

Infant Nutrition Early Warning Score (iNEWS) Quick reference Guide

Introduction

The infant nutritional early warning score (iNEWS) is a simple and quick scoring system to identify infants who are at nutritional risk. The iNEWS aims to identify such infants so they can be referred to dietetic and medical staff. Appropriate advice and support can then be given to minimise complications of undernutrition during and after their hospital stay. iNEWS should be completed for all infants admitted to hospital.

How to use this score:

iNEWS is a simple scoring system consisting of 4 steps. To complete iNEWS the infant must have been weighed and the parent/carer must be available to answer the questions. All of the steps must be completed.

STEP 1

Is a health professional concerned about your child's weight gain?

A health professional is anyone who is medically trained and is involved in the infant's care. This includes the patient's general practitioner, hospital staff, health visitor, community nurse or dietitian. The parents should be asked this question and the answer recorded. If they answer **YES** then they score 2.2. Once completed you should move onto step 2.

STEP 2

Has your child had a reduced intake (including enteral feeds) for at least the past 5 days?

Parents/carers should be asked this question and the answer recorded. If they answer **YES** then the infant scores 1.7 and move onto the step 3. The parent does not need to give details regarding how much the intake has reduced by. Be aware that you only score yes if the intake is reduced for more than the past 5 days.

STEP 3

Is the weight of the infant below column A or column B in the lookup table below?

Within this section you take the weight of the infant and use the table below to determine whether the weight falls below the numbers in **column A** or **column B**. The **BLUE** column contains the information for male infants and the **PINK** column for female infants.

To work out whether the weight is below you use the left hand column to find the age of the child you then use the **PINK** column for girls or the **BLUE** column for boys. If the weight of the infant is lower than the weight in **column A** then the infant scores 4 points, if the weight of the infant is lower than the weight in **column B** but higher than the weight in **column A** then the infant scores 2 points. If the weight of the infant is higher than the one on the chart you can move onto next step.

STEP 4

Add together the scores from STEPS 1, 2 and 3 and record the total score

Total the scores from each step and record in the box entitled **TOTAL iNEWS score**. If the score is equal to or **greater than 3.9** then refer to dietitian or clinical team.

The rear page of the tool gives a quick reference guide to when an infant should be referred.

- If the weight falls below **column A** then the infant should be referred to dietitian.
- If weight is below **column B** and a health professional is concerned regarding weight then the infant should be referred to a dietitian.
- If weight is above **column B** but a health professional is concerned AND there has been a reduced intake for more than 5 days then the child should be referred to a dietitian.

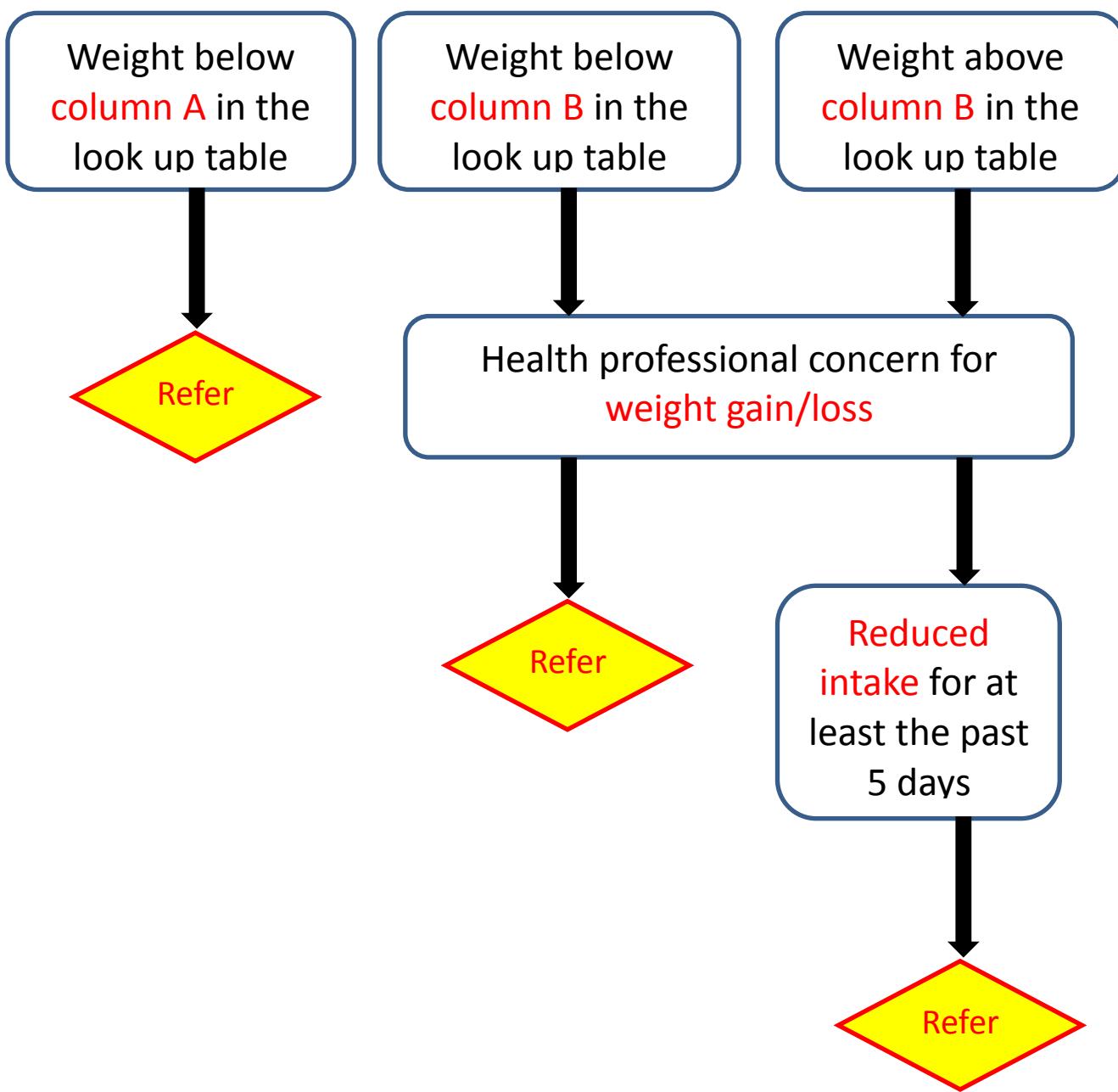
If the infant is not scoring high enough for referral but you are concerned about their weight then please refer to a dietitian

Name:	Sex:	
DoB:	Weight (to nearest 10g) : _____ Ward: _____	
Date of screening:	Hospital number:	
		Score
STEP 1: Is a health professional concerned about your child's weight gain?	YES	2.2
STEP 2: Has your child had a reduced intake (including feeds) for at least the past 5 days?	YES	1.7
STEP 3: Is the weight of the infant below column A or column B in the weight lookup table below?	YES, below column A	4
	YES, below column B	2

Age of infant in months	Weight lookup table for STEP 3			
	Columns for Males		Columns for Females	
	A	B	A	B
0	2.460	2.730	2.390	2.660
1	3.390	3.730	3.160	3.480
2	4.320	4.710	3.940	4.310
3	5.020	5.440	4.540	4.940
4	5.560	6.010	5.010	5.440
5	6.000	6.470	5.400	5.860
6	6.350	6.850	5.730	6.210
7	6.650	7.170	6.000	6.510
8	6.910	7.440	6.250	6.770
9	7.140	7.690	6.470	7.000
10	7.360	7.920	6.670	7.220
11	7.550	8.130	6.860	7.420

STEP 4: Add together the scores from STEPS 1, 2 and 3 and record the total score	Total iNEWS Score: _____
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Refer patient for further assessment if total iNEWS score is equal to or greater than 3.9



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	A	B	A	B
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