

Nutrition Screening Tool – Community (NST-Com)

| INDICATORS | SCORING |
|--|--|
| Physical appearance | <p>Normal 0</p> <ul style="list-style-type: none"> - At least normal muscle bulk and fat stores - Rounded shoulders - Large space between fingers <p>Moderately underweight 1</p> <ul style="list-style-type: none"> - Mild/Moderate loss of fat from triceps and shoulder region - Slight depression of temples, moderate facial muscle wasting - Bones may show slightly <p>Severely underweight 2</p> <ul style="list-style-type: none"> - Severe loss of fat from triceps and shoulder region - Hollowing depression of temples, facial muscle wasting - Protruding, prominent bones |
| Diet intake adequacy over past 5 days or more | <p>Normal 0</p> <ul style="list-style-type: none"> - No change - >1200ml of a 1kcal/ml formula (e.g. Ensure, Jevity, Glucerna) per day via feeding tube <p>Reduced moderately 1</p> <ul style="list-style-type: none"> - Takes ½ to ¾ of normal/usual intake - 1000-1200ml of a 1kcal/ml formula (e.g. Ensure, Jevity, Glucerna) per day via feeding tube <p>Reduced severely 2</p> <ul style="list-style-type: none"> - Takes less than ½ of normal/usual intake or has been NBM - <1000ml of a 1kcal/ml formula (e.g. Ensure, Jevity, Glucerna) per day via feeding tube <p>Not available –</p> |
| Unintentional weight loss over past 6 months | <p>No 0</p> <p>Unsure 1</p> <p>Yes, 0.5 – 3.0kg 2</p> <p>Yes, >3.0-7.0kg 3</p> <p>Yes, >7.0kg 4</p> <p>Yes, Unsure 2</p> |
| *TOTAL SCORE | |

*IF TOTAL SCORE IS 3 OR MORE, REFER TO THE DIETITIAN/HEALTHCARE PROFESSIONAL