

Validated Nutrition Assessment Tools: Comparison Guide

Name Author, year	Setting and Patient Population	Nutrition assessment parameters	Rationale/ Clarification
<p>Subjective Global Assessment (SGA)</p> <p>Detsky, A.S. et al. 1987₁</p>	<p><u>Setting:</u> Acute_{1,6,7} Rehab₂ Community₃ Residential Aged Care₄</p> <p><u>Patient group:</u> Surgery₁ Geriatric_{2, 3, 4, 5} Oncology₆ Renal₇</p>	<p>Includes medical history (weight, intake, GI symptoms, functional capacity) and physical examination</p> <p>Categorises patients as: - SGA A (well nourished) - SGA B (mild-moderate malnutrition) <u>or</u> - SGA C (severe malnutrition)</p>	<ul style="list-style-type: none"> • Requires training • Easy to administer • Good intra- and inter-rater reliability
<p>Patent Generated Subjective Global Assessment (PG-SGA)</p> <p>Ottery, F. 2005₈</p>	<p><u>Setting:</u> Acute₉₋₁₁</p> <p><u>Patient group:</u> Oncology₉ Renal₁₀ Stroke₁₁</p>	<p>Includes medical history (weight, intake, symptoms, functional capacity, metabolic demand) and physical examination</p> <p>Categorises patients into SGA categories (A, B or C) as well as providing a numerical score for triaging</p>	<ul style="list-style-type: none"> • Numerical score assists in monitoring improvements in nutritional status • Easy to administer • Scoring can be confusing but this can be addressed through training • Patients can complete the first half of the tool

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Mini-Nutritional Assessment (MNA) Guigoz Y et al. 1994 ¹²	<u>Setting:</u> Acute ₁₂ Community ₁₂ Rehab ₁₂ Long term care ₁₂ <u>Patient group:</u> Geriatric ₁₂	Screening and Assessment component Includes diet history, anthropometry (weight history, height, MAC, CC), medical and functional status. Assessed based on numerical score as: - no nutritional risk - at risk of malnutrition <u>or</u> - malnourished	<ul style="list-style-type: none"> • Lengthy • Low specificity for screening section of tool • Can be difficult to obtain anthropometric data in this patient group • Need calculator to calculate BMI

For more information about nutrition assessment, refer to the Evidence Based Practice Guidelines for the Nutritional Management of Malnutrition in Adult Patients across the Continuum of Care¹³.

References:

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