

SNAQ65+

1

Weight loss

less than 4 kg

4 kg or more

2

Mid-upper
arm circumference

25 cm or more

less than 25 cm

3

Appetite and functionality

good appetite
and/or
well-functioning

poor appetite
AND poor
functioning

4

Treatment plan

not
undernourished

at risk of
undernutrition

undernourished

SNAQ65+

Have you *unintentionally* lost 4 kilograms or more within the past 6 months?

no, less than
4 kg
→ go to step 2

yes, 4 kg
or more
→ go to step 4

If the patient does not know whether he/she has had weight loss within this period, ask the patient:

- if clothes have become too big?
- if the belt had to be tightened recently?
- if the watch has become looser around the wrist?

if no to all
the questions
above
→ go to step 2

if yes to one of
the questions
above
→ go to step 4

step 1

Determine weight loss

SNAQ⁶⁵⁺

- 1 Keep the left arm at a 90° angle with the palm of the hand turned towards the body
- 2 Determine the centre point between the lateral bone of the shoulder (acromion) and the tip of the elbow (olecranon)
- 3 Measure the circumference of the left upper arm at the centre point with the arm hanging loosely



25 cm
or more
→ go to step 3

less than
25 cm
→ go to step 4

step 2

Measure the mid-upper arm circumference

SNAQ65+

Did you have a poor appetite in the past week?

Can you walk up and down a staircase of 15 steps without resting?

if no
→go to step 4

if yes
→go to step 4

if yes
+
no
→go to step 4*

If the patient doesn't climb stairs anymore, ask the following question:

Are you able to walk outside for 5 minutes without resting?

or if a patient is wheelchair bound:

Are you able to move your own wheelchair for 5 minutes without resting?

*There is only a risk of undernutrition, if the answers to *both* questions fall within orange

step 3

Assess appetite and functional status

SNAQ65-

1

Weight loss

less than 5%

between
5 and 10%

10% or more

2

BMI

20 or more

between
18,5 and 20

less than 18,5

3

Treatment plan

not
undernourished

at risk of
undernutrition

undernourished

Please note: 2 x orange = red!

SNAQ⁶⁵⁻

Have you *unintentionally* lost weight within the past 6 months?

less than 5%
→ go to step 2

between
5 and 10%
→ go to step 2

10% or more
→ go to step 3

If it is not possible to calculate the percentage of weight loss

less than 3 kg

between
3 and 6 kg

6 kg or more

If the patient does not know whether he/she has had weight loss within this period, ask the patient:

- if clothes have become too big
- if the belt had to be tightened recently?
- if the watch has become looser around the wrist?

if no to all the
questions above
→ go to step 2

if yes to one of the
questions above
→ go to step 3

step 1

Determine weight loss

SNAQ⁶⁵⁺

- Weigh the patient and ask his/her height
- Draw a straight line in the chart from height via weight to the BMI
- If it is impossible to weigh the patient, determine the mid-upper arm circumference according to the methodology as described in the SNAQ⁶⁵⁺

BMI

20 or more

between
18,5 and 20

less than
18,5

Mid-upper arm
circumference

25 cm or more
→ go to step 3

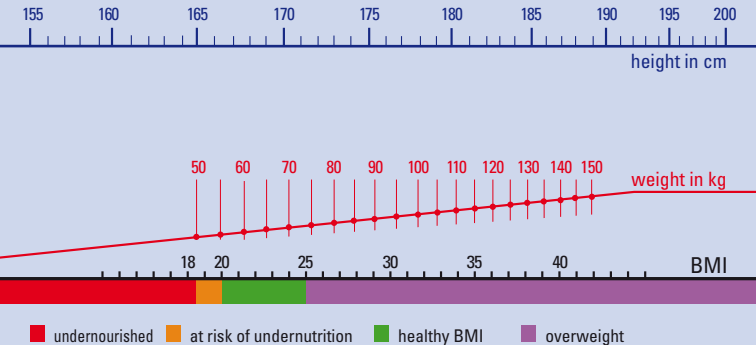
between
23,5 and 25 cm
→ go to step 3

less than
23,5 cm
→ go to step 3

step 2

Calculate the BMI

SNAQ65-



BMI chart

Determine the treatment plan

not undernourished	at risk of undernutrition	undernourished
<ul style="list-style-type: none">• take no action	<ul style="list-style-type: none">• provide information about the consequences of undernutrition and stress the importance of good nutrition• advise the use of full-fat products as well as the importance of more frequent meals per day (6 times daily)• provide patient with a brochure• consult the general practitioner or dietitian if necessary	<ul style="list-style-type: none">• provide information and advice as is done with risk of undernutrition• consult the general practitioner• refer the patient to a dietitian within 1 day

Follow-up treatment plan

Repeat the assessment depending on the situation:

- at least once a year
- as part of the evaluation of the medical treatment plan
- as part of the home care evaluation

SNAQ⁶⁵⁺

De SNAQ⁶⁵⁺ has been developed by the EMGO+ institute of the VU University in close cooperation with the Dutch Malnutrition Steering Group, with grants from the Dutch Ministry of Health Welfare and Sports and from the Netherlands Organisation for Health Research and Development.

De SNAQ⁶⁵⁺ may be used without prior permission by referring to www.fightmalnutrition.eu. No part of this publication may be copied or duplicated without the prior consent of the Dutch Malnutrition Steering Group.

