

Malnutrition

Mild, Moderate or Severe

Malnutrition should be diagnosed when **2** or more of the following **6** criteria are identified:

1. Insufficient Energy Intake
2. Weight Loss
3. Loss of Muscle Mass
4. Loss of Subcutaneous Fat
5. Localized or generalized fluid accumulation that may sometimes mask weight loss
6. Diminished functional status as measured by hand grip strength

These criteria must be evaluated in the clinical context of one of the following:

- Acute Illness or Injury
- Chronic Illness
- Social or Environmental Circumstances

See table below for specific criteria to aid in the recognition of these 6 criteria.

Notice that ALBUMIN and PREALBUMIN are NOT criteria for diagnosis

Reference: <http://brundagegroup.com/wp-content/uploads/2015/10/ASPEN-Malnutrition.pdf>

Malnutrition in the Context of ACUTE ILLNESS or INJURY

Clinical Criteria	Non-Severe Malnutrition	Severe Malnutrition
1. Insufficient Energy Intake	<75% of estimated energy requirement for > 7 days	≤50% of estimated energy requirement for ≥ 5 days
2. Weight Loss	Time	% Time
	1 wk	>2 1 wk
	1 mo	>5 1 mo
	3 mos	>7.5 3 mos
3. Loss of Muscle Mass	<i>Mild</i>	Moderate
4. Loss of Subcutaneous Fat	Mild	Moderate
5. Fluid Accumulation	Mild	Moderate-severe
6. Reduced Grip Strength	N/A	Measurably reduced