

# Pediatric Nutrition Screening Tool

## Did you know?



Up to **1 in 3 children** admitted to hospital in Alberta have malnutrition

## Why do we care?

Malnutrition is associated with



length of stay  
weight loss  
infectious complications  
hospital costs

## What can you do?

- Complete the **Pediatric Nutrition screening tool (PNST)** on admission
- This identifies patients at nutrition risk who should be assessed by a dietitian

## How to complete the PNST

- Look under **Navigators** → **Admission** → **Screenings** → **Nutrition**
- Ask your patient or family the **first three questions**
- Answer the **4<sup>th</sup> question** yourself, based on your own clinical judgement
- If one or more questions are answered “yes”, consult your unit dietitian
  - **Orders** → **Inpatient consult to dietitians**
  - Select “Risk of Malnutrition” as the reason for consult

## More information?

See [PNST FAQ](#)

Talk to your unit dietitian