

Malnutrition Screening Questions

Ask your client the following questions, score their response and calculate their score. According to the results, follow the recommended action.

Client's Name: _____

1. Have you lost weight recently without trying?

Notes: 'recently' means last 6 months. If consumer unsure, ask if clothes are looser etc

Response	Client Result	Score
Yes*		0*
No		0
Unsure		2
Total		
*If yes, complete 1a		

1a. If yes, how much weight have you lost? (in kilograms)

Response	Client Result	Score
1 -5		1
6-10		2
11-15		3
>15		4
Unsure		2
Total		

2. Have you been eating poorly because of decreased appetite?

Note: decreased appetite means eating less than $\frac{3}{4}$ of usual food intake.

'Eating poorly' may be due to problems with swallowing and chewing. If so, score yes.

Response	Client Result	Score
Yes		1
No		0
Total score		

Score:

If the total score is 2 or more the consumer is at risk of malnutrition. Consider referral to GP or dietician.

Hydration

Additional questions, which are also important

Do you regularly drink at least 8 cups of fluid every day?

(A) Yes (B) No

If answer to question above is (B),

Have you recently decreased your fluid intake?

(A) No (B) Yes

Score

If answer is (B) to either of the above, consider referral to GP or health professional.