

Attachment A

Mini Nutritional Assessment



Last name:		First name:		Date:
Sex:	Age:	Weight:	Height:	PRE albumin level:

Questions 1 through 7 represent the initial screening. If the additive score of 1 to 7 is 11 points or below, proceed to complete the remaining questions which represent the assessment. If the score of 1 through 7 is 12 or greater, there is no nutritional risk.

1. Body mass index (BMI) (wt. in kg) (ht. in m²)
 - a) BMI <19 = 0 points
 - b) BMI 19 to <21 = 1 point
 - c) BMI 21 to >23 = 2 points
 - d) BMI >23 = 3 points
2. Weight loss during the last 3 months
 - a) weight loss >3 kg (6.6 lbs) = 0 points
 - b) does not know = 1 point
 - c) weight loss between 1 and 3 kg = 2 points
 - d) no weight loss = 3 points
3. Takes more than 3 prescriptions per day
 - a) yes = 0 points
 - b) no = 1 point
4. Has suffered psychological stress or acute disease in the past 3 months
 - a) no = 0 points
 - b) yes = 1 point
5. Neuropsychological problems
 - a) severe dementia or depression = 0 points
 - b) mild dementia = 1 point
 - c) no psychological problems = 2 points
6. Mobility
 - a) bed or chair bound = 0 points
 - b) gets OOB but does not go out = 1 point
 - c) goes out = 2 points
7. Has food intake declined over the last 3 months due to lack of appetite, digestive problems, chewing or swallowing problems?
 - a) severe loss of appetite = 0 points
 - b) moderate loss of appetite = 1 point
 - c) no loss of appetite = 2 points
8. Lives independently
 - a) no = 0 points
 - b) yes = 1 point
9. Consumes 2 or more fruits or vegetables per day
 - a) no = 0 points
 - b) yes = 1 point
10. Selected consumption markers for protein intake
 - M. least 1 serving of dairy products per day Yes No
 - 2 or more servings of legumes or eggs per week Yes No
 - Meat, fish, poultry every day Yes No
 - a) 0 or 1 yes = 0 points
 - b) 2 yes = .5 point
 - c) 3 yes = 1 point
11. How many meals does the patient eat daily?
 - 1 meal = 0 points
 - 2 meals = 1 point
 - 3 meals = 2 points
12. Pressure sores or skin ulcers
 - a) yes = 0 points
 - b) no = 1 point
13. How much fluid (water, coffee, tea, milk, etc.) is consumed daily (1 cup = 8 oz)?
 - a) less than 3 cups = 0 points
 - b) 3 to 5 cups = .5 point
 - c) more than 5 cups = 1 point
14. Mode of feeding
 - a) unable to eat without assistance = 0 points
 - b) self-fed with some difficulty = 1 point
 - c) self-fed without problem = 2 points
15. Does the patient view themselves as having a nutritional problem?
 - a) major malnutrition = 0 points
 - b) do not know or moderate nutrition = 1 point
 - c) no nutrition problems = 2 points
16. In comparison with other people of the same age, how does the patient consider their health status?
 - a) not as good = 0 points
 - b) do not know = .5 point
 - c) as good = 1 point
 - d) better = 2 points
17. Mid-arm circumference (MAC) in cm
 - a) MAC less than 21 = 0 points
 - b) MAC 21 to 22 = .5 point
 - c) MAC 22 or greater = 1 point
18. Calf circumference (CC)
 - a) CC less than 21 = 0 points
 - b) CC 31 or greater = 1 point

Requesting practitioner: _____