IN A NUTSHELL

The knowledge platform for general practitioners

Nutritional Goal

Adapted from: https://clinicalnutrition.science/en/

Severe renal insufficiency without dialysis

Optimal nutrition is meant to prevent deterioration of mental and physical functions as well as health or treatment complications and to shorten convalescence. The «Nutritional Risk Screening» (NRS) is suitable for detecting malnutrition. The following calculator can be used to calculate individual protein and caloric goals. The formulas used were tested in the EFFORT study.[1]

A			
Age			
years			
Sex			
○ Male ○ Female			
Body weight			
kg?			
Body height			
cm?			
Activity factor			
O Mobile, frequent mobilization (1.4) O Partially mobile, occasional mobilization (1.3)			0
Immobile, bedridden (1.2)			
Illness factor			
Situation	Factor		
Elective surgery	1.0 - 1.1		
Sepsis	1.0 - 1.4		
Hyperthyroidism	1.1 - 2.0		
Malabsorption	1.2 - 1.5		
Malnutrition	1.3		
Burnings	1.4 - 1.5		
Polytrauma	1.4 - 2.0		
Other factors			
Fever +0.1	to +0.2 per degree Celsius		
> 75 years -0.1			
Ventilation –0.1 to –0.2			

eGFR < 30 ml/min ○ No ○ Yes

Daily nutrition goal

Basal metabolism Energy requirement Protein requirement

References

- 1. Schuetz P, Fehr R, Baechli V et al. Individualised nutritional support in medical inpatients at nutritional risk: a randomised clinical trial. Lancet 2019; 393: 2312-2321
- 2. Harris JA, Benedict FG. A Biometric Study of Human Basal Metabolism. Proc Natl Acad Sci U S A 1918; 4: 370-373