

## Nutrition Screening Tool – Community (NST-Com)

INDICATORS	SCORING
<b>Physical appearance</b>	<p><b>Normal</b> <b>0</b></p> <ul style="list-style-type: none"> <li>- At least normal muscle bulk and fat stores</li> <li>- Rounded shoulders</li> <li>- Large space between fingers</li> </ul> <p><b>Moderately underweight</b> <b>1</b></p> <ul style="list-style-type: none"> <li>- Mild/Moderate loss of fat from triceps and shoulder region</li> <li>- Slight depression of temples, moderate facial muscle wasting</li> <li>- Bones may show slightly</li> </ul> <p><b>Severely underweight</b> <b>2</b></p> <ul style="list-style-type: none"> <li>- Severe loss of fat from triceps and shoulder region</li> <li>- Hollowing depression of temples, facial muscle wasting</li> <li>- Protruding, prominent bones</li> </ul>
<b>Diet intake adequacy over past 5 days or more</b>  Suggestion on how to question: 1. Have you been eating poorly/less recently? 2. If “Yes”, for how long? → only considered if ≥5 days; if all along eating lesser for 6 months or longer, this will be considered as usual intake and a score of 0. 3. If “Yes”, how much lesser are you eating compared to your usual? Is it ¾, ½ or ¼ of your usual intake?	<p><b>Normal</b> <b>0</b></p> <ul style="list-style-type: none"> <li>- No change</li> <li>- &gt;1200ml of a 1kcal/ml formula (e.g. Ensure, Jevity, Glucerna) per day via feeding tube</li> </ul> <p><b>Reduced moderately</b> <b>1</b></p> <ul style="list-style-type: none"> <li>- Takes ½ to ¾ of normal/usual intake</li> <li>- 1000-1200ml of a 1kcal/ml formula (e.g. Ensure, Jevity, Glucerna) per day via feeding tube</li> </ul> <p><b>Reduced severely</b> <b>2</b></p> <ul style="list-style-type: none"> <li>- Takes less than ½ of normal/usual intake or has been NBM</li> <li>- &lt;1000ml of a 1kcal/ml formula (e.g. Ensure, Jevity, Glucerna) per day via feeding tube</li> </ul> <p><b>Not available</b> <b>–</b></p>
<b>Unintentional weight loss over past 6 months</b>  Suggestion on how to question: 1. Have you lost any weight in past 6 months? 2. If “Yes”, how many kilograms have you lost? → not able to accurately quantify, this will be considered as “Yes, unsure”. 3. Is this weight loss intentional / on purpose? → If “Yes”, this will be considered as “No”.	<p><b>No</b> <b>0</b></p> <p><b>Unsure</b> <b>1</b></p> <p><b>Yes, 0.5 – 3.0kg</b> <b>2</b></p> <p><b>Yes, &gt;3.0-7.0kg</b> <b>3</b></p> <p><b>Yes, &gt;7.0kg</b> <b>4</b></p> <p><b>Yes, Unsure</b> <b>2</b></p>
<p style="text-align: right;"><b>*TOTAL SCORE</b></p>	

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