Canadian Nutrition Screening Tool (CNST)

<table>
<thead>
<tr>
<th>Date (yyyy-Mon-dd)</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Patient Phone Number</td>
<td>Clinic/Unit</td>
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**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)**

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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.*