Form Title  Canadian Nutrition Screening Tool (CNST)  
(Adapted with permission from Canadian Malnutrition Task Force)

Form Number  21101

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## Canadian Nutrition Screening Tool (CNST)

### Identify patients who are at risk for malnutrition

Ask the patient the following questions:

- Have you lost weight in the past 6 months without trying to lose this weight? *(If the patient reports a weight loss but gained it back, consider it as a NO weight loss)*
  - [ ] Yes
  - [ ] No

- Have you been eating less than usual for more than a week?
  - [ ] Yes
  - [ ] No

*Two “YES” answers indicate nutrition risk.*

*Patients at nutrition risk need an assessment to confirm malnutrition. Refer to a Registered Dietitian.*

### Comments (Optional)

### Signature

### Date (yyyy-Mon-dd)

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*If the patient is unable to answer the questions, a knowledgeable informant can be used to obtain the information. If the patient is uncertain regarding weight loss, ask if clothing is now fitting more loosely.*