## Validated Nutrition Assessment Tools: Comparison Guide

<table>
<thead>
<tr>
<th>Name</th>
<th>Setting and Patient Population</th>
<th>Nutrition assessment parameters</th>
<th>Rationale/ Clarification</th>
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<td><strong>Subjective Global Assessment (SGA)</strong>&lt;br&gt;Detsky, A.S. et al. 1987&lt;sub&gt;1&lt;/sub&gt;</td>
<td><strong>Setting:</strong>&lt;br&gt;Acute&lt;sub&gt;1,6,7&lt;/sub&gt; Rehab&lt;sub&gt;2&lt;/sub&gt; Community&lt;sub&gt;3&lt;/sub&gt; Residential Aged Care&lt;sub&gt;4&lt;/sub&gt; <strong>Patient group:</strong>&lt;br&gt;Surgery&lt;sub&gt;1&lt;/sub&gt; Geriatric&lt;sub&gt;2, 3, 4, 5&lt;/sub&gt; Oncology&lt;sub&gt;6&lt;/sub&gt; Renal&lt;sub&gt;7&lt;/sub&gt;</td>
<td>Includes medical history (weight, intake, GI symptoms, functional capacity) and physical examination  Categorises patients as:  - SGA A (well nourished)  - SGA B (mild-moderate malnutrition) or  - SGA C (severe malnutrition)</td>
<td>• Requires training  • Easy to administer  • Good intra- and inter-rater reliability</td>
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<p>| <strong>Patent Generated Subjective Global Assessment (PG-SGA)</strong>&lt;br&gt;Ottery, F. 2005&lt;sub&gt;8&lt;/sub&gt; | <strong>Setting:</strong>&lt;br&gt;Acute&lt;sub&gt;9,11&lt;/sub&gt; | Includes medical history (weight, intake, symptoms, functional capacity, metabolic demand) and physical examination  Categorises patients into SGA categories (A, B or C) as well as providing a numerical score for triaging | • 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 |</p>
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| **Mini-Nutritional Assessment (MNA)**  
Guigoz Y et al. 1994 | Setting:  
Acute<sub>12</sub>  
Community<sub>12</sub>  
Rehab<sub>12</sub>  
Long term care<sub>12</sub>  

**Patient group:**  
Geriatric<sub>12</sub> | 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 or  
- malnourished |  
- 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 Care<sup>13</sup>.

**References:**
13. DAA Malnutrition Guideline Steering Committee Evidence Based Practice Guidelines for the Nutritional Management of Malnutrition in Adult Patients Across the Continuum of Care, Nutrition and Dietetics 2009; 66 (S3): 1-34.