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Nutritional Screening

Patient's Name: _____

Age: ____Sex: ____ Ht. _____

Wt.: _____ BMI: _____

Diagnosis.....

		Yes	No
1	Is the BMI <18.5 or > = 30?		
2	Has the patient lost weight within the last 3 months?		
3	Did the patient have reduced dietary intake in the last week?		
4	Is the patient severely ill(intensive care/Ryles tube etc) ?		
One yes answer is enough to categorize the patient as Nutritionally at risk. Score 1 for each YES and 0 for each NO, If total scoring of 1 proceed to detail nutritional assessment. If total scoring is < 1, the patient is re-screened after 7 days or on change in clinical condition.			

NUTRITION ASSESSMENT (Ref SGA)

1. Weight changes in past 6 months(%)					
	1	2	3	4	5
	No weight change or gain	Minor weight loss (<5 %)	Weight loss 5-10 % loss	10-15%	Weight loss > 15%
2. Dietary intake					
	1	2	3	4	5
	No change	Sub optimal semi solid diet	Full liquid diet	Hypocaloric diet	Starvation
3. Gastrointestinal symptoms for < 2 weeks(frequency/ Duration)					
	1	2	3	4	5
	No symptoms	Nausea	Vomiting or moderate GI symptoms	Diarrhoea	Severe anorexia
4. Physical exam evidence of					
	Edema	1	2	3	4
	Ascites	Normal	Mild	Moderate	Severe
5. Severity of disease					
		1	2	3	4
		Normal	Mild	Moderate	Severe

Total Score _____

	Score 4-8	Low risk	No action is required but nutritional re-assessment should be continued once in seven days.
	Score 8-15	Med risk	Patient is encouraged to eat balanced diet ,nutritional reassessment should be continued
	Score 15-23	High risk	Nutritional care plan should be initiated (Calorie charting/Enteral nutrition form)

Patient / Patient attendant food preferences & allergies (if any)

…….

Nutrition Care Plan ……

Diet Recommended ……

Dietician Name…… Time…… Date …… Re-assessment Due on……

NUTRITION CARE PLAN (HIGH RISK PATIENT)

Kcal Goal…… Protein Goal……
Any other nutrient Goal……
Daily Round Follow Up for patient who are on calorie charting (Enteral nutrition chart separate)

Date						
Energy Intake (kcal)						
Protein Intake (gm)						

How to calculate calories for Adults (Ref.)

Ref.1. Harris Benedict Equations

Male BEE = 66.47 + (13.75XIBW) + 5X Height (cm) - 6.76X Age
Female BEE = 655.1 + (9.56 XIBW) + 1.85X Height (cm) - 4.68X Age
Total calorie / day = BEE X Activity Factor X Injury Factor

Activity Category	Activity Factor (AF)	Injury Factor	Factor
Confined to bed	1.2	Post op (No complication) Elective Surgery	1.05-1.15
Out of bed	1.3	Simple starvation	0.85
Sedentary seated work, little movement, leisured activity	1.4-1.5	Closed Head Injury Multiple Trauma	1.3 1.4
		Systemic Inflammatory response syndrome (SIRS)	1.5
Seated work, more movement,	1.6-1.7	Sepsis	1.2-1.4
Standing work	1.8-1.9	Major Burns	1.8-2.5
Strenuous work	2.0-2.4	Refeeding Syndrome	1.2-1.5

Ref 2 Weight based Calculations **Ref 3 Estimated Protein requirements**

Disease State	Caloric Requirements	Condition	Requirement

Usual maintenance diet	20-25 kcal /kg /day	Normal Nutrition	1g/kg/day
Obesity (weight loss desired)	15-20 kcal /kg /day	Pancreatitis/IBD	1.3-2.0g/kg/day
Mild to moderate illness	25-35 kcal /kg /day	HIV infection	1-1.2g/kg/day
Renal disease	Maintenance 35kcal/kg /day	Critically ill or injured Trauma, cancer, COPD with malnutrition	1.5-2.0 g/kg/day
	Weight gain 40-45kcal/kg/day	Catabolic stress	1.2-1.6g/kg/day
	Weight loss 25-30 kcal/kg/day	Sepsis	1.2-1.5 g/kg/day
Sepsis multi organ system failure, trauma	30-35 kcal/kg/day	Trauma	1.5-2.0 g/kg/day
Chylothorax head trauma	35-45 kcal/kg/day	Hepatic cirrhosis	1.5 g/kg/day dry weight if encephalopathic 0.5-0.7g/kg/day dry weight
Pancreatitis, IBD	45-50 kcal/kg/day	Renal disease	No dialysis 0.6-0.8 g/kg/day
			Haemodialysis 1.2g/kg/day
			Peritonial dialysis 1.2-1.5g/kg/day

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