

What is the Canadian Nutrition Screening Tool (CNST)?

- The CNST is a screening tool used to identify adult patients in the acute care setting who are at risk for malnutrition.
- It was developed by the Canadian Malnutrition Task Force in 2014.

How long does it take to provide?

- The CNST takes about 2 minutes to complete, the same amount of time as the Malnutrition Screening Tool.

In which types of care settings can I use the CNST?

- The CNST is used for adult patients who:
 - Are or will be in the acute care setting.
 - Have acute hip fracture: By postoperative day 1 (POD 1)
 - Will be having elective surgeries: the CNST would be done at the first preadmission visit at the surgeon's office, the preadmission clinic, or when patient is first admitted on the unit.

Who can do the screening?

- The CNST can be administered by admitting or front-line staff (e.g. nursing, registered dietitian (RD)).

What should I do with the completed CNST?

- Follow unit protocol for storage of completed nutrition screening forms
- If unsure, please refer to your unit's protocol, or ask your manager.

If the CNST is being used on a unit, will the process of referral to a dietitian change?

- Unit protocol for RD referrals should remain unchanged.
- Please contact your unit RD if you're unsure.

Will my workload be affected when the CNST is introduced to our unit?

- The answers to this 2 question screening tool may result in more referrals to the registered dietitian. The CNST may detect patients at malnutrition risk who would have been previously missed, ensuring they receive nutrition care earlier.

Will using CNST affect treatment and intervention of my patients?

- No. Nutrition treatment and intervention of malnourished and at-risk patients will not change.
- Contact your unit dietitian if you have questions.

When will the CNST be implemented on my unit?

- Ask your site Nutrition Services manager.

Where can I find more information?

- Ask your site Nutrition Services manager.