

SUBJECT: NUTRITION SCREENING AND ASSESSMENT

APPROVED BY:

EFFECTIVE  
DATE: 03-31-11 (replaces 08-17-09)

Executive Director

Reviewed (no changes):

Medical Director

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POLICY

It is the policy of McIntosh Trail Community Service Board that every consumer shall be routinely screened for nutrition needs upon admission to a McIntosh Trail program as part of biopsychosocial assessment. As a result of the initial screening, the facility physician may recommend a nutrition assessment by a licensed dietitian. Nutrition intervention needs will be implemented into the total care plan for the consumer.

PROCEDURE

1. Upon admission each consumer shall be screened by a clinical staff member. This assessment will screen each consumer for a level of nutrition risk according to the criteria outlined below. Reassessment will be continuous through treatment.
2. Criteria for levels of nutrition risk:  
**High Nutrition Risk**
  - 1) Diagnosis of an eating disorder.
  - 2) Weight less than 80% IBW.
  - 3) Uncontrolled diabetes mellitus or gestational diabetes.
  - 4) Uncontrolled hypertension.
  - 5) Confirmed malabsorption/maldigestion.
  - 6) Diagnosis of AIDS, kidney disease/dialysis.
  - 7) Recent rapid unintentional weight loss of greater than 10 pounds.
  - 8) Albumin is less than 3.0.
  - 9) NPO more than 5 days.**Moderate Nutrition Risk**
  - 1) Weight less than 90% usual or IBW range.
  - 2) Consumer on a modified diet requiring nutrition education.
  - 3) HIV+ status.
  - 4) Those consumers who avoid certain foods necessary for a balanced diet.
  - 5) NPO more than 3 days.**Low Nutrition Risk**
  - 1) All other consumers not classified as high or moderate nutrition risk.
3. The physician orders diets for all consumers in a McIntosh Trail residential treatment program; and for those consumers in a high or moderate nutrition risk category, may recommend further nutritional assessment by the dietary consultant employed by the facility preparing meals.
4. Consumers in outpatient sites whose risk level is high or moderate will receive recommendations for further assessment based on current nutritional and medical intervention.