

Nutrition Screening Checklist

Screening for Malnutrition

Is BMI less than 19? ☐ Yes ☐ No

Has the patient had unintentional weight loss of more than eight pounds in the last three months? ☐ Yes ☐ No

Has the patient had a poor appetite—eating less than half of meals or fewer than two meals per day? ☐ Yes ☐ No

Is the patient unable to take food orally (for example, due to dysphagia, vomiting)? ☐ Yes ☐ No

If YES to any of the questions:

- ☐ Referral to registered dietitian for evaluation of malnutrition unless currently receiving nutrition therapy

Lab Tests for Risk Stratification

Is the patient having inpatient surgery? ☐ Yes ☐ No

If YES:

- ☐ Check albumin level to assess complication risk after surgery

Supplementation

Is the patient having complex surgery (for example, GI anastomosis)? ☐ Yes ☐ No

If YES:

- ☐ Consider need for evidence-based immune modulating supplementation

Reference:

Thornblade LW, Varghese TK Jr, et al. Preoperative Immunonutrition and Elective Colorectal Resection Outcomes. Dis Colon Rectum. 2017;60(1):68-75.

Important Notice

These sample checklists are provided for informational purposes only and should NOT be used in the care of a patient outside of a comprehensive preoperative program such as Strong for Surgery. Patients should not rely on information on this checklist as an alternative to medical advice from a doctor or other professional health care provider. To find out how you can start using the Strong for Surgery checklist in your clinic, please contact us at qualityresources@facs.org.

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