

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



Are you only capable of eating and drinking with help?



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





# SNAQ<sup>RC</sup>

## Screening and treatment plan



# SNAQ<sup>RC</sup>

## Short Nutritional Assessment Questionnaire for Residential Care

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



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

\* Weighing

-  1 x per 1-3 month
-  1 x per month
-  1 x per month

Early recognition  
and treatment  
of malnutrition  
in nursing and  
residential homes

