

NUTRITION RISK SCREENING (NRS 2002)

(Reference: Kondrup J, Allison SP, Elia M, Plauth M. ESPEN Guidelines for Nutrition Screening 2002. Clin Nutr 2003; 22(4): 415-21)

Patient Data			
Last Name		Height (meters)	
First Name		Weight (kg)	
Room Number		BMI	
Attending MD			
Clinical Impression			

STEP 1 - Initial Screening			
Questions	Yes	No	
• Is BMI < 20.5?			
• Has the patient lost weight within the last three (3) months?			
• Did the patient have a reduced dietary intake in the last week?			
• Is the patient severely ill (e.g. in intensive therapy)?			
<input type="checkbox"/> Current Status: No nutritional risk			
<input type="checkbox"/> If YES to any question go to STEP 2			

STEP 2 – Final Screening			
Nutritional Status indicators (choose one only)	Score	Place score if YES	
• Normal nutritional status	0		
• Weight loss > 5% in 3 months / or food intake below 50-75% of normal requirement in preceding week	1		
• Weight loss > 5% in 2 months / or BMI 18.5-20.5 + impaired general condition / or food intake 25-60% of normal requirement in preceding week	2		
• Weight loss > 5% in one month (or > 15% in 3 months) / or BMI < 18.5 + impaired general condition / or food intake 0-25% of normal requirement in preceding week	3		
Clinical condition (may choose more than one)			
• Hip fracture chronic patients, in particular with acute complications; cirrhosis, COPD, chronic hemodialysis, diabetes, oncology	1		
• Major abdominal surgery, stroke, severe pneumonia, hematologic malignancy	2		
• Head injury, bone marrow transplantation, intensive care patients (APACHE > 10)	3		
Total Score			
ACTION TO BE TAKEN			
<input type="checkbox"/> Total score ≥ 3: The patient is nutritionally at risk and a nutritional care plan is initiated			
<input type="checkbox"/> Total score < 3: Weekly re-screening of the patient / If the patient is scheduled for a major operation a preventive nutrition care plan is considered to avoid associated risk status			
Performed By:		Date:	