



Functional Nutrition Evaluation

Exam Form: AFMCP Physical Exam

Patient Name _____ Date _____

Provider _____

Anthropometrics:

Body Composition Evaluation

Body Composition Findings

- Normal
- Abnormal Body Mass Index
 - High Low
- Elevated Waist Circumstance
- Elevated Waist-to-Hip Ratio*
- Abnormal Body Fat

Body Type

- Normal
- Cachectic
- Underweight
- Skinny fat
- Gynoid*
- Android*

Blood Pressure

Finding

- Normal
- Hypotensive
- Hypertensive

Symptomatic

- No Yes

Clinical Indicators (Hair to Toenails):

Hair

Distribution

- Normal
- Alopecia
- Androgenic alopecia (female)

Nose

Smell Test (cranial nerve 1)*

- Smell Card
 - $\geq 6/8$ $< 6/8$

Mouth

Taste (cranial nerves 7, 9, 10)*

- Bitter Strip Test
 - No taste Some taste Super taster

Clinical Indicators (Hair to Toenails):

Tongue

- Normal
- Size
 - Enlarged
- Shape
 - Scalloping
- Color
 - Red Glossitis
- Coating*
 - White Yellow Adherent
- Taste bud distribution and prominence
 - Atrophic: Geographic Hairy tongue
- Fissuring*
 - Central Transverse Lamda
- Lesions
 - Erythema migrans
 - Median rhomboid glossitis Leukoplakia

Gums

- Normal
- Lesions
 - Gingivitis Periodontitis
- Gum line color
 - Red Red without margination
 - Dark-Burton lines (lead, cadmium, mercury, cisplatinum)
- Bruising

Teeth

- Normal
- Teeth Health
 - Missing teeth Tooth attrition or abrasions
- Restorations*
 - Silver/Mercury Silver next to Gold
- Enamel Changes*
 - Discoloration (fluorosis) Dysplasia
- Painful teeth*
 - Untreated decay (carious) Cracked
 - Periodontal ligament pain with bite or tapping
 - Aluminum foil induced pain

Clinical Indicators (Hair to Toenails):

Skin

Texture

- Normal
- Xerosis*
- Hyperkeratosis pilari*
- Seborrhea
- Eczematous rash

Color

- Normal
- Brown (acanthosis nigricans)*
- Purple (ecchymosis)

Hair

- Normal
- Swan neck hairs (scurvy)

Lesions

- Normal
- Acne vulgaris*
- Keratosis
- Cancers*
 - Basal cell
 - Squamous cell
 - Melanoma
- Poor wound healing

Nails

Shape

- Normal
- Koilonychia*

Color

- Normal
- Muehrcke lines
- Leukonychia punctate*
- Leukonychia striata
- Mees lines

Texture

- Normal
- Brittle nails
 - Weak, brittle nails, ragged cuticles
 - Weak, thin, bend easily, frequently crack or chip*

Growth Pattern Changes

- Normal
- Longitudinal ridging or vertical ridging*
- Nail beading
- Beau's lines

Neuro Exam:

Light Touch—monofilament*

Upper Extremity

- Normal
- Left foot___/5 Right foot___/5
- Level of sensory change _____

Lower Extremity

- Normal
- Left foot___/5 Right foot___/5
- Level of sensory change _____

Light Touch—Vibratory Sense*

Upper Extremity

- Normal
- Left hand (thumb or 5th finger) diminished
- Right hand (thumb or 5th finger) diminished
- Level of sensory change _____

Lower Extremity

- Normal
- Left foot (great toe or 5th toe) diminished
- Right foot (great toe or 5th toe) diminished
- Level of sensory change _____

Balance

Standing

- Feet together Yes No
 - Feet apart Yes No
 - Eyes closed Yes No (positive Romberg)

Single Leg Stand

- Right Yes No
 - Eyes closed Yes No
- Left Yes No
 - Eyes closed Yes No

Motor

Get Up and Go

- 3 meters round trip*
 - < 10 seconds > 10 Seconds
- Steady gait
 - Yes No

Other Findings:
