

# 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"> <li>• Malabsorption problem</li> <li>• Major surgery</li> <li>• Trauma</li> <li>• Infection associated with pyrexia</li> <li>• Acute medical conditions</li> <li>• Existing pressure sore</li> <li>• Post-op complication</li> <li>• Substance abuse</li> </ul>	8	Nil by mouth	4	Vomiting and diarrhoea	4
5. WEIGHT	score	Risk Score			6. ABILITY TO EAT	score	
Obese BMI >30	1	< 10 <b>LOW RISK</b>	<ul style="list-style-type: none"> <li>• No action necessary</li> </ul>	Able to eat without help	1		
No weight loss	1				1		
Recent weight loss Up to 10% in last 3-6mths	2	11 – 17 <b>MODERATE RISK</b>	<ul style="list-style-type: none"> <li>• Needs Monitoring</li> <li>• Check weight weekly</li> <li>• Encourage eating and drinking, Observe and record intake</li> <li>• Replace missed meals with supplements</li> <li>• Review weekly, if no improvement refer to dieticians</li> </ul>	Requires some help	2		
Recent weight loss >10% or BMI 16 – 18.5	3			Needs to be fed	3		
Skeletal BMI < 16	4	>18 <b>HIGH RISK</b>	<ul style="list-style-type: none"> <li>• Needs Action</li> <li>• Refer to Dietician</li> <li>• Consider NUTRITIONAL SUPPORT</li> <li>• Review twice weekly</li> </ul>	Unable to swallow	4		

Date	Clinician	Weight	BMI	Risk Score