

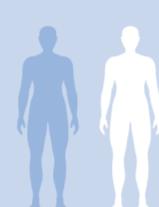
# gnp - good nutrition practice

designed to improve the nutritional status of your patients!

4 steps to good nutrition practice

## Relevant calculation tools

for a quick performance



Calculation of Body Mass Index  
**BMI = kg/m<sup>2</sup>**

Calculation of weight loss in %



Calculation of energy requirements in kcal



Calculation of protein requirements in g



Calculation of fluid requirements in ml

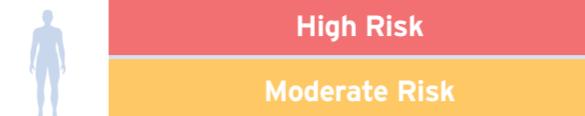


## The gnp pathway

### Screening

within 24 hours of admission

#### step 1 Nutritional risk screening



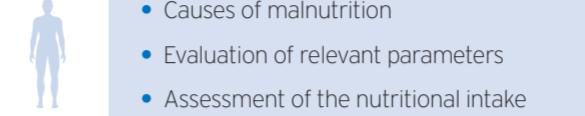
High Risk

Moderate Risk

#### Assessment

- Causes of malnutrition
- Evaluation of relevant parameters
- Assessment of the nutritional intake

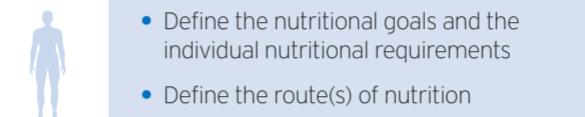
#### step 2 Assessment of the causes and risk factors



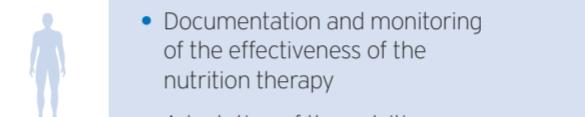
#### Nutrition therapy

- Define the nutritional goals and the individual nutritional requirements
- Define the route(s) of nutrition
- Define nutritional support and implement the nutritional therapy plan

#### step 3 Nutrition therapy



#### step 4 Monitoring of nutrition therapy



#### Monitoring / Follow-up

- Documentation and monitoring of the effectiveness of the nutrition therapy
- Adaptation of the nutrition therapy plan if necessary

**Re-Screening**  
weekly

<18.5  
Severely underweight

18.5-19.9  
Underweight

20-24.9  
Normal weight

25-29.9  
Pre-obesity

30-34.9  
Obese Class I

35-39.9  
Obese Class II

≥ 40  
Obese Class III

<20.5  
Increased risk of malnutrition

Desirable BMI values

Age years	BMI kg/m <sup>2</sup>
19 - 24	19 - 24
25 - 34	20 - 25
35 - 44	21 - 26
45 - 54	22 - 27
55 - 64	23 - 28
≥ 65	24 - 29

#### Weight (kg)

Height (m)	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90		
2.10	7	7	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.1	18.6	19	19.5	20.0	20.4	21.0		
2.08	7	7	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.0	18.5	19	19.9	20.3	20.8	2.08		
2.06	7	8	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.4	18.9	19	19.8	20.3	20.7	2.06		
2.04	7	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.3	18.7	19	19.7	20.2	20.7	2.04			
2.02	7	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.0	18.5	19	19.5	20.0	20.5	2.02			
2.00	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.4	18.9	19	19.9	20.4	20.9	21	22	22	23	2.00
1.98	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.2	18.7	19	19.8	20.3	20.8	21	22	22	23	1.98
1.96	8	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	16	17	17	18	18.3	18.9	19.5	20.1	20.7	21	22	22	23	23	1.96
1.94	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.1	18.6	19	19.7	20.2	20.7	21	22	22	23	24	1.94	
1.92	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.4	19.0	19.5	20.1	20.6	21	22	22	23	24	24.4	1.92	
1.90	8	9	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.2	18.8	19	19.9	20.5	21	22	22	23	23	24	24.9	1.90		
1.88	8	9	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.1	18.7	19	19.8	20.4	20.9	22	22	23	23	24	24.9	1.88		
1.86	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.3	18.9	19.5	20.1	20.7	21	22	22	23	24	24.9	2.06			
1.84	9	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.3	18.9	19.5	20.1	20.7	21	22	22	23	24	24.8	2.04				
1.82	9	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.1	18.7	19	19.9	20.5	21	22	22	23	24	24.8	2.02				
1.80	9	10	10	11	12	12	13	13	14	14	15	15	16	16	17	17	18	17.9	18.5	19	19.8	20.4	21.0	22	22	23	23	24	24.7	2.00			
1.78	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.3	18.9	19.6	20.2	20.8	21	22	22	23	23	24	24.6	2.02				
1.76	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.1	18.7	19.4	20.0	20.6	21	22	22	23	23	24	24.5	2.02				
1.74	10	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18.1	18.7	19	19.8	20.4	20.9	22	22	23	23	24	24	24.9	2.02				
1.72	10	11	11	12	12	13	13	14	14	15</																							