Nutritional risk screening
Identification of malnutrition risk in patients based on scoring systems as first step in fighting disease related malnutrition

The purpose of nutritional risk screening is to predict the probability of a better or worse outcome related to nutritional factors and whether nutritional treatment is likely to influence this.

Hospital and healthcare organizations should have a policy and protocols for identifying patients at nutritional risk, leading to appropriate nutritional care.

A patient screened at risk for malnutrition needs to be diagnosed with GLIM criteria and his/her nutritional status assessed.

ESPEN Recommended Screening Tools

**Malnutrition Universal Screening Tool (MUST)**
for adults - mainly in hospital and community settings

**Nutritional Risk Screening (NRS-2002)**
for adults - mainly in hospital

**Mini Nutritional Assessment (MNA)**
for older adults - in hospital, community, long term care and rehabilitation

Other Validated Screening Tools

**Short Nutritional Assessment Questionnaire (SNAQ)**
for adults - for all care settings

**Malnutrition Screening Tool (MST)**
for adults - mainly in hospital