is nonblanchable erythema over a bony prominence. Assess the skin integrity systematically and compare with the patient baseline. It may support skin-breakdown risk, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

175. C - The keyed finding is reduced padding over a bony area with fragile skin. Assess the pressure injury risk systematically and compare with the patient baseline. It may support skin-breakdown risk, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

176. A - The keyed finding is dry, brittle hair that breaks easily. Assess the hair texture systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

177. D - The keyed finding is diffuse thinning noted across the scalp. Assess the hair distribution systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

178. B - The keyed finding is spoon-shaped nails with central concavity. Assess the nails systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

179. B - The keyed finding is pale nail beds compared with the patient baseline. Assess the nail beds systematically and compare with the patient baseline. It may support a nonspecific finding needing context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

180. D - The keyed finding is new unexplained bruising in several sites. Assess the bruising systematically and compare with the patient baseline. It may support a finding requiring clinical follow-up, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

181. A - The keyed finding is cracking and soreness at the corners of the mouth. Assess the angular cheilitis systematically and compare with the patient baseline. It may support an oral finding requiring context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data

guide nutrition assessment and an appropriate intervention plan.

182. C - The keyed finding is a smooth, sore, reddened tongue. Assess the glossitis systematically and compare with the patient baseline. It may support an oral finding requiring context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

183. C - The keyed finding is bleeding or swollen gums on routine observation. Assess the gingiva systematically and compare with the patient baseline. It may support an oral finding requiring context, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

184. B - The keyed finding is missing or painful teeth that limit chewing. Assess the dentition systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

185. D - The keyed finding is persistent dry mouth that makes swallowing difficult. Assess the xerostomia systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

186. A - The keyed finding is coughing during a sip of water and difficulty clearing the mouth. Assess the dysphagia screening systematically and compare with the patient baseline. It may support a swallowing safety concern, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

187. C - The keyed finding is fatigue or pain while chewing a regular meal. Assess the chewing function systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

188. A - The keyed finding is reported metallic taste that reduces food intake. Assess the taste change systematically and compare with the patient baseline. It may support an intake barrier to assess, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

189. B - The keyed finding is difficulty seeing food labels or meal items. Assess the vision and meals systematically and compare with the patient baseline. It may support an intake barrier to assess, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

190. D - The keyed finding is difficulty opening a container because of weak grip. Assess the hand strength systematically and compare with the patient baseline. It may support a functional nutrition barrier, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

191. A - The keyed finding is needing arm support to rise from a chair. Assess the sit-to-stand systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

192. C - The keyed finding is unsteady walking that limits access to meals. Assess the gait systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with

intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

193. B - The keyed finding is fatigue that prevents completion of usual meal preparation. Assess the fatigue systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

194. D - The keyed finding is inability to bring utensils to the mouth without assistance. Assess the self-feeding systematically and compare with the patient baseline. It may support a need for feeding support, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

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201. A - The keyed finding is temporal hollowing with reduced bulk. Assess the temporal muscle systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

202. C - The keyed finding is visible clavicle with loss of pectoral fullness. Assess the clavicle region systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

203. D - The keyed finding is a squared shoulder contour with reduced deltoid bulk. Assess the deltoid muscle systematically and compare with the patient baseline. It may support possible muscle loss, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

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243. D - The keyed finding is fatigue that prevents completion of usual meal preparation. Assess the fatigue systematically and compare with the patient baseline. It may support reduced functional reserve, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

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249. C - The keyed finding is record location, severity, symmetry, and relevant functional effect. Assess the NFPE documentation systematically and compare with the patient baseline. It may support sound assessment documentation, but does not diagnose it alone. Interpret with intake, weight change, function, illness, and other physical findings. Combined data guide nutrition assessment and an appropriate intervention plan.

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