

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

S	ГЕР	1
ВМІ	(kg/	m2)

ВМІ	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

Repeat Screening Monthly\* Score 1 or Score 2 from Low BMI Only

= Medium Risk

## 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\*

Score 2 or above = High Risk

## 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
- Commence Care Home Food First Record for 4 weeks

Repeat screening monthly\*

#### \*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

If no improvement after 4 weeks refer to the dietitian\*

You must include 4 week
Food First Record with the
referral form