Malnutrition Universal Screening Tool (MUST) and Care Pathway for NHS Lothian Care Homes

NHS Lothian

Assess Risk

STEP 1
BMI (kg/m2)

BMI	Score
>20	0
18.5 – 20	1
<18.5	2

STEP 2
Unintentional weight loss in the last 3- 6 months

%	Score
<5	0
5-10	1
>10	2

STEP 3
Disease score
Score 2 if any of the following are present

- Dysphagia
- Pressure ulcer (grade 3 or higher)/poor wound healing
- New Start on Pancreatic Enzyme Replacement Therapy

STEP 4 – Add Steps 1 – 3 together to calculate total score

Score 0 = Low Risk

Score 1 or **Score 2 from <u>Low BMI Only</u> = Medium Risk**

Score 2 or above = High Risk

Action Plan

Repeat Screening Monthly*

Implement medium risk action plan

- Start a food & fluid chart for 7 days to monitor intake
- Consider underlying causes of malnutrition
- Fully fortify diet
- Provide one nourishing snack per day
- Provide one nourishing drink per day

Repeat screening monthly*

Implement high risk action plan

- Start a food & fluid chart for 7 days to monitor intake
- Consider underlying causes of malnutrition
- Fully fortify diet
- Provide 2 nourishing snacks per day
- Provide 2 nourishing drinks per day

Repeat screening monthly*

If no improvement after 4 weeks refer to the dietitian*

***End of Life**

Weight monitoring and referral to the dietitian should only be undertaken if there is an expected benefit.

Residents at the end of life should be encouraged with preferred food and fluids