



Department:	Clinical Nutrition		
Document:	Multidisciplinary Policy and Procedure		
Title:	Nutrition Screening		
Applies To:	Clinical Dietitians, Physicians, Nursing		
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1. PURPOSE:

- 1.1 Identify patients who may be at nutritional risk or have poor nutritional status and who may benefit from appropriate nutritional interventions.
- 1.2 Record the nutrition care plan.

2. DEFINITIONS:

- 2.1 Nutritional Screening is a rapid and simple process that determines and identify the characteristics known to be associated with nutritional risk. This is done on the first contact with the patient.

3. POLICY:

- 3.1 Nutritional Screening is conducted within the first twenty-four (24) hours of admission or earlier as indicated by the patient's condition.
- 3.2 Nutrition screening criteria is incorporated in the Adult Nursing Initial/Admission Assessment form or Infant/Pediatric Initial/Admission Nursing Assessment form and Inpatient Nutrition Screening Tool form for all admitted patients.
- 3.3 Nutritional Screening Criteria includes but not limited to the following:
 - 3.3.1 Age.
 - 3.3.2 Poor intake .
 - 3.3.3 Food allergy
 - 3.3.4 Tube feeding.
 - 3.3.5 Surgery (major).
 - 3.3.6 High risk OB /Gyne
 - 3.3.7 BMI < 18.5, BMI >35
 - 3.3.8 Terminal / palliative care.
 - 3.3.9 Patient on therapeutic diet.
 - 3.3.10 Unplanned change in weight
 - 3.3.11 Psychological eating disorders
 - 3.3.12 Chewing /swallowing difficulty
 - 3.3.13 Food and drug interaction.
 - 3.3.14 Gastrointestinal dysfunction (Diarrhea, vomiting etc.)
 - 3.3.15 Comorbidities (D.M, HTN, Cardiac, and Renal disorders)
- 3.4 Patients at nutritional risk are identified and referred by the assigned nurse or doctor to the clinical dietitian to be assessed to promote optimal patient well-being and safety.
- 3.5 Nutrition assessment is completed within 24-72 hours of referral except on the weekends when there are no clinical dietitian on duty.
- 3.6 Patients who are not at nutritional risk and stay more than 7 days in the hospital will be referred by the assigned nurse to the clinical dietitian to be assessed to promote optimal patient well-being and safety.

- 3.7 Patients who on intensive care unit no need for nutrition screening and will be assess by clinical dietitian within 24 hours from admission.
- 3.8 All outpatients who have nutritional risk including but not limited to obesity, diabetes, hyperlipidemia, hypertension, gestational diabetes, coronary artery disease, renal disorders, food intolerance /allergy, failure to thrive , metabolic disorders and underweight) referred by doctor after writing consultation form.

4. PROCEDURE:

- 4.1 Identify nutritional screening criteria within twenty- four (24) hours of admission in the hospital.
- 4.2 Predetermined criteria are indicated in the Adult Nursing Initial/Admission Assessment form or Infant/ Pediatric Initial/Admission Nursing Assessment form and Inpatient Nutrition Screening Tool form .
- 4.3 Any patient with one or more criteria indicating nutritional risk is referred to clinical dietitian through the referral system.
- 4.4 Dietitians with their respective ward assignment will do nutritional assessment for the referred patient .
- 4.5 Nutrition assessment is completed within 24 hours of referral except on the weekends when there are no clinical dietitian on duty.
- 4.6 If a patient requires an urgent referral over the weekend such as enteral feeding, the clinical dietitian on call should be contacted by phone.

5. MATERIALS AND EQUIPMENT:

- 5.1 Medical Record.
- 5.2 Inpatient Nutrition Screening Tool form.
- 5.3 Adult Nursing Initial/Admission Assessment form.
- 5.4 Infant/Paediatric Initial/Admission Nursing Assessment form.
- 5.5 NUTRITION ASSESSMENT AND RE-ASSESSMENT FORM

6. RESPONSIBILITIES:

- 6.1 Clinical dietitian
- 6.2 Nurses
- 6.3 Physicians

7. APPENDICES:

N/A

8. REFERENCES:

- 8.1 Board of Accreditation for healthcare institutions (CBAHI) standards.
- 8.2 King Salman Hospital, Nutrition Screening Assessment and Reassessment, App-DT.2., 15/ 9/ 1437h.
- 8.3 Developmental plan , policies , work procedure for clinical nutrition in healthcare institutions .

9. APPROVALS:

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