

## St Andrew's Healthcare Nutrition Screening Instrument (SANSI)

Patient ID:

Date:

Completed by:



### Step 1: Current weight and BMI

Weight (kg)	
Height (meters)	
Body Mass Index (BMI)	
BMI category	

See table 1 on how to calculate BMI and table 2 and 3 for age and gender related BMI category

If unable to weigh, or patient refuses, is patient visibly:

underweight                       healthy weight                       overweight?

Underweight →	high risk - refer to dietitian
Healthy weight →	low risk - continue to weigh and screen monthly
Overweight →	medium risk - offer first line weight management information/support
Obese →	high risk - offer first line weight management information/support and consider referral to dietitian

### Step 2: Weight change in the last 3-6 months

Weight 3-6 months ago (self reported if records not available)	.....kg
% Weight change	.....%

$\% \text{ weight change} = ((\text{new weight} - \text{old weight}) / \text{old weight}) \times 100$

Change of 0-4.9% weight →	low risk- continue to weigh and screen monthly
Change of 5-9.9% weight →	medium risk- alert clinical team to monitor intake, activity levels, weight
Loss of 10% weight or more (unplanned) →	high risk- refer to dietitian
Gain of 10% weight or more (unplanned) →	high risk - offer first line weight management information/support and consider referral to dietitian

### Step 3: Other significant dietary issues to consider

If Nil by mouth (NBM) or **YES** to any of the below, alert clinical team, care plan, and refer to dietitian if appropriate

Does the patient have specific dietary requirements (e.g. allergies, vegan, cultural/religious diet, renal diet)?	Yes / No
Is patient being fed by/have a nasogastric feeding tube or gastrostomy tube?	Yes / No
Is the patient prescribed nutritional supplements e.g. Fortisip or Ensure, NOT multivitamins?	Yes /No
Does patient have Diabetes (type 1 or type 2)?	Yes /No
Does the patient have a history of/ been observed to have disordered eating?	Yes / No
Does patient have a history of excessive fluid intake?	Yes / No
Does the patient regularly refuse or not attend 2 or more main meals a day?	Yes/ No/ NBM
Does patient fail to eat at least half of their serving at most meal times?	Yes/ No/ NBM
Does the patient regularly refuse or not complete drinks?	Yes/ No/ NBM
Does the patient have chewing or swallowing difficulties?	Yes/ No/ NBM
Does the patient suffer from nausea, diarrhoea or involuntary vomiting?	Yes/ No/ Sometimes
Are whole food groups (e.g. dairy products, fruit & vegetables) avoided?	Yes/ No/ NBM

### Step 4: Action Plan/ Comments

No immediate action   
 Alert clinical team   
 Refer to dietitian

Comments

**Table 1: How to calculate BMI**

$$\text{BMI} = \frac{\text{weight (kg)}}{(\text{height x height}) (\text{m})}$$

**Table 2 Approximate BMI ranges for age: Females**

Age	BMI = Underweight	BMI = Healthy	BMI = Overweight	BMI = Obese
12	Below 15.5	15.5 to 22.4	22.5 to 25.4	25.5 and above
13	Below 16.0	16.0 to 22.9	23.0 to 25.9	26.0 and above
14	Below 16.5	16.5 to 23.9	24.0 to 26.9	27.0 and above
15	Below 17.0	17.0 to 24.4	24.5 to 27.4	27.5 and above
16	Below 17.5	17.5 to 24.9	25.0 to 27.9	28.0 and above
17	Below 18.0	18.0 to 25.4	25.5 to 28.4	28.5 and above
18 +	Below 20.0	20.0 to 24.9	25.0 to 29.9	30.0 and above

**Table 3 Approximate BMI ranges for age: Males**

Age	BMI = Underweight	BMI = Healthy	BMI = Overweight	BMI = Obese
12	Below 15.0	15.0 to 21.4	21.5 to 23.9	24.0 and above
13	Below 15.5	15.5 to 21.9	22.0 to 24.4	24.5 and above
14	Below 16.0	16.0 to 22.9	23.0 to 25.4	25.5 and above
15	Below 16.5	16.5 to 23.4	23.5 to 26.4	26.5 and above
16	Below 17.0	17.0 to 23.9	24.0 to 26.9	27.0 and above
17	Below 17.5	17.5 to 24.4	24.5 to 27.4	27.5 and above
18 +	Below 20.0	20.0 to 24.9	25.0 to 29.9	30.0 and above

References:

National Institute for Health and Clinical Excellence (2006) Obesity: the prevention, identification, assessment and management of overweight and obesity in adults and children. NICE, London. [www.nice.org.uk/guidance/CG43](http://www.nice.org.uk/guidance/CG43)  
Scottish Intercollegiate Guidelines Network (2010) 115 Management of Obesity; A national clinical guideline, [www.sign.ac.uk](http://www.sign.ac.uk)  
Gender specific growth charts, Child Growth Foundation, <http://www.healthforallchildren.co.uk/>