

SCREENING FOR MALNUTRITION

Is BMI less than 19? Yes No

Has the patient had unintentional weight loss of over eight pounds in the last three months? Yes No

Has the patient had a poor appetite—eating less than half of meals or fewer than two meals per day? Yes No

Is the patient unable to take food orally (e.g., dysphagia, vomiting)? Yes No

If YES to any of the questions:

- Referral to registered dietitian for evaluation unless currently receiving nutrition therapy

LAB TESTS FOR RISK STRATIFICATION

Is the patient having inpatient surgery? Yes No

If YES:

- Check albumin level to assess complication risk after surgery

SUPPLEMENTATION

Is the patient having complex surgery (example: GI anastomosis)? Yes No

If YES:

- Give evidence-based immune modulating supplementation

References:

Thornblade LW, Varghese TK Jr, et al. Preoperative Immunonutrition and Elective Colorectal Resection Outcomes. *Dis Colon Rectum*. 2017;60(1):68-75.

IMPORTANT NOTICE

These sample checklists are provided for informational purposes only and should NOT be used in the care of a patient outside of a comprehensive preoperative program such as Strong for Surgery. Patients should not rely on information on this checklist as an alternative to medical advice from a doctor or other professional healthcare provider. The logos on the checklists are registered trademarks of Strong for Surgery and SCOAP. To find out how you can start using the Strong for Surgery checklist in your clinic, please contact us at strongforsurgery@facs.org.

