

Paediatric Nutritional Assessment Tool

Suitable for use from 1 year - 16 years

NB This tool should be used to support **not replace** your clinical judgement as to whether the child is at nutritional risk

Patient ID Label

Nutritional Assessment Tool Suitable for use from 1 year - 16 years		Date	Admission			
		Nurse signature				
		Nurse Name				
		Weight				
		Height				
		BMI				
Is BMI below the cutoff value? (See BMI scoring guide below)*	No	0				
	Yes	2				
Has child lost weight recently?	No	0				
	Yes	1				
Has child had a reduced intake for at least the past week?	No	0				
	Yes: Decrease intake	1				
	Yes: No intake/sips	2				
Will child's nutrition be affected by recent admission/condition for at least the next week?	No	0				
	Yes: Decrease intake	1				
	Yes: No intake/sips	2				
Patient is at high risk if score is ≥ 2 ; implement nutritional care plan; Refer to dietetics; weekly assessment	Total Nutritional Score					

Adapted from Paediatric Yorkhill Malnutrition Score (PYMS) – 2009

Acknowledgement of NHS Greater Glasgow and Clyde

BMI Documented in Medical Records

Body Mass Index (BMI) Scoring Guide

If the BMI calculated is less than that shown for age and gender, answer YES

Age (yrs)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Boys	15.0	14.5	14.0	13.5	13.5	13.5	13.5	13.5	13.5	14.0	14.0	14.5	15.0	15.5	16.0	16.5
Girls	15.0	14.0	13.5	13.5	13.0	13.0	13.0	13.0	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.5

Definite Nutritional implications requiring dietician referral

Bowel failure (malabsorption); Burns; Coeliac (Newly diagnosed); Crohn's disease; Cystic fibrosis; Diabetic (Newly diagnosed); Dysphagia; Eating disorders; Enteral feeds; Faltering growth; Metabolic disorder; Ketogenic diet; Liver disease; Major surgery; Multiple food allergies/intolerances; Nutrient deficiencies, eg anaemia, rickets (if dietary related); Oncology with poor food intake, Trauma (major); Weight loss and/or enteral feed; Renal disease/failure; Short bowel syndrome; TPN

Possible nutritional implications requiring dietician referral

Behavioural eating problems; Cardiology (may be associated with faltering growth); Cerebral palsy; Cleft palate; Coeliac disease; Diabetes (Poorly controlled); Food allergy/intolerance (single); Gastro-oesophageal reflux; Minor surgery; Neuromuscular conditions; Psychiatric disorders; Respiratory syncytial virus (RSV);