

Nutrition for Seniors Eat Smart Live Smart (v5)

5. Nutritional screening

營養篩查

In general, nutritional screening should be an easy and quick tool that most people including the patient, or a member of the family can carry it out to identify at-risk individuals.

營養篩查必須是簡便易用的工具，使大多數人包括患者或其家人都可以用來識別高危人士。

The Mini Nutritional Assessment short form is the most widely used nutritional screening tool developed and validated for older adults.

簡易營養評估量表短式版是為長者開發和驗證而被廣泛使用的營養篩查工具。

It has been translated into more than 20 languages including Chinese.

已被翻譯成包括中文在內的 20 多種語言。

Six screening parameters encompassing body mass index (BMI), weight loss, reduced dietary intake, disease, immobility and neuropsychological problems are included and can be completed in less than five minutes.

六個篩查參數包括身體質量指數 BMI，體重減輕，飲食攝入量減少，疾病，行動不便和神經心理問題，並可以在不到五分鐘內完成。

If BMI is not obtainable, calf circumference can be used instead.

無法量度身體質量指數，可改用小腿圍。

The screening score ranges from 0 to 14 points, with 0-7 points indicates malnourished, 8-11 points as at risk of malnutrition and 12-14 points as normal nutritional status.


篩查得分範圍，為 0 至 14 分，其中 0-7 分表示營養不良，8-11 分為營養不良高風險，正常營養狀況為 12-14 分。

For older adults who are identified as normal nutritional status, rescreening should be done for (1) older adults after acute event or illness, (2) community-dwelling older adults every year, or (3) institutionalised older adults every three months.

被確定為正常營養狀況的長者，在以下情況必須再進行篩查(1) 長者在急症或疾病後，(2) 在社區居住的長者每年例行篩查，(3) 住院長者每 3 個月篩查一次。

For older adults who are identified as at risk of malnutrition or malnourished by nutritional screening, a comprehensive nutritional assessment conducted by trained healthcare professionals should follow.

被確定為營養不良高風險或營養不良的長者，應由經過培訓的醫療專業人員進行全面性營養評估。

	File	Handout - Nutrition for Seniors Eat Smart Live Smart (v5)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	1