



Care Home Malnutrition Screening Tool (Adults)

based on the 'Malnutrition Universal Screening Tool' ('MUST')

Step 1

BMI score

| BMI kg/m ² | |
|-----------------------|---|
| More than 20 | Score 0 <i>(More than 30 = obese)</i> |
| 18.5 – 20 | Score 1 |
| Less than 18.5 | Score 2 |

+

Step 2

weight loss score

| Unplanned weight loss % in past 3-6 months | |
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| Less than 5% | Score 0 |
| 5-10% | Score 1 |
| More than 10% | Score 2 |

+

Step 3

Acute Disease effect score

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| If patient is acutely ill and there has been or is likely to be no nutritional intake for more than 5 days |
| Score 2* <i>(*rarely needed in community)</i> |

Step 4 Overall risk of Malnutrition

Add score together to give overall risk of malnutrition and complete screening record

Refeeding Risk: Those who have eaten little or nothing for 5 days should have nutritional support introduced gradually and be monitored closely. Those at high risk of malnutrition on 'MUST' may be at risk of re-feeding syndrome. Refer to page 19 of CG32 Nutrition Support in Adults: quick reference guide on www.nice.org.uk for further information

Dysphagia: Individuals with signs of dysphagia require further investigation, refer to Speech and Language Therapy

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| <p>Score 0 = Low Risk</p> <ul style="list-style-type: none"> Record 'MUST' and weight in care plan Record aims of treatment and actions* Consider healthy diet information For printable information on healthy eating: Eating Well <p>WEIGH MONTHLY</p> | <p>Score 1 = Medium Risk = FOOD FIRST</p> <ul style="list-style-type: none"> Record 'MUST' and weight in care plan Record aims of treatment and actions* Complete food chart for 7 days Manage factors which affect food intake ** Follow the food first approach for improving nutrition For printable information on food first: Making the Most of Your Food <p>WEIGH MONTHLY</p> | <p>Score 2 or more = High Risk = FOOD FIRST</p> <ul style="list-style-type: none"> Record 'MUST' and weight in care plan Record aims of treatment and actions* Complete food chart for 7 days Manage factors which affect food intake** Promote 2 x nourishing drinks Promote 2 x nourishing snacks Promote 2 x nourishing desserts Use fortified milk in tea, coffee, cereal etc For printable information on food first: Making the Most of Your Food If patient cannot implement Food First advice, consider following 'Score 2 or more on review' box <p>WEIGH WEEKLY</p> |
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Step 5 Management Guidelines for each score

Step 6 Repeat 'MUST' monthly

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| <p>Score 0 on REVIEW</p> <ul style="list-style-type: none"> Reduce then discontinue ONS. Return to normal, balanced diet | <p>Score 1 on REVIEW</p> <ul style="list-style-type: none"> Continue with Food First approach and complete review care plan, repeat 'MUST' monthly. If deteriorating or ongoing concerns, consider treating as high risk (see 'Score 2 or more on review' box) | <p>Score 2 or more on REVIEW</p> <ul style="list-style-type: none"> Continue with FOOD FIRST approach, complete review on care plan, repeat 'MUST' monthly If weight decreased in the last month or patient unable to implement FOOD FIRST advice trial 2 x first choice powdered supplements*** If powder not appropriate, consider ready-to-drink supplement For printed information: Oral Nutritional Supplements If ongoing concerns after 1 month on ONS refer to Dietitian**** |
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*Aims of treatment could include weight maintenance or gain, improved nutritional intake, wound healing, pressure area care, improvements in psychological or physical health

**Factors which may affect appetite include nausea and/or vomiting, constipation, diarrhoea, alcohol and drug use, social concerns (ability to shop, cook and eat), availability of suitable meals

***If appropriate, consider lactose intolerance, renal impairment

****Unless detrimental or no benefit expected from nutritional support e.g. terminal stage of illness