# NUTRIC Score[1]

The NUTRIC Score is designed to quantify the risk of critically ill patients developing adverse events that may be modified by aggressive nutrition therapy. The score, of 1-10, is based on 6 variables that are explained below in Table 1. The scoring system is shown in Tables 2 and 3.

**Table 1: NUTRIC Score variables**

| Variable | Range | Points |
|---|---|---|
| Age | <50 | 0 |
| | 50 - <75 | 1 |
| | ≥75 | 2 |
| APACHE II | <15 | 0 |
| | 15 - <20 | 1 |
| | 20-28 | 2 |
| | ≥28 | 3 |
| SOFA | <6 | 0 |
| | 6 - <10 | 1 |
| | ≥10 | 2 |
| Number of Co-morbidities | 0-1 | 0 |
| | ≥2 | 1 |
| Days from hospital to ICU admission | 0 - <1 | 0 |
| | ≥1 | 1 |
| IL-6 | 0 - <400 | 0 |
| | ≥ 400 | 1 |

**Table 2: NUTRIC Score scoring system: if IL-6 available**

| Sum of points | Category | Explanation |
|---|---|---|
| 6-10 | High Score | ➢ Associated with worse clinical outcomes (mortality, ventilation). <br> ➢ These patients are the most likely to benefit from aggressive nutrition therapy. |
| 0-5 | Low Score | ➢ These patients have a low malnutrition risk. |

**Table 3. NUTRIC Score scoring system: If no IL-6 available***

| Sum of points | Category | Explanation |
|---|---|---|
| 5-9 | High Score | ➢ Associated with worse clinical outcomes (mortality, ventilation). <br> ➢ These patients are the most likely to benefit from aggressive nutrition therapy. |
| 0-4 | Low Score | ➢ These patients have a low malnutrition risk. |

*It is acceptable to not include IL-6 data when it is not routinely available; it was shown to contribute very little to the overall prediction of the NUTRIC score.[2]

[1] Heyland DK, Dhaliwal R, Jiang X, Day AG. Identifying critically ill patients who benefit the most from nutrition therapy: the development and initial validation of a novel risk assessment tool. Critical Care. 2011;15(6):R268.

[2] Rahman A, Hasan RM, Agarwala R, Martin C, Day AG, Heyland DK. Identifying critically-ill patients who will benefit most from nutritional therapy: Further validation of the "modified NUTRIC" nutritional risk assessment tool. Clin Nutr. 2015. [Epub ahead of print]