

# Guidelines for Nutrition Screening:

**Weight Changes:** *If < 5 lbs. in 6 Months*  
**IBW:** *Women-100 lbs. for first 5 ft. & 5 lbs. per inch after +/-10%*  
*Men-106 lbs. for the first 5 ft. & 6 lbs. per inch after +/-10%*  
**B/P:** *> or = to 140*  
*> or = to 90*  
**Appetite:** *Assessed by patient visit Good (0), Fair (1), Poor (2)*

## **Lab Values:**

**Albumin:** *3.4-3.0 gm/dL (1)*  
*≤ 2.9 gm/dL (2)*  
**Prealbumin:** *11-17 mg/dL (1)*  
*≤ 10 mg/dL (2)*  
**Hgb and Hct:** *≥ 3 points below normal (1 each)*  
**Glucose:** *Nondiabetic- ≥ 126 mg/dl (1)*  
*Diabetic- ≥ 140 mg/dL (1)*  
**Cholesterol:** *200-239 mg/dL (1)*  
*≥ 240 mg/dL (2)*  
**BUN:** *22-39 mg/dL (1)*  
*≥ 60 mg/dL (2)*  
**Creatinine:** *1.5-1.9 mg/dL (1)*  
*≥ 2.0 mg/dL (2)*

## **Nutritional Concerns:**

*Sepsis (1) Fever (1) Fracture (1) Burn (1) Renal Failure (1) Surgery (1)*  
*Ethanol Abuse (1) Swallowing/Chewing Problems (1 each) Chemo/Radiation (1 each)*  
*Decubitus/Pressure Ulcers Stage I and II (1) 81-90% IBW (1)*  
*Cancer (2) Geriatric Surgery (2) Decubitus/Pressure Ulcers Stage II and III (2)*  
*NPO ≥ 3 Days (2) ≤ 80% IBW (2)*  
**Children:** *Height/Length < 5th Percentile for Age (1)*  
*Weight/Length < 5th Percentile for Age (1)*  
**Pregnancy:** *Inappropriate Weight Gain (10 lbs. more or less than recommended) (1)*

**Totals:** **Score 1-4 Level I (Rescreen in 10 days)**  
**Score 5-8 Level II (Access with follow-up in 7 days)**  
**Score 9+ Level III (Access with follow-up in 5 days)**

**Note: Patients on Enteral and Parenteral Feedings are always followed up using Level III Protocol regardless of score.**