

APPENDIX: Nutrition Screening Tools

Validated, evidence-based nutrition screening tools for identifying patients who are malnourished or at risk of malnutrition⁽¹⁾:

MUST – Malnutrition Universal Screening Tool

Reference: Weekes CE, Elia M, Emery PW. The development, validation and reliability of a nutrition screening tool based on the recommendations of the British Association for Parenteral and Enteral Nutrition (BAPEN). *Clin Nutr* 2004;23:1104-1112.

Web link to tool: http://www.bapen.org.uk/pdfs/must/must_full.pdf

MNA – Mini Nutritional Assessment®

Reference: Vellas B, Guigoz Y, Garry PJ, Nourhashemi F, Bennahum D, Lauque S, Albarede JL. The Mini Nutritional Assessment (MNA) and its use in grading the nutritional status of elderly patients. *Nutrition* 1999;15(2):116-22.

Web link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/9990575>

Web link to tool: <http://www.mna-elderly.com/>

MST – Malnutrition Screening Tool

Reference: Ferguson M, Capra S, Bauer J, Banks M. Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. *Nutrition* 1999;15(6):458-464.

Web link to abstract: <http://www.ncbi.nlm.nih.gov/pubmed/10378201>

SNAQ – Short Nutritional Assessment Questionnaire

Reference: Kruijzenga HM, Seidell JC, de Veth HCW, Wierdsma NJ, van Bokhorst-de van der Schueren MAE. Development and validation of a hospital screening tool for malnutrition: the short nutritional assessment questionnaire (SNAQ) *Clinical Nutrition* 2005;24:75–82.

Web link to article and tool:

http://www.snellerbeter.nl/fileadmin/snellerbeter/documenten/Ondervoeding/ontwikkeling_en_validatie_SNAQ_H.M._Kruizenga_e.a..pdf

NRS 2002 – Nutrition Risk Screening 2002

Reference: Kondrup J, Rasmussen HH, Hamber O, Stanga Z and an Ad Hoc ESPEN Working Group. Nutritional risk screening (NRS 2002): a new method based on an analysis of controlled clinical trials. *Clinical Nutrition* 2003;22(3):321–336.

Web link to article: <http://www.sbnpe.com.br/artigos/015.pdf>

SGA – Subjective Global Assessment

References:

Detsky AS, McLaughlin JR, Baker JP, Johnston N, Whittaker S, Mendelson RA, Jeejeebhoy KN. What is subjective global assessment of nutritional status? *JPEN J Parent Enteral Nutr* 1987;11(1): 8-13.

Keith JN Bedside Nutrition Assessment Past, Present, and Future: A Review of the Subjective Global Assessment *Nutr Clin Pract* 2008;23:410-417.

Web links to articles:

<http://pen.sagepub.com/cgi/content/abstract/11/1/8>

<http://ncp.sagepub.com/cgi/reprint/23/4/410>

Note:

- (1) To date, no evidence-based, validated tools specific to stroke have been published but any of the above tools could be used in a specific facility or on a specific unit that admits stroke patients. Dietitians and other staff involved in screening should choose the most appropriate tool for their care setting, patient population and nutrition screening goals. For a detailed description and evaluation of each tool, see the following review article: Anthony PS, Nutrition screening tools for hospitalized patients. *Nutr Clin Pract* 2008;23:373-382. (Web link: <http://ncp.sagepub.com/cgi/reprint/23/4/373>)