

**STRONG<sub>kids</sub>: Nutritional risk screening tool for children aged month – 18 years on admission to the hospital.**

<b>Screening risk of malnutrition</b> Asses following items < 24h after admission and once a week thereafter	<b>Score →points</b>	
1. Is there an underlying illness with risk for malnutrition ( <i>see list</i> ) or expected major surgery?	No	Yes → 2
2. Is the patient in a poor nutritional status judged with subjective clinical assessment: loss of subcutaneous fat and/or loss of muscle mass and/or hollow face?	No	Yes → 1
3. Is one of the following items present? <ul style="list-style-type: none"> <li>▪ Excessive diarrhoea (≥5 per day) and/ or vomiting (&gt; 3 times/ day) during the last 1-3 days</li> <li>▪ Reduced food intake during the last 1-3 days</li> <li>▪ Pre-existing nutritional intervention (e.g. ONS or tube feeding)</li> <li>▪ Inability to consume adequate nutritional intake because of pain</li> </ul>	No	Yes → 1
4. Is there weight loss (all ages) and/or no increase in weight/height (infants < 1year) during the last few week-months?	No	Yes → 1

*Maximum total score: 5 points*

## Diseases with risk of malnutrition (item 1)

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>▪ Psychiatric eating disorder</li><li>▪ Burns</li><li>▪ Bronchopulmonary dysplasia (up to age 2 years)</li><li>▪ Celiac disease (active)</li><li>▪ Cystic fibrosis</li><li>▪ Dysmaturity/prematurity (until corrected age 6 months)</li><li>▪ Cardiac disease, chronic</li><li>▪ Infectious disease</li><li>▪ Inflammatory bowel disease</li><li>▪ Cancer</li></ul> | <ul style="list-style-type: none"><li>▪ Liver disease, chronic</li><li>▪ Kidney disease, chronic</li><li>▪ Pancreatitis</li><li>▪ Short bowel syndrome</li><li>▪ Muscle disease</li><li>▪ Metabolic disease</li><li>▪ Trauma</li><li>▪ Mental handicap/retardation</li><li>▪ Expected major surgery</li><li>▪ Not specified (classified by doctor)</li></ul> |
|---|--|

## Risk of malnutrition and need for intervention

Score

Risk

Intervention and follow-up

4-5 points

**High risk**

- Consult doctor and dietician for full diagnosis and individual nutritional advice and follow-up.
- Check weight twice a week and evaluate nutritional advice
- Evaluate the nutritional risk weekly

1-3 points

**Medium risk**

- Consider nutritional intervention
- Check weight twice a week
- Evaluate the nutritional risk weekly

0 points

**Low risk**

- No nutritional intervention necessary
- Check weight regularly (according to hospital policy)
- Evaluate the nutritional risk weekly

### Reference:

Hulst JM, Zwart H, Hop WC, Joosten KF. Dutch national survey to test the STRONGkids nutritional risk screening tool in hospitalized children. *Clin Nutr.* 2010;29(1532-1983; 0261-5614; 1):106-111.