

APPENDIX IINUTRITIONAL ASSESSMENT SCHEDULE
(With key)

NUTRITION ADVISORY COMMITTEE, I.C.M.R., (1948)

1. Sex Boys/Girls ...

2. Age

3. Height

4. Weight

5. Hip Width (Intercristal)

1. GENERAL

6. Appearance

0. Good

1. Fair

2. Poor

3. Very poor

II. EYES : A. Conjunctive :..

7. Xerosis :

0. Absent, glistening and
moist.....1. Slightly dry on exposure
for 1/2 minutes, lack of
luster.....2. Conjunctiva dry and
wrinkled3. Conjunctiva very dry and
Bitot's Spots present..

(Appendix II)

8. Pigmentation

- 0. Normal colour
- 1. Slight discolouration.....
- 2. Moderate browning in
patches.....
- 3. Severe earthly discolour-
ation.....

9. Discharge

- 0. Absent
- 1. Watery, excessive lachry-
mation.....
- 2. Mucopurulent.....
- 3. Purulent.....

B. Cornea

10. Xerosis

- 0. Absent
- 1. Slight dryness and diminished
sensibility.....
- 2. Haziness and diminished trans-
parency.....
- 3. Ulceration.....

11. Vascularisation :

- 0. Absent
- 1. Circumcorneal injection of
blood vessels.....
- 2. Vascularisation of cornea

C. Eds

12. Excoriation

- 0. Absent.....
- 1. Slight excoriation.....
- 2. Blepharitis.....

13. Folliculosis

- 0. Absent.....
- 1. A few granules.....
- 2. Lids covered with extensive granules.....
- 3. Hypertrophy.....

14. Angular Conjunctivitis.....

- 0. Absent.....
- 1. Present.....

D. Functional

15. Night blindness :

- 0. Absent
- 1. Present

N.B. : Exclude other eye disease
not associated with
nutritional defects.

III. MOUTH : A LIP

16. Condition

- 0. Normal
- 1. Angular Stomatitis, mild
- 2. Angular Stomatitis, marked

B: TONGUE17. Colour

- 0. Normal
- 1. Pale but not coated.....
- 2. Red
- 3. Red and raw

18. Surface

- 0. Normal
- 1. Fissured
- 2. Ulcered
- 3. Glazed and atropic.....

C: BUCCAL MUPOSE

19. Condition

- 0. Normal.....
- 1. Stomatitis.....

D: GUMS

20. Condition

- 0. Normal
- 1. Bleeding and/or gingivitis..
- 2. Pyorrhoea
- 3. Retracted.....

E : TEETH

21. Fluorosis

- 0. Absent
- 1. Chalky teeth
- 2. Pitting teeth
- 3. Mottled & discoloured teeth..

22. Caries

- 0. Absent.....
- 1. Slight.....
- 2. Marked

IV : HAIR

23. Condition.....

- 0. Normal
- 1. Loss of luster.....
- 2. Discoloured and dry.....
- 3. Sparse and brittle.....

V : SKIN : A General24. Appearance

- 0. Normal
- 1. Loss of luster.....
- 2. Dry and rough or crazy
pavement
- 3. Hyperkeratosis, pityriasis

25. Elasticity

- 0. Normal
- 1. Diminished.....
- 2. Wrinkled Skin

B Regional26. Trunk

- 0. Normal
- 1. Collar like pigmentation and
dermatitis around the neck..

27. Face

- 0. Normal
- 1. Nasolabial seborrhoea.....
- 2. Symmetrical sub. orbital
pigmentation.....

28. Decimal

- 0. Normal
- 1. Scortal or pudental
dermatitis.....

29. Extremities

- 0. Normal
- 1. Symmetrical dermatitis with
pigmentation of glove or
stocking type

VI : ADIPOSE TISSUE

(To be judged by the exam-
ination of the arm over the
biceps)

30. Quantity

- 0. Normal
- 1. Deficient

VII : OEDEMA

31. Distribution.....

- 0. Absent
- 1. Oedema on dependent parts..
- 2. Oedema on face and depend-
ent parts
- 3. General anasarea.....

VIII : BONES

32. Condition

- 0. Normal
- 1. Stigmata of past rickets...

IX : HEART

33. Size

- 0. Normal.....
- 1. Apax just outside the nipple
line
- 2. Enlarged.....

X : ALIMENTARY SYSTEM

34. Appetite

- 0. Normal.....
- 1.

35. Stools

- 0. Normal
- 1. Diarrhoea

XI : NERVOUS SYSTEM

36. Calf tenderness

- 0. Absent
- 1. Present

XII : TONSILS

- 0. Absent
- 1 +
- 2 +
- 3 +