

Nutrition Checklist

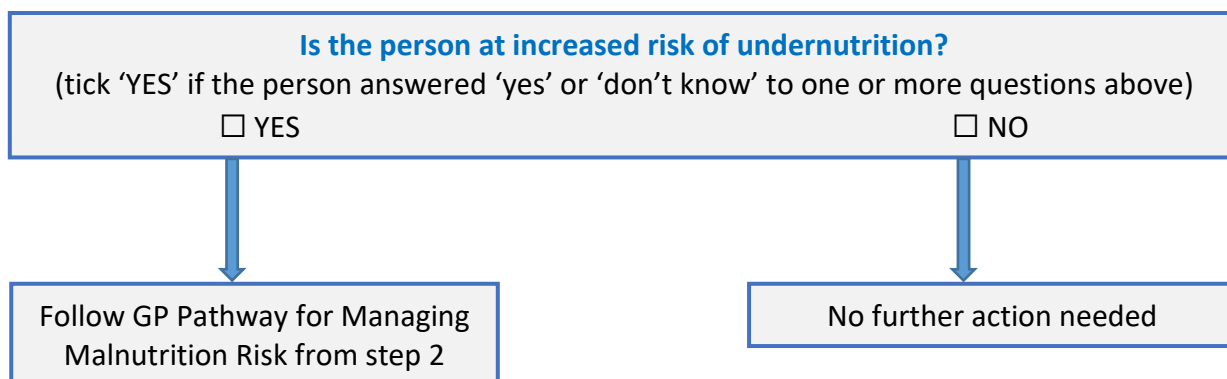
A guide for signs that someone you are supporting may need nutritional help or extra nourishment
(based on the Patient Association Nutrition Checklist)

Name of individual:	
Name of person completing this checklist:	
Role:	Organisation:
Date:	

Initial Assessment

Tick the relevant box to indicate the person's answers, then refer to the actions below.

- Are you or your family concerned that you may be underweight or need nutritional advice?
 Yes No Don't know
- Have you lost a lot of weight unintentionally in the past three-six months?
 Yes – do you know why?
 No Don't Know
- Have you noticed that your clothes or rings have become loose recently?
 Yes No Don't know
- Have you recently found that you have lost your appetite and/or interest in eating?
 Yes No Don't know



Approval date: August 2024

Review Date: August 2027 (or sooner if evidence or practice changes)

Not to be used for commercial or marketing purposes. Strictly for use within the NHS