



# 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) (Additional \$50 after Early Bird Deadline)
  - Includes:
    - Full Day Hands-on Training
    - Pre-Workshop Material
    - Trainer Demonstrations
    - Medical Penlight
    - Post-Workshop Support
    - Plus, required text: Nutrition Focused Physical Assessment: Making Clinical Connections by Mary Litchford, PhD, RDN, LD
  - NFPE Pocket Guide
  - NFPE Patient/RDN Script
  - NFPE Skills Assessment
  - NFPE Training Guidelines
  - Breakfast and Lunch

To register for a workshop or view scheduled NFPE workshops, visit <http://www.eatrightpro.org/resource/career/professional-development/face-to-face-learning/nfpe-workshop>

## Information on being an NFPE Host Site

Interested in being a host site or NFPE Workshop Trainer, visit <http://www.eatrightpro.org/resource/career/professional-development/face-to-face-learning/hosting-nfpe-workshop>

Questions? [nfpe@eatright.org](mailto:nfpe@eatright.org)



RDNs who attend the training workshop will gain the knowledge and skills necessary to perform NFPE and train colleagues at their clinic, hospital or patient center.

## FACULTY

- Academy Trainers travel to a location near you

## TRAINING

- Small trainer to participant ratio (1:6) to allow for more individual instruction.
- RDN receives NFPE training and post-workshop support

## BRING IT BACK

- RDN returns home and is able to complete NFPE
- RDN brings back guidelines including training schedule, training materials, and a recorded NFPE webinar
- Attendee RDN has access to ongoing support from Academy trainers with regular teleconferences and an electronic communication forum
- Other training materials are available for purchase (NFPE book and pocket guide)
- Attendee RDN uses materials to train RDNs at facility to serve as peer champion

## CEUs

- RDNs who attend the hands-on training will receive 10 CEUs
- RDNs trained by workshop participant at their facility will receive 8 CEUs

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