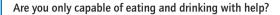


Rotate the BMI classification disc until the height equals the body weight. The red arrow indicates the BMI.

## Ask these questions

## Did you lose weight unintentionally?

- ▶ more than 3 kg in the last month
- ▶ more than 6 kg in the last 6 months



Have you experienced a decreased appetite over the

last month?

## Measure BMI

- BMI below 20 equals red
- BMI 20 to 22 equals orange
- BMI 22 to 28 equals green
- BMI above 28 equals overweight

## Total score of questions + BMI







































Screen and weigh\* at admission and every three months

Document score in patients' record







No action

- 2-3 in-between meals per day
- Motivate the patient to eat
- Monitor the food intake
- \* Weighing
- 1 x per 1-3 month
- 1 x per month
- 1 x per month

- 2-3 in-between meals per day, enriched meals and monitoring of the food intake
- Report to physician for consultation dietician
- Start dietetic treatment ≤ 3 days after screening
- Evaluate treatment 5 days after start of dietetic treatment

Early recognition and treatment of malnutrition in nursing and residential homes

