

Intake and losses | An overview of important factors

Assessing intake and losses

- Problems with dietary intake: lying flat, motorical problems, disturbed consciousness or tiredness
- Help needed with eating
- A poor appetite/ general sickness
- Pain
- Chewing problems: such as problems with teething, a disturbed mouth movement, stomatitis or a jaw fracture
- Swallow- and passage problems: such as constriction/ stenosis, obstruction, a disturbed swallowing mechanism, problems with food transport, a paralysis of mouth/ pharynx, a disturbed saliva production (a dry mouth or exuberant saliva production), fistula or stomatitis
- Rumination
- Heartburn / reflux / esophagitis
- Stomach complaints / nausea / vomiting
- Constipation / diarrhea
- Distaste and parageusia
- Dyspnea/ breathlessness
- Psychosocial factors: such as sadness, fear, tension, loneliness, confusion, drowsiness, depression, mental handicaps, dementia or drugs or alcohol problems
- Being not allowed to eat: in case of a fasting state or research diets

Assessing GI symptoms/ losses

- Maldigestion: a deficit of enzymes or bilesalt, or a too fast passage
- Malabsorption: a shortage of absorbing intestinal surface, a too fast passage, use of medication, steatorrhea, fermentation or infectious diarrhea
- Malexcretion: an exuberant loss of enzymes and gutmucosacells by enteropathy
- Stasis, bacterial overgrowth
- A few days of heavy vomiting
- Frequent blood loss
- Fistels / stomata with a lot of excretion
- Drains
- Open wounds: such as ulcers (decubitus) or burns
- Saliva
- Urine: in case of untreated diabetes or nephrotic syndrome