

Screening for Nutritional Deficiency in the Hospital

Nutritional Risk Screening (NRS 2002)

from Kondrup J et al., Clinical Nutrition 2003; 22: 415-421

Recommended by the European Society for Clinical Nutrition and Metabolism (ESPEN)

Prescreening

- Is the body mass index <20.5 kg/m²? Yes No
- Has the patient lost weight in the previous 3 months? Yes No
- Was nutritional intake reduced in the previous week? Yes No
- Is the patient very ill? (e.g. in intensive care) Yes No

⇒ If any of these questions is answered **Yes**, continue with the main screening.

⇒ If all questions are answered **No**, the patient will be screened again weekly.

⇒ If major surgery, for example, is planned for the patient, a preventive nutritional plan should be instituted to prevent the associated risk.

Main Screening

Nutritional disorder	Points		Illness severity	Points
None	0	+	None	0
Mild	1		Mild	1
Weight loss >5%/3 mo. <u>or</u> nutritional intake <50–75% of required nutritional intake in the previous week			e.g. femoral neck fracture, chronic disease especially if complications are present: liver cirrhosis, chronic obstructive lung disease, chronic hemodialysis, diabetes, cancer	
Moderate	2		Moderate	2
Weight loss >5%/2 mo. <u>or</u> BMI 18.5–20.5 kg/m ² <u>and</u> reduced general condition (GC) <u>or</u> nutritional intake 25–50% of required nutritional intake in the previous week			e.g. major abdominal surgery, stroke, severe pneumonia, hematologic cancers	
Severe	3		Severe	3
Weight loss >5%/1 mo. (>15%/3 mo.) <u>or</u> BMI <18.5 kg/m ² and reduced general condition or nutritional intake 0–25% of required nutritional intake in the previous week		e.g. head injury, bone marrow transplantation, patients in intensive care (APACHE-II >10)		

+

1 point, if age ≥70 years

≥3 points

Nutritional risk present, preparation of a nutritional plan

<3 points

Screening repeated weekly. If major surgery, for example, is planned for the patient, a preventive nutritional plan should be instituted to prevent the associated risk.