



Pediatric
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 Pediatric Malnutrition Overview

8:40 am – NFPE – Upper and Lower Body

- Subcutaneous Fat Loss
- Muscle Wasting
- Mid-Upper Arm Circumference (MUAC)
- Trainer Demonstration

9:20 am – Breakout Session

- NFPE: Upper and Lower Body for Assessing Subcutaneous Fat Loss and Muscle Wasting, including MUAC

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