

# IN A NUTSHELL

The knowledge platform for general practitioners

## Mini Nutritional Assessment® (Summary)

Optimal nutrition is meant to prevent deterioration of mental and physical functions as well as health or treatment complications and to shorten convalescence. The Mini Nutritional Assessment® (MNA®) was developed to detect existing malnutrition or the risk of malnutrition in elderly patients > 65 years. The screening can be performed on an outpatient or inpatient basis. The implementation of the MNA® is recommended by the «European Society for Clinical Nutrition and Metabolism» (ESPEN) for elderly patients [1].

Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?

No decrease in food intake (+2)  Moderate decrease in food intake (+1)  Severe decrease in food intake

Weight loss during the last 3 months

No weight loss (+3)  Between 1 and 3 kg (2.2 and 6.6 lbs) (+2)  Does not know (+1)  > 3 kg / 6.6 lbs

Mobility

Goes out (+2)  Able to get out of bed / chair but does not go out (+1)  Bed or chair bound

Has suffered psychological stress or acute disease in the past 3 months?

No (+2)  Yes

Neuropsychological problems

No neuropsychological problems (+2)  Mild dementia (+1)  Severe dementia or depression

Body Mass Index

? 23 kg/m<sup>2</sup> (+3)  21 - 23 kg/m<sup>2</sup> (+2)  19 - 21 kg/m<sup>2</sup> (+1)  < 19 kg/m<sup>2</sup>  Unknown

Calf circumference

? 31 cm (+3)  < 31 cm

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### Interpretation

Points	Nutritional status	Recommendation
12 - 14	Normal nutritional status	
8 - 11	Risk for malnutrition	Consider nutrition therapy
? 7	Malnutrition	Nutrition therapy recommended

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**References**

1. Kondrup J, Allison SP, Elia M et al. ESPEN guidelines for nutrition screening 2002. Clin Nutr 2003; 22: 415-421
2. Vellas B, Guigoz Y, Garry PJ et al. The Mini Nutritional Assessment (MNA) and its use in grading the nutritional state of elderly patients. Nutrition 1999; 15: 116-122

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