

Nutrition Screening acc. to NRS 2002

ASSESSMENT OF THE NUTRITION STATE

PATIENT

Surname First name Gender ☐ m ☐ f ☐ d
Date of Birth Examination Date: Ward

DIAGNOSIS/CO-MORBIDITIES (Please indicate ICD-10 or ORPHAN code if possible.)

Comorbidities
Height (cm) Weight (kg) BMI (kg/cm²)

INITIAL SCREENING

Is BMI < 20.5 kg/m²? ☐ No ☐ Yes Was dietary intake reduced in the last week? ☐ No ☐ Yes
Has the patient lost weight within the last 3 months? ☐ No ☐ Yes Is the patient severely ill (e.g., in intensive therapy)? ☐ No ☐ Yes

YES: If the answer is „Yes“ to any question, the Final screening is performed.

NO: If the answer is „No“ to all questions, the patient is re-screened at weekly intervals.

If the patient e.g. is scheduled for a major operation, a preventive nutritional care plan is considered to avoid the associated risk status.

FINAL SCREENING

IMPAIRED NUTRITIONAL STATUS

ABSENT	Normal nutritional status	<input type="checkbox"/> Score 0
MILD	Weight loss > 5% in 3 months <u>or</u> food intake < 50–75% of normal requirement in preceding week	<input type="checkbox"/> Score 1
MODERATE	Weight loss > 5% in 2 months <u>or</u> BMI 18.5–20.5 kg/m ² and impaired general condition <u>or</u> food intake 25–50% of normal requirement in preceding week	<input type="checkbox"/> Score 2
SEVERE	Weight loss > 5% in 1 month (> 15% in last 3 months) <u>or</u> BMI < 18.5 kg/m ² and impaired general condition <u>or</u> food intake 0–25% of normal requirement in preceding week	<input type="checkbox"/> Score 3



Carry over score

SEVERITY OF DISEASE

ABSENT	Normal nutritional requirements	<input type="checkbox"/> Score 0
MILD	E.g. hip fracture, chronic patients, in particular with acute complications: cirrhosis, COPD. Chronic hemodialysis, diabetes, oncology	<input type="checkbox"/> Score 1
MODERATE	E.g., major abdominal surgery, stroke, severe pneumonia, hematologic malignancy	<input type="checkbox"/> Score 2
SEVERE	E.g., head injury, bone marrow transplantation, intensive care patients (APACHE II > 10)	<input type="checkbox"/> Score 3



Carry over score

AGE

If ≥ 70 years: add 1 to total score above.

SCORE

TOTAL	Score < 3	Score ≥ 3
RISK ASSESSMENT	Weekly rescreening of the patient. If the patient e.g. is scheduled for a major operation, a preventive nutritional care plan is considered to avoid the associated risk status.	The patient is nutritionally at-risk and a nutritional care plan is initiated



Total score

LITERATURE: 1. Kondrup J et al. ESPEN Guidelines for Nutrition Screening 2002. Clin Nutr 2003, 22: 415–421.