

## **Early detection and nutrition screening**

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### *Abstract*

Nutritional screening is the first step of the Good Nutritional practice process, and aims to predict the probability of a better or worse outcome due to nutritional factors and whether nutritional treatment is likely to influence this. Elements of body composition serve as part of screening, but weight or BMI are insufficient to reveal nutritional risk. Nutritional screening tools used must be validated and designed to the population and setting of use, and may thus vary according to circumstances, age or type of illness. NRS-2002 is used in hospitals in Denmark, and EVS is recommended by the National Board of Health and implemented for use in the community including nursing homes.

Tools should be used systematically according to according to municipal and regional professional standards, however certain trigger points should initiate nutritional screening outside systematic procedure.