

Surname	First name	NHS number	Date of birth

### Malnutrition Universal Screening Tool (MUST) for care homes

MUST is **not** suitable for patients receiving end-of-life care.

Body mass index (BMI) score

BMI (kg/m²)	Score
>20	0
18.5 – 20	1
<18.5	2

Weight loss score

% (unplanned)	Score
<5	0
5 – 10	1
>10	2

Acute disease effect score

If patient is acutely ill and there has been or is likely to be no nutritional intake for >5 days (rare in care homes): Score 2

To calculate BMI (kg/m<sup>2</sup>):

Weight  $\div$  Height = BMI (e.g.  $40 \text{kg} \div 1.6 \text{m} \div 1.6 \text{m} = 15.6 \text{ kg/m}^2$ )

To calculate weight loss (%):

**1 - New weight** ÷ **Previous weight** = **Weight loss score** (e.g. 1 - 40kg ÷ 45kg = 0.11 x 100 = 11%) If you don't have a previous recorded weight, use self-reported previous weight (if realistic).

**Use the BAPEN online calculator –** set this as a shortcut on your home screen: www.bapen.org.uk/screening-and-must/must-calculator

Overall risk (add scores together)	Risk level and management guidelines		
0	Low risk – Repeat screening monthly		
1	Medium risk – Observe (go to Action Plan 1); repeat screening monthly		
2 or more* High risk – Treat (go to Action Plan 2); repeat screening weekly			
*If acute disease effect score is 2, discuss with dietitian before starting supplements			

<b>Date of referral to dietitian</b> (for Action Plan 2, of if there are any concerns)	Date seen by dietitian		
//	//		

The Malnutrition Universal Screening Tool (MUST) is reproduced here with the permission of BAPEN (British Association for Parenteral and Enteral Nutrition). For further information on 'MUST' see www.BAPEN.org.uk



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Height (m) Reported/ cal from ulna len	culated gth (cir	d cle)	3 m	ight (I	ago		Affix patient ID label			nt ID label
Date	Weight (kg)	BMI (kg/m²)	BMI score	Weight loss score	Acute disease effect	MUST score	Risk of malnutrition	Action plan taken	Staff na	me and signature
01-01-0101	56	19	1	0	0	1	Medium	Plan 1	Dietitian's	name

Repeat screening weekly for all service users and record course of action



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# Personal plan of care

Current weight:	kg
Action plan 1 - Use 'Food First' approach	
Ensure the patient and relatives are aware of concer	ns regarding risk of malnutrition
Ensure help is provided and advice on food choices,	eating and drinking when necessary $\Box$
Ensure the need for a special diet is recorded and vis	sible to staff members offering meals
Encourage 3 meals and 3 high calorie snacks and mi	lky drinks daily
Use food fortification ingredients when serving meals	, e.g. butter, cream, cheese
Keep a food record – record all food and drinks offere	ed and quantities taken over 3 days
Make sure this information is passed on during each	shift handover

## **Treatment aims:**

- · Prevent further weight loss or increase weight
- Ensure nutrition and hydration adequacy
- Increase calorie intake by 400-600kcals per day

#### If MUST score:

- Has decreased to 0, the client is at low nutritional risk (repeat screening monthly unless clinical condition changes)
- Is at 1, client is at medium nutritional risk (continue with action plan 1 and repeat screening monthly)
- Is 2 or above, client is at high nutritional risk (start action plan 2 and repeat screening weekly)



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# Personal plan of care

Current weight:	kg	
Action plan 2 - Use 'Food First' approach		
Ensure the patient and relatives are aware of con-	cerns regarding risk of malnutritior	
Ensure help is provided and advice on food choice necessary	es, eating and drinking when	
Ensure the need for a special diet is recorded and meals and snacks	I visible to staff members offering	
Encourage 3 meals and 3 high calorie snacks and	d milky drinks daily	
Use food fortification ingredients when serving me	eals, e.g. butter, cream, cheese	
Keep a food record – record all food and drinks of days	fered and quantities taken over 3	
Offer homemade milk shakes twice a day (refer to	nourishing drinks sheet)	
If client continues to lose weight after one month of the Dietitian via the Health HUB	of following action plan 2, refer to	
Make sure this information is passed on during ea	ach shift handover	

# **Treatment aims:**

- Prevent further weight loss or increase weight
- Ensure nutrition and hydration adequacy
- Increase calorie intake by >600kcals per day

### Repeat MUST screening weekly

