

Malnourishment Screening Tool

Name: _____ Date of birth: _____	
Date completed: _____	
Instructions: Obtain consent to complete this screening by asking. ‘ Can I ask you some questions about your nutritional health?’	
	Score
1. Have you/ the client lost weight recently without trying? <i>(In the last 6 months)</i> No 0 Unsure 2 (Ask if they suspect they have lost weight e.g. are clothes looser?) Yes, how much (kg)? 1 – 5 (2-13lbs) 1 6 – 10 (14-13 lbs) 2 11 – 15 (24-33lbs) 3 > 15 4 Unsure 2	
2. Have you/ the client been eating poorly because of a decreased appetite? No 0 Yes 1	
Total score:	

Having completed this screening refer to the 'Malnutrition Action Flowchart '

Points to note:

- If your clients have lost weight and/ or are eating poorly, they may be at risk of malnutrition i.e. score 2 or more.
- Small weight losses weekly, can add up to significant weight loss and malnutrition over time.
- Overweight/ obese clients who have unexplained weight loss and illness can become malnourished too.
- Malnutrition is preventable and reversible.
- After you assess that a client is at risk, it is important to identify what may be contributing to this risk, and to take action quickly.

Malnutrition Action Flowchart

