

NUTRITIONAL RISK ASSESSMENT

Surname:	Forename:
Hospital No	Age (in years):
Date of Admission:	Height:
Consultant:	

RISK FACTORS

1. AGE	score	2. REASON FOR ADMISSION	Score	3. DIET	score	4. APPETITE	score
< 40 years	1	No planned surgery	1	Normal	1	Good (manages 3 meals a day)	1
40 – 60 years	2	Minor surgery	2	Restricted (eg. special diet)	2	Poor (eating ½ meals or less)	2
60 – 80 years	3	Chronic medical conditions	4	Fluids only	3	Refuses, or is unable to drink or eat	3
> 80 years	4	<ul style="list-style-type: none"> • Malabsorption problem • Major surgery • Trauma • Infection associated with pyrexia • Acute medical conditions • Existing pressure sore • Post-op complication • Substance abuse 	8	Nil by mouth	4	Vomiting and diarrhoea	4
5. WEIGHT	score	Risk Score			6. ABILITY TO EAT	score	
Obese BMI >30	1	< 10 LOW RISK	<ul style="list-style-type: none"> • No action necessary • Screening should be repeated weekly 	Able to eat without help	1		
No weight loss or BMI >20	1				1		
Recent weight loss Up to 10% in last 3-6mths or BMI <18.5	2	11 – 17 MODERATE RISK	<ul style="list-style-type: none"> • Needs Monitoring • Check weight weekly • Encourage eating and drinking, Observe and record intake • Replace missed meals with supplements • Review weekly, if no improvement refer to dieticians 	Requires some help	2		
Recent weight loss >10% or BMI 16 – 18.5	3				3		
Skeletal BMI < 16	4	>18 HIGH RISK	<ul style="list-style-type: none"> • Needs Action • Refer to Dietician • Consider NUTRITIONAL SUPPORT • Review twice weekly 	Unable to swallow	4		

Date	Clinician	Weight	BMI	Risk Score