

International Nutrition Survey

Help Pages

Baseline Nutrition Assessment

This form is to be filled out **once** for each patient.

- Record height in metres and weight in kilograms at time of ICU admission. If unable to obtain “actual” height or weight, use estimated height and weight or that obtained from family members and check the appropriate box to indicate that data was estimated.
- For weight used to determine prescribed energy requirements, choose from the list.

Code	Weight
1	Actual (ABW)
2	Ideal (IBW) based on Hamwi formula
3	Ideal (IBW) based on BMI 20-25 Kg/m ²
4	Adjusted by 25% (ABW x 0.25 + IBW)
5	Adjusted by 40% (ABW x 0.4 + IBW)
6	Adjusted average ((ABW + IBW) x 0.5)
7	No weight used in calculation
8	No assessment completed
9	Other, please specify

- For determination of energy requirements choose from the list.

Code	Predictive Equation
1	Harris Benedict Equation
2	Schofield Equation with no adjustment for stress and activity
3	Schofield Equation with adjustment for stress and/or activity
4	Mifflin-St. Jeor Equation
5	Ireton-Jones Equation
6	Weight based <20 Kcal/Kg
7	Weight based: 20-24 Kcal/Kg
8	Weight based: 25-29 Kcal/Kg
9	Weight based: 30-35 Kcal/Kg
10	Provide 1200 – 1499 Kcal as standard
11	Provide 1500-2000 Kcal as standard
12	Indirect calorimetry
13	Other, please specify

- For prescribed energy intake enter the kilocalories provided by the goal regimen (i.e. maximum rate/volume determined at the initial assessment) for EN/PN according to the dietitians or physicians recommendation.

- e.g. If the dietitian recommends a starting rate of 25 ml/hr on day 1 with a final rate of 75 ml/hr by day 3, calculate the calories and protein that the **final rate** = 75ml/hr X 24 would provide
- For prescribed protein intake enter the grams provided by the goal regimen (i.e. maximum rate/volume determined at the initial assessment) for EN/PN according to the dietitians or physicians recommendation.
- For those on EN and PN, please record the kilocalories and protein from the combined prescription of EN and PN.

- *Weight:* Enter the patient's actual weight in kilograms. Do not enter the weight used to estimate the patients nutritional requirements if it differs from the patients actual weight. Enter "actual" if the patient has been weighed during the current admission or if there is a recent recorded weight in the chart. Enter "estimated" if the weight was obtained by enquiring of relatives or estimated by a clinician. Use "dry weight" (i.e. weight in the absence of fluid overload) if fluid retention is present. See Appendix or CCN website for height and weight conversion charts.
- *Height:* Enter height in meters. See Appendix or CCN website for height and weight conversion charts.
- *Weight used to determine requirements:* If an unadjusted estimated weight is used to calculate nutritional requirements, select 'actual' body weight.
- *Prescription:* Record total kilocalories i.e. include the kilocalories from protein. If the prescription changes over the days of observation, calculate the average prescribed calories and protein.
- *If a nutritional assessment was not completed, calculate prescription as 25 kcal/kg for energy and 1g/kg protein. (e.g. an 80kg male patient would have a prescription of 2000kcal and 80g protein).*