

Appendix M: Nutrition Screening and Assessment Tools

The following is not an exhaustive list of nutrition screening and assessment tools but rather suggestions of tools identified within the systematic review, AGREE II appraised guidelines, by the expert panel or external stakeholder feedback.

TOOL	WEB ACCESS	DESCRIPTION
Canadian Nutrition Screening Tool	Canadian Malnutrition Taskforce (2014): http://nutritioncareincanada.ca/wp-content/uploads/2014/11/CNST.pdf	The CNST, which asks questions about recent changes in weight and food intake, was tested for reliability when used by a variety of health-care professionals (e.g., registered dietitians, registered nurses, registered practical nurses, and diet technicians (Laporte et al., 2014). The CNST tool asks two questions: (1) <i>Have you lost weight in the past 6 months without trying to lose this weight?</i> and (2) <i>Have you been eating less than usual for more than a week?</i> A person who answers “yes” to both questions is considered to be at nutritional risk.
Subjective Global Assessment	Canadian Malnutrition Taskforce (2014): http://nutritioncareincanada.ca/resources/	SGA is a quick assessment tool that determines (i.e., diagnoses) nutritional status and helps to triage care. It combines information about an individual’s dietary intake, weight status, gastrointestinal symptoms, functional capacity, and metabolic requirements with a physical assessment (Detsky et al., 1987) to create a global assessment of the person’s nutritional status. The evaluator assigns a rating of A (well-nourished), B (mildly malnourished), or C (severely malnourished). Individuals who are rated as a B or a C will require a more comprehensive nutritional assessment (NPUAP, EPUAP & PPPIA, 2014).