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/m² (+3) ○ 21 - 23 kg/m² (+2) ○ 19 - 21 kg/m² (+1) ○ < 19 kg/m² ○ Unknown
Calf circumference
○ ? 31 cm (+3) ○ < 31 cm

:

Interpretation

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

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

® Société des Produits Nestlé, S.A., Vevey, Switzerland, Trademark Owners