



Date & Time	Review	Name & Sign

## Nutritional Assessment

### 1. Weight Change

- Weight Gain 1
- No change 1
- Minor weight loss (<5%) 2
- Weight loss between 5-10% 3
- Weight loss between 10.1-15% 4
- Weight loss > 15% 5

### 2. Dietary Intake

- No change 1
- Sub-optimal solid diet 2
- Moderate overall decrease 3
- Full liquid diet 3
- Hypocaloric diet 4
- Starvation 5

### 3. GI Symptoms

- No symptoms 1
- Nausea 2
- Vomiting 3
- Moderate GI symptoms 3
- Diarrhea 4
- Severe anorexia 5

### 4. Functional Capacity

- No impairment 1
- Difficulty with ambulation 2
- Difficulty with normal activities 3

- Limited to light activities 4
- Bed or chair ridden with little or no activity 5

### 5. Co-morbidity

- Healthy 1
- Mild co-morbidity 2
- Difficult with minimal activity 3
- Light activity 4
- Bed / chair ridden with no or little activity 5

### 6. Decreased Fat Stores

- Normal (No change) 1
- Mild 2
- Moderate 3
- Moderate to severe 4
- Severe 5

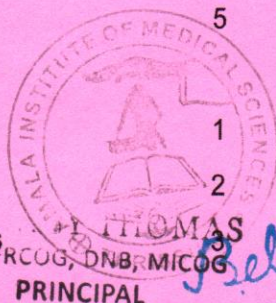
### 7. Muscle Wasting

- None 1
- Mild 2
- Moderate 3
- Moderate to severe 4
- Severe 5

### Nutritional Status Score

- Well nourished 7-14
- Mild to moderately malnourished 15-35
- Severe malnourished 36-49

Assessed by (Name and initial with date):



**PRINCIPAL**  
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