

For further information on 'MUST' see www.BAPEN.org.uk

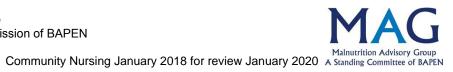
Community Nursing January 2018 for review January 2020 A Standing Committee of BAPEN

SURNAME	FIRST NAME	NHS Number:	Date of Birth:	Berkshire Healthcare NHS	In partnership with East and
					West Berkshire CCGs
			DD MM YEAR	NHS Foundation Trust	West Berkshire CCGs

Height (M) REPORTED/CALCULATED/ULNA LENGTH (please circle)	Weight 3 months ago	Weight 6 months ago

				Step 1	Step 2	Step 3		Step 4	Step 5	
Date	Weight (Kg)	MUAC if unable to weigh	BMI Kg/m ²	BMI score	Weight loss score	Acute Disease effect score	MUST Score	Risk of malnutrition (from score or from subjective table)	Action plan taken	Staff name and Signature
EXAMPLE	56Kg	N/A	19	1	0	0	1	Medium	Plan 1	Another





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Date	Treatment aims:	Page No:			
	To prevent further weight loss or increase weight. Current WeightKg	Discussed &			
	To ensure nutrition and hydration adequacy	agreed with client by :-			
	To increase calorie intake by 400-600kcals per day				
		(Signature)			
dentified problem	Action plan 1				
	Use 'Food First' approach using 'making the most of what you eat' leaflet				
have a MUST Score of 1, his means I am at Medium Nutritional risk	Identify persons involved with food provision and preparation and discuss concerns regarding risk of malnutrition.				
Decause:	Encourage 3 meals and 3 high calorie snacks and milky drinks daily				
	Encourage food fortification				
	 Ask relatives or carers to keep a food record. (Record all food and drinks offered and quantities taken over 3 days) 				
	Weigh in 3 months and repeat MUST Screening (or sooner if there is a change in clinical condition or other cause for concern)				
arget weight: (to naintain or increase current	 If MUST score decreased to 0, client at Low Nutritional Risk, repeat screening within 12 months (unless clinical condition changes) 				
weight) If this isn't possible target of Mid Upper Arm	 If MUST 1 client at Medium Nutritional Risk, continue with Medium Risk Action Plan (Action Plan 1) Repeat screening in 3 months 				
Circumference >23.5cm hould be set	 If MUST score 2 or above High Nutritional Risk, commence High Nutritional Risk Action Plan (Action Plan 2) repeat screening monthly. 				
		Problem:			
		MUST			
		Action Plan			
		1			

Repeat screening as per Action Plan

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one problem per page

Date	Treatment Aims:	Page No:				
	To prevent further weight loss or increase weight Current WeightKg	Discussed &				
dentified problem	To ensure nutrition and hydration adequacy					
	To increase calorie intake by >600kcals per day	client by :-				
have a MUST Score of 2 or	Action plan 2:	(Signature)				
bove, this means I am at HIGH Iutritional risk because:	Use 'Food First' approach for minimum of one month					
iutritional fisk because.	Identify persons involved with food provision and preparation and discuss concerns regarding risk of malnutrition.					
	Encourage 3 meals and 3 high calorie snacks per day, plus milky drinks between meals					
	 Encourage food fortification Give 'Making the most of what you eat' leaflet 					
arget weight	Advise homemade or over-the-counter nutritional drinks x 2 per day.					
o give Body Mass Index	Give 'Nourishing drinks' leaflet					
18.5Kg/m2):	Repeat MUST Screening monthly (or sooner if there is a change in clinical condition or other cause for concern)					
	High Nutritional Risk Action Plan 2					
this isn't possible target of Iid Upper Arm Circumference						
23.5cm should be set	 If MUST score 2 or above with weight loss, start on supplements 					
	 Ask client/carer if they are able to make up a powdered supplement if they are 					
	request prescription for powdered nutritional shake 57g BD (eg Ensure Shake)					
	 If client/carer unable to make up a powdered supplement, request prescription for 					
	1.5kcal/ml nutritional supplement 200ml bd (eg Ensure Plus milkshake)					
	 Refer to Dietitian if less than half of meals eaten and supplements not tolerated 					
	 If MUST score 2 or above, started on ONS and further weigh loss 					
	□ refer to Dietitian via Health Hub					
		Problem: MUST				
		Action Plan				