

NUTRITIONAL ASSESSMENT TOOL

Patients Name

Date of Admission

Date: \ \ \ \ \ \ \ \ \

Medical Condition										
4 = Mental health problem										
5 = Major trauma										
5 = Malabsorption										
5 = Unconscious										
3 = Terminal illness										
4 = Neurological disturbance, eg stroke										
4 = Abnormal blood biochem, eg anaemia hypoproteinaemia										

Appetite/Dietary Intake										
0 = Normal										
3 = Reduced										
4 = Fluids only										

Age										
2 = 65-74										
3 = 75-80										
5 = 80+										

Ability To Eat										
0 = Independent										
1 = Needs help										
2 = Swallowing/chewing difficulty										
3 = Unable to eat solid food										
4 = Unable to eat or drink										

Gut Function										
0 = Normal										
2 = Intermittent diarrhoea/vomiting										
3 = Frequent diarrhoea/vomiting 1 + days										
4 = Prolific diarrhoea/vomiting 5 + days										
3 = Constipation										

Skin Type									
0 = Healthy									
3 = Dry/papery									
3 = Oedematous									
4 = Red/broken/wound									

Build/Weight for Height									
0 = Average									
4 = Obese									
3 = Underweight									
4 = Recent weight loss									
5 = Severely undernourished									
TOTAL SCORE:									

GUIDELINES

Score	Intervention Required
0-7 (LOW RISK)	<ol style="list-style-type: none"> 1. Ensure balanced diet and adequate fluid intake 2. Record monthly nutritional score
8-14 (AT RISK)	<ol style="list-style-type: none"> 1. Explanation given to patient why intervention is required, to gain their compliance 2. Record weekly weight and nutritional score 3. Keep food and fluid chart for 48 hours; Advise on food choices to assure balanced diet Assure adequate fluid intake Consider supplements required 4. Write a care plan outlining care required with regular evaluation
+ (HIGH RISK)	<ol style="list-style-type: none"> 1. Explanation given to patient why intervention is required, to gain their compliance 2. Record weekly weight and nutritional score 3. Maintain food and fluid chart; Advise on food choices to assure balanced diet Assure adequate fluid intake Consider supplements required 4. Write a care plan outlining care required With regular evaluation. As above 5. Refer to Dietitian

Acknowledgements:

- Practice Development Group. Portsmouth Community Hospitals. 96/97
- "Prideux Nutritional Risk Assessment Tool" - Ross Products Division, Abbott Lab. Jan 1996
- Karen Brown, RGN, Elderly Medicine, Portsmouth HealthCare Trust