

Last Name: _____ First Name: _____ Sex: _____ Date: _____

Age: _____ Weight: _____ Height: _____ PRE Albumin Level: _____

Questions 1 through 7 represent the initial screening. If the additive score of 1 to 7 is 11 points or below, proceed to complete the remaining questions which represent the assessment. If the score of 1 through 7 is 12 or greater there is no nutritional risk.

<p>1. Body Mass (BMI) Index (wt. in kg) (ht in m2)</p> <p>a) BMI < 19 = 0 points</p> <p>b) BMI 19 to < 21 = 1 point</p> <p>c) BMI 21 to > 23 = 2 points</p> <p>d) BMI > 23 = 3 points</p>	<p>10. Selected consumption markers for protein intake</p> <p>• At least 1 serving dairy products/day <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>• 2 or more servings of legumes or eggs per wk <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>• Meat, fish, poultry every day <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>a) 0 or 1 yes = 0.0 points</p> <p>b) 2 yes = .5 points</p> <p>c) 3 yes = 1.0 points</p>
<p>2. Weight loss during the last 3 months</p> <p>a) weight loss > 3 kg (6.6 lbs.) = 0 points</p> <p>b) does not know = 1 point</p> <p>c) weight loss between 1 & 3 kg = 2 points</p> <p>d) no weight loss = 3 points</p>	<p>11. How many meals does the patient eat daily?</p> <p>1 meal = 0 points</p> <p>2 meals = 1 point</p> <p>3 meals = 2 points</p>
<p>3. Takes more than 3 prescriptions per day</p> <p>a) yes = 0 points</p> <p>b) no = 1 point</p>	<p>12. Pressure sores or skin ulcers</p> <p>a) yes = 0 points</p> <p>b) no = 1 point</p>
<p>4. Has suffered psychological stress or acute disease in the past 3 months</p> <p>a) yes = 0 points</p> <p>b) no = 1 point</p>	<p>13. How much fluid (water, coffee, tea, milk, etc) is consumed daily (1 cup = 8 oz.)</p> <p>a) less than 3 cups = 0.0 points</p> <p>b) 3 to 5 cups = 0.5 points</p> <p>c) more than 5 cups = 1.0 point</p>
<p>5. Neuropsychological problems</p> <p>a) severe dementia or depression = 0 points</p> <p>b) mild dementia = 1 point</p> <p>c) no psychological problems = 2 points</p>	<p>14. Mode of feeding</p> <p>a) unable to eat without assistance = 0 points</p> <p>b) self-fed with some difficulty = 1 point</p> <p>c) self-fed without any problem = 2 points</p>
<p>6. Mobility</p> <p>a) bed or chair bound = 0 points</p> <p>b) gets OOB but does not go out = 1 point</p> <p>c) goes out = 2 points</p>	<p>15. Does the patient view themselves as having a nutritional problem?</p> <p>a) major malnutrition = 0 points</p> <p>b) do not know or moderate nutrition = 1 point</p> <p>c) no nutrition problems = 2 points</p>
<p>7. Has food intake declined over the last 3 months due to lack or appetite, digestive problems, chewing or swallowing problems?</p> <p>a) severe loss of appetite = 0 points</p> <p>b) moderate loss of appetite = 1 point</p> <p>c) no loss of appetite = 2 points</p>	<p>16. In comparison with other people of the same age, how does the patient consider their health status</p> <p>a) not as good = 0.0 points</p> <p>b) do not know = 0.5 point</p> <p>c) as good = 1.0 points</p> <p>d) better = 2.0 points</p>
<p>8. Lives independently</p> <p>a) no = 0 points</p> <p>b) yes = 1 point</p>	<p>17. Mid Arm Circumference (MAC) in cm</p> <p>a) MAC less than 21 = 0.0 points</p> <p>b) MAC 21 to 22 = 0.5 point</p> <p>c) MAC 22 or greater = 1.0 points</p>
<p>9. Consumes 2 or more fruits or vegetables/day</p> <p>a) no = 0 points</p> <p>b) yes = 1 point</p>	<p>18. Calf Circumference (CC)</p> <p>a) CC less than 21 = 0 points</p> <p>b) CC 31 or greater = 1 point</p>

Requesting Practitioner: _____