

ICU NUTRITIONAL SCREENING TOOL

To estimate nutritional status of ICU patients.
Select one category only from each box. Add scores
together to calculate overall risk. Use with ICU
Nutrition Care Pathway to determine route of feeding.

Obtain height/weight and
nutritional history from
family/notes

Step 1	BMI (kg/m ²)	Score
• Normal	>20	= 0
• Slightly low	(18.5-20)	= 1
• Low	(16-<18.5)	= 2
• Very low	(<16)	= 4

Step 2	Unintentional weight loss in last 3-6 months (estimated)	Score
• None or < 5%		= 0
• 5-10%		= 1
• Significant >10%		= 2
• Severe >15%		= 4

Step 3	Acute disease effect	Score
• Likely to be self-ventilating and eating within 48 hours		= 0
• Unlikely to/will not be able to eat within 48 hours		= 1
• No/poor nutritional intake for > 5 days		= 2
• No/poor nutritional intake for > 10 days		= 4

Step 4	Other factors to consider if relevant	Score
• A history of alcohol abuse, or chemotherapy within the last 3 months		= 2
• Critically low levels of potassium (<2.5mmol/l), phosphate (<0.32mmol/l), or magnesium (<0.5mmol/l) prior to feeding		= 4

Score = 0	Low risk:	Reassess daily using this chart
Score = 1	Medium risk:	At risk of malnutrition
Score = 2 or 3	High risk:	Malnourished
Score = 4	Very high risk:	Risk of refeeding syndrome
Go to ICU Nutrition Care Pathway and use patient's score to commence appropriate feeding regimen.		