

## Tool and Resource Evaluation Template

Adapted by NARI from an evaluation template created by Melbourne Health.

Some questions may not be applicable to every tool and resource.

<b>Name and purpose</b>	<p><b>Name of the resource:</b> Mini-Nutritional Assessment – Short Form (MNA-SF)</p> <p><b>Author(s) of the resource:</b> L. Rubenstein, J. Harker, A. Salvà, Y Guigoz &amp; B Vellas</p> <p><b>Please state why the resource was developed and what gap it proposes to fill:</b> The Mini Nutrition Assessment was originally developed in 1994 to detect nutritional problems in older persons. It has been extensively validated and used in research, but its use as a brief screening tool has been impeded by its complexity and length. This tool (MNA-SF) is designed as a screening version of the original instrument. Any health worker can use it, with minimal training required. It has been demonstrated to be easy, rapid, and retains the validity of the original.</p>
<b>Target audience (the tool is to be used by)</b>	<p><b>Please check all that apply:</b></p> <p><input type="checkbox"/> Health service users    <input type="checkbox"/> Carers</p> <p><input type="checkbox"/> Medical staff            <input type="checkbox"/> Nursing staff        <input checked="" type="checkbox"/> Any member of an interdisciplinary team</p> <p><input type="checkbox"/> Medical specialist, <u>please specify:</u></p> <p><input type="checkbox"/> Specific allied health staff, <u>please specify:</u></p> <p><input type="checkbox"/> Other, <u>please specify:</u></p>
<b>Target population/setting (to be used on/in)</b>	<p><b>Is the resource targeted for a specific setting? Please check all that apply:</b></p> <p><input checked="" type="checkbox"/> Emergency Department    <input checked="" type="checkbox"/> Inpatient acute    <input type="checkbox"/> Inpatient subacute    <input checked="" type="checkbox"/> Ambulatory</p> <p><input type="checkbox"/> Other, please specify:</p> <p>The MNA-SF was developed for use in older persons in a range of healthcare settings, including community dwelling, hospital care and residential settings.</p> <p><b><u>For which particular health service users would you use this resource (e.g. a person with suspected cognitive impairment)?</u></b></p>
<b>Structure of tool</b>	<p><input type="checkbox"/> Website            <input type="checkbox"/> Education package    <input type="checkbox"/> Video</p> <p><input type="checkbox"/> Pamphlet            <input type="checkbox"/> Assessment tool        <input checked="" type="checkbox"/> Screening tool</p> <p><input type="checkbox"/> Methodology    <input type="checkbox"/> Resource guide        <input type="checkbox"/> Awareness raising resource (posters etc.)</p> <p><input type="checkbox"/> Other, <u>please specify:</u></p> <p><b><u>Please state the size of the resource (e.g. number of pages, minutes to read):</u></b></p> <p>The MNA-SF is 1 page in length, with 6 items. It takes around 4 minutes to complete.</p>
<b>Availability and cost of tool</b>	<p><b>Is the resource readily available?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable</p> <p><b>Is there a cost for the resource?</b> <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable</p> <p><b><u>Please state how to get the resource:</u></b></p> <p>Provided below:</p> <p><a href="#">Mini Nutrition Assessment Short Form (MNA-SF)</a></p> <p>The MNA-SF is also available on the internet at: <a href="http://www.mna-elderly.com/">http://www.mna-elderly.com/</a></p>
<b>Applicability to rural settings and culturally and linguistically diverse populations</b>	<p><b>Is the resource suitable for use in rural health services (e.g. the necessary staff are usually available in rural settings)?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable</p> <p><b>Is the resource available in different languages?</b></p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable</p> <p>Available in 20 different languages</p> <p><b>Is the content appropriate for different cultural groups?</b></p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable Must be able to speak English</p>
<b>Person-centred principles</b>	<p><b>Does the resource adhere to/promote person-centred health care?</b></p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable</p>
<b>Training</b>	<p><b>Is additional training necessary to use the resource?</b></p>

requirements	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable <b><u>If applicable, please state how extensive any training is, and what resources are required:</u></b> Small amount of training to ensure staff are familiar with the subjective criteria and able to take measurements accurately and consistently.
Administration details	How long does the resource take to use? <input checked="" type="checkbox"/> 0-5 mins <input type="checkbox"/> 5-15 mins <input type="checkbox"/> 15-25mins <input type="checkbox"/> 25mins + <b>Can the resource be used as a standalone, or must it be used in conjunction with other tools, resources, and procedures?</b> <input type="checkbox"/> Standalone <input checked="" type="checkbox"/> <b>Must be used with other resources, please specify.</b> A positive result (score $\leq$ 11) indicates: completion of full MNA or further expert assessment by a dietitian. <input type="checkbox"/> <b>Can be used with other tools, please specify:</b>
Data collection and analysis	<b>Are additional resources required to collect and analyse data from the resource?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable Scales for weight, tape measure or stadiometer for height, calculator <b><u>If applicable, please state any special resources required (e.g. computer software):</u></b>
Sensitivity and specificity	<b>Has the sensitivity and specificity of the resource been reported?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable <b><u>If applicable, please state what has been reported:</u></b> The sensitivity has been reported as 97.9% and the specificity 100% for predicting under-nutrition.
Face Validity	<b>Does the resource appear to meet the intended purpose?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable
Reliability	<b>Has the reliability of the resource been reported?</b> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/> Not applicable <b><u>If applicable, please state what has been reported:</u></b> Diagnostic accuracy of 98.7%. Reliability for the original MNA has been reported (kappa = 0.51 (95% CI 0.28-0.74). Given the high level of agreement found between the MNA and the MNA-SF, reliability of the MNA-SF is likely comparable.
Strengths	<b>What are the strengths of the resource? Is the resource easy to understand and use? Are instructions provided on how to use the resource? Is the resource visually well presented (images, colour, font type/ size)? Does the resource use older friendly terminology (where relevant), avoiding jargon?</b> <b><u>Please state any other known strengths, using dot points:</u></b> <ul style="list-style-type: none"> <li>• Quick &amp; simple</li> <li>• Free</li> <li>• Sensitive &amp; high level of inter-rater reliability</li> <li>• Can be used by any health professional</li> <li>• Does not require any biochemical measurements</li> <li>• Recommendation that items which score 'positive' results be the focus of care plan</li> </ul>
Limitations	<b>What are the limitations of the tool/resource? Is the tool/resource difficult to understand and use? Are instructions provided on how to use the tool/resource? Is the tool/resource poorly presented (images, colour, font type/ size)? Does the tool/resource use difficult to understand jargon?</b> <b><u>Please state any other known limitations, using dot points:</u></b> <ul style="list-style-type: none"> <li>• Difficult to use in patients with communication difficulties such as delirium, dementia, hearing impairments or of non English-speaking backgrounds.</li> <li>• High level of pre-emptive referrals is possible due to illness, mobility or psychosocial items, without weight loss.</li> <li>• Not all parameters easily obtained (height, weight).</li> <li>• Requires some training.</li> </ul>
References and further reading	<b><u>Supporting references and associated reading.</u></b> 1. Rubenstein L, Harker J, Salvà A, Guigoz Y & Vellas B (2001) Screening for Undernutrition

in Geriatric Practice: Developing the Short-Form Mini-Nutritional Assessment (MNA-SF). *Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 56:M366-M372.

2. Vellas B., et al. (1999) The Mini-Nutritional Assessment and its use in the grading of nutritional status of elderly patients. *Nutrition*, 15:116-122.

Last name: \_\_\_\_\_ First name: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Weight, kg: \_\_\_\_\_ Height, cm: \_\_\_\_\_ I.D. Number: \_\_\_\_\_

Complete the screen by filling in the boxes with the appropriate numbers.

Add the numbers for the screen. If score is 11 or less, continue with the assessment to gain a Malnutrition Indicator Score.

### Screening

A Has food intake declined over the past 3 months due to loss of appetite, digestive problems, chewing or swallowing difficulties?

0 = severe loss of appetite

1 = moderate loss of appetite

2 = no loss of appetite

B Weight loss during the last 3 months

0 = weight loss greater than 3 kg (6.6 lbs)

1 = does not know

2 = weight loss between 1 and 3 kg (2.2 and 6.6 lbs)

3 = no weight loss

C Mobility

0 = bed or chair bound

1 = able to get out of bed/chair but does not go out

2 = goes out

D Has suffered psychological stress or acute disease in the past 3 months

0 = yes

2 = no

E Neuropsychological problems

0 = severe dementia or depression

1 = mild dementia

2 = no psychological problems

F Body Mass Index (BMI) (weight in kg) / (height in m<sup>2</sup>)

0 = BMI less than 19

1 = BMI 19 to less than 21

2 = BMI 21 to less than 23

3 = BMI 23 or greater

Screening score (subtotal max. 14 points)

12 points or greater Normal – not at risk – no need to complete assessment

11 points or below Possible malnutrition – continue assessment

### Assessment

G Lives independently (not in a nursing home or hospital)

0 = no

1 = yes

H Takes more than 3 prescription drugs per day

0 = yes

1 = no

I Pressure sores or skin ulcers

0 = yes

1 = no

J How many full meals does the patient eat daily?

0 = 1 meal

1 = 2 meals

2 = 3 meals

K Selected consumption markers for protein intake

• At least one serving of dairy products

(milk, cheese, yogurt) per day yes  no

• Two or more servings of legumes

or eggs per week yes  no

• Meat, fish or poultry every day yes  no

0.0 = if 0 or 1 yes

0.5 = if 2 yes

1.0 = if 3 yes

 . 

L Consumes two or more servings of fruits or vegetables per day?

0 = no

1 = yes

M How much fluid (water, juice, coffee, tea, milk...) is consumed per day?

0.0 = less than 3 cups

0.5 = 3 to 5 cups

1.0 = more than 5 cups

 . 

N Mode of feeding

0 = unable to eat without assistance

1 = self-fed with some difficulty

2 = self-fed without any problem

O Self view of nutritional status

0 = views self as being malnourished

1 = is uncertain of nutritional state

2 = views self as having no nutritional problem

P In comparison with other people of the same age, how does the patient consider his/her health status?

0.0 = not as good

0.5 = does not know

1.0 = as good

2.0 = better

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Q Mid-arm circumference (MAC) in cm

0.0 = MAC less than 21

0.5 = MAC 21 to 22

1.0 = MAC 22 or greater

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R Calf circumference (CC) in cm

0 = CC less than 31

1 = CC 31 or greater

Assessment (max. 16 points)

  . 

Screening score

 

Total Assessment (max. 30 points)

  . 

Malnutrition Indicator Score

17 to 23.5 points

at risk of malnutrition

Less than 17 points

malnourished

Ref. Vellas B, Villars H, Abellan G, et al. Overview of the MNA® - Its History and Challenges. J Nut Health Aging 2006;10:456-465.

Rubenstein LZ, Harker JO, Salva A, Guigoz Y, Vellas B. Screening for Undernutrition in Geriatric Practice: Developing the Short-Form Mini Nutritional Assessment (MNA-SF). J. Gerontol 2001;56A: M366-377.

Guigoz Y. The Mini-Nutritional Assessment (MNA®) Review of the Literature - What does it tell us? J Nutr Health Aging 2006;10:466-487.