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APPENDIX I

NUTRITIONAL 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)

I. GENERAL

6. Appearance

0. Good

1. Fair

2. Poor

3. Very poor

II. EYES: A. Conjunctive:

7. Xerosis:

0. Absent, glistening and
moist1. Slightly dry on exposure
for 1/2 minutes, lack of
luster.....2. Conjunctiva dry and
wrinkled.....3. Conjunctiva very dry and
Bitot's Spots present...

8. Pigmentation

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

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 tran-
sibility.....
- 3. Ulceration.....

11. Vascularisation

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

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 MUCOSE19. Condition

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

D: GUMS20. Condition

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

E: TEETH21. 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, phrynoderma

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 seborrhoria...
- 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 examina-
tion 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 dependent
parts.....
- 3. General anasarea.....

VIII. BONES

32. Condition

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

IX. HEART

33. Size

- 0. Normal.....
- 1. Apex 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 +