

Abstract Submission for ESPEN 2010

Topic: Nutritional assessment

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Abs Title: VALIDITY AND RELIABILITY OF MINIMAL EATING OBSERVATION AND NUTRITION FORM (MEONF)

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Rationale: To analyse the criterion related validity, interrater reliability and the usefulness of MEONF, an instrument for undernutrition risk screening.

Methods: 100 patients were included (n=34 orthopedic, n=33 cardiology, n= 33 stroke). Nutritional status was assessed with Mini Nutritional Assessment (MNA) regarded as golden standard and screened with Malnutrition Universal Screening Tool (MUST). The two instruments were compared with MEONF that is based on Swedish recommendations (2004) for nutritional screening, i.e. weight loss, BMI (<20 if ≤69 yrs, <22 if ≥70 yrs) and eating difficulties. Besides these three criteria, a fourth was added focusing on clinical signs of undernutrition. It was also analysed whether calf circumference (CC) could be used as a criterion in MEONF instead of BMI, maintaining equivalent measurement precision.

Results: Nurses regarded MEONF instructions and questions as easy to understand, easy to answer (100% in all three cases) and questions as being important (98%). It took nine minutes to complete. It had acceptable sensitivity (0.83) and specificity (0.78) in comparison to MNA. Sensitivity was higher than found between MUST and MNA (0.57). Replacing BMI with CC gave equivalent measurement precision (sens. 0.83, spec.0.79) in comparison to MNA. Interrater reliability was high, weighted kappa 0.81.

Conclusion: MEONF has good validity when compared with MNA as well as high interrater reliability. If replacing BMI with CC the precision is maintained. This is important in cases where weight and/or height is difficult to obtain. Having high sensitivity is a major concern for nutritional screening instruments and in that respect MEONF works even better than MUST. One fundamental gain with MEONF is that criteria are observed that are experienced as clinically meaningful, i.e. observed difficulties can be cared for.

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Keywords: None

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