

STRONGkids: Nutritional risk screening tool for children aged month – 18 years on admission to the hospital.

Screening risk of malnutrition		Score → points	
Assess following items < 24h after admission and once a week thereafter			
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? ■ Excessive diarrhea (≥5 per day) and/ or vomiting (> 3 times/ day) during the last 1-3 days ■ Reduced food intake during the last 1-3 days ■ Pre-existing nutritional intervention (e.g. Oral Nutrition Supplement or tube feeding) ■ Inability to consume adequate nutritional intake because of pain	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)	
- Psychiatric eating disorder - Burns - Bronchopulmonary dysplasia (up to age 2 years) - Celiac disease (active) - Cystic fibrosis - Dysmaturity/prematurity (until corrected age 6 months) - Cardiac disease, chronic - Infectious disease - Inflammatory bowel disease - Cancer	- Liver disease, chronic - Kidney disease, chronic - Pancreatitis - Short bowel syndrome - Neuromuscular disease - Metabolic disease - Trauma - Neurological impairment - Expected major surgery - Not specified (classified by doctor)

Risk of malnutrition and need for intervention		
Score	Risk	Intervention and follow-up
4-5 points	High risk	- Consult doctor and dietitian 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.