IN A NUTSHELL

The knowledge platform for general practitioners

Nutritional Goal

Adapted from: https://clinicalnutrition.science/en/

Optimal nutrition is meant to prevent deterioration of mental and physical functions as well as health or treatment complications and to shorten convalescence. The «Nutritional Risk Screening» (NRS) is suitable for detecting malnutrition. The following calculator can be used to calculate individual protein and caloric goals. The formulas used were tested in the EFFORT study.[1]

Age

years

Sex

○ Male ○ Female

Body weight

kg ?

Body height

cm ?

Activity factor

○ Mobile, frequent mobilization (1.4) ○ Partially mobile, occasional mobilization (1.3) ○ Immobile, bedridden (1.2)

Illness factor

Situation	Factor
Elective surgery	1.0 - 1.1
Sepsis	1.0 - 1.4
Hyperthyroidism	1.1 - 2.0
Malabsorption	1.2 - 1.5
Malnutrition	1.3
Burnings	1.4 - 1.5
Polytrauma	1.4 - 2.0

Other factors	
Fever	+0.1 to +0.2 per degree Celsius
> 75 years	-0.1
Ventilation	–0.1 to –0.2

Severe renal insufficiency without dialysis

eGFR < 30 ml/min
○ No ○ Yes

Daily nutrition goal

Basal metabolism
Energy requirement
Protein requirement

References

1. Schuetz P, Fehr R, Baechli V et al. Individualised nutritional support in medical inpatients at nutritional risk: a randomised clinical trial. Lancet 2019; 393: 2312-2321
2. Harris JA, Benedict FG. A Biometric Study of Human Basal Metabolism. Proc Natl Acad Sci U S A 1918; 4: 370-373