Treating Malnutrition in Older adults in Primary Care: Medical Nutrition Therapy
Screen vulnerable seniors with SCREEN 8 or MNA-SF

**Low Nutrition Risk**
SCREEN 8 scores ≥38 OR MNA-SF ≥12

- **Standard Care + Best Practices**
  - Review weight trends
  - Document low risk in EMR
  - Offer patient education, community supports
  - Refer to primary care RD if co-morbidities

- **Annual weight and height check.**
  - Record in EMR
  - Re-screen yearly or sooner if changes.
  - Watch for signs of low appetite, unintentional weight loss, and dysphagia

**Offer Patient Education**
- Seniors Nutrition: Healthy eating as you get older
- Healthy Eating for Seniors
- Resources for Older Adults - Nutrition screening by H.Keller
- Community Supports

**High Nutrition Risk**
SCREEN 8 score <38 OR MNA-SF <12

- **Refer to RD**

**Subjective Global Assessment (SGA) + Impact on Function (SARC-F)**
Completed by Primary Care RD virtually or in person

**SGA A = No Malnutrition**

**SGA B or C (malnutrition)**
Specialized Nutrition Care

- RD to provide nutrition support for 3-4 visits until malnutrition is corrected
  - (intake, weight, SGA scores improving)
  - RD to review/coordinate care with team.
  - Ensure risk level and nutrition care plan is documented in chart.

**Track outcomes**
- Populations screened
- #'s screened/population
- # RD referrals for at risk SCREEN 8/MNA-SF scores
- SGA scores
- Weight change, BMI Change, Falls, Hospitalizations
- Patient + team feedback