

NUTRIC Score¹

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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	<ul style="list-style-type: none"> ➤ Associated with worse clinical outcomes (mortality, ventilation). ➤ These patients are the most likely to benefit from aggressive nutrition therapy.
0-5	Low Score	<ul style="list-style-type: none"> ➤ 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	<ul style="list-style-type: none"> ➤ Associated with worse clinical outcomes (mortality, ventilation). ➤ These patients are the most likely to benefit from aggressive nutrition therapy.
0-4	Low Score	<ul style="list-style-type: none"> ➤ 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]