Nutrition Focused Physical Exam Hands-On Training Workshop

“I feel much more comfortable and confident in what I am looking for when I am touching the patient. In my first day back I performed NFPE on 2 patients and found one to be malnourished. Thanks for an excellent day of training!” – RDN participant from St. Louis, Missouri

Workshop Objectives

- Recognize the role of Nutrition Focused Physical Exam (NFPE) in identifying malnutrition
- Assess muscle wasting and fat loss
- Evaluate the presence of edema or fluid accumulation
- Identify clinical signs of micronutrient deficiencies and toxicities
- Measure functional status using handgrip strength dynamometer
- Demonstrate basic NFPE skills with actual patients

Fee

- $400 for Academy members / $450 for nonmembers
  (Early Bird discount of $50 less than listed rate available)

  - Includes:
    - Full Day Training
    - Pocket Guide
    - Penlight
    - Ongoing Support
    - NFPE Patient/RDN Script
    - NFPE Skills Assessment
    - NFPE Training Guidelines
    - Breakfast and Lunch

- Plus, required text: Nutrition Focused Physical Assessment: Making Clinical Connections by Mary Litchford, PhD, RDN, LD (additional $50 – available for purchase with registration)

To register for a workshop or view scheduled NFPE workshops, visit www.eatrightpro.org/events

Information on being NFPE Host Site or NFPE Trainer

Interested in being a host site or NFPE Workshop Trainer, request more information and an application at nfpe@eatright.org.