STAMP instructions

To be read before using STAMP for the first time

For more information, and to download other materials, please visit www.stampscreeningtool.org
How to use STAMP

- STAMP, the Screening Tool for the Assessment of Malnutrition in Paediatrics, provides a simple way of determining whether a child is at risk of malnutrition.

- STAMP also provides guidance to help you develop a care plan according to the child’s overall risk of malnutrition.

- STAMP is made up of 5 simple steps, which are detailed on the following page.

- Please note that STAMP is designed only for use with children in hospitals, and does not detect deficiencies or excessive intakes of vitamins and minerals.

- To complete a STAMP screening, you will need to print out a STAMP screening form and diagnosis table from www.stampscreeningtool.org – please keep these with the child’s medical notes.

- In addition to the screening form and diagnosis table, you will also find weighing and measuring instructions and centile quick reference tables on the website, which may be useful when completing a STAMP screening.

- You can also download a step-by-step guide to using STAMP from the website.

- However, before you conduct your first STAMP screening, please make sure that you read and understand the instructions on the following page.

- If you have any queries, please visit www.stampscreeningtool.org and click on the ‘Information’ or ‘Contact us’ buttons at the top of the web page.

STAMP should be used in association with Trust referral guidelines and policies.
How to complete a STAMP screening form

Step 1 – Diagnosis

Does the child have a diagnosis that has any nutritional implications?  
Score

Definitely 3  
Possibly 2  
No 0

Use the diagnosis table on the website, or locally developed criteria, to determine whether the child’s condition has any nutritional implications. Assign a score according to whether he/she has definite (e.g. dysphagia), possible (e.g. behavioural eating problems), or no (e.g. day case surgery) nutritional implications, and progress to step 2.

Step 2 – Nutritional intake

What is the child’s nutritional intake?  
Score

None 3  
Recently decreased/poor 2  
No change/good 0

Use your knowledge of the child’s eating habits to determine their nutritional intake. If necessary, speak to other Healthcare Professionals and the parent/carer to find out more. Assign a score according to the child’s current nutritional intake, and progress to step 3.

Step 3 – Weight and height

Use a growth chart or the centile quick reference tables to determine the child’s measurements  
Score

> 3 centile spaces/≥3 columns apart (or weight < 2nd centile) 3  
> 2 centile spaces/=2 columns apart 1  
0 to 1 centile spaces/columns apart 0

Weigh and measure the child using the weighing and measuring instructions provided. Use the centile quick reference tables on the website or a growth chart to determine how many columns/centiles apart the height and weight are. Then progress to Step 4.
Step 4 – Overall risk of malnutrition

Add the scores from steps 1–3 together to calculate the overall risk of malnutrition.

<table>
<thead>
<tr>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>High risk</td>
</tr>
<tr>
<td>Medium risk</td>
</tr>
<tr>
<td>Low risk</td>
</tr>
</tbody>
</table>

Step 5 – Care plan

Develop a care plan based on the child’s overall risk of malnutrition.

**High risk**
- Take action
- Refer to a Dietitian, nutritional support team or consultant
- Monitor as per care plan

**Medium risk**
- Monitor nutritional intake for 3 days
- Repeat STAMP screening after 3 days
- Amend care plan as required

**Low risk**
- Continue routine clinical care
- Repeat STAMP screening weekly while child is an in-patient
- Amend care plan as required

Once you have calculated the child’s overall risk of malnutrition, develop a care plan for the child in accordance with local guidelines. Repeat screening as recommended on the STAMP screening form.

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