



**Nutrition Focused Physical Exam (NFPE)**  
**Hands-On Training Workshop**  
**Agenda**  
**“Putting the Pieces Together”**

**(Times are approximate and subject to change)**

**7:30 am** – Arrival and Breakfast

- Complete pre-workshop assessment

**8:00 am** – Welcome

**8:15 am** – NFPE and Malnutrition Overview

**8:40 am** – NFPE – Upper and Lower Body

- Subcutaneous Fat Loss
- Muscle Wasting
- Trainer Demonstration

**9:20 am** – Breakout Session

- NFPE: Assessing Subcutaneous Fat Loss and Muscle Wasting of Upper and Lower Body

**9:45 am** – Break

**10:00 am** – NFPE – Micronutrients

- Deficiencies and Toxicities
- Trainer Demonstration

**10:45 am** – NFPE – Fluid Status and Functional Status

- Dehydration/Overhydration/Edema
- Hand Grip Strength
- Trainer Demonstration

**11:15 am** – Breakout Session

- NFPE: Assessing Micronutrients, Fluid Status and Functional Status

**11:45 am** – Lunch

**12:30 pm** – NFPE Ongoing Support/Peer Champion (Review Process)

**12:35 pm** – NFPE Head-to-Toe (Trainer Demonstration)

**12:55 pm** – NFPE Case Study (Malnutrition Characteristics, Documentation and Coding)

**1:20 pm** – Breakout Session

- NFPE Head-to-Toe with Case Study (RDNs perform NFPE on trainer)

**2:20 pm** – Break

**2:35 pm** – Patient Rounds

**4:15 pm** – NFPE Skills Assessment and Workshop Wrap-Up

**4:30 pm** – Departure