

MALNUTRITION UNIVERSAL SCREENING TOOL (MUST)

Step 1 BMI score

BMI kg/m ²	Score
>20 (>30 Obese)	= 0
18.5-20	= 1
<18.5	= 2

+

Step 2 Weight loss score

Unplanned weight loss in past 3-6 months	
%	Score
<5	= 0
5-10	= 1
>10	= 2

+

Step 3 Acute disease effect score

If patient is acutely ill and there has been or is likely to be no nutritional intake for >5 days

Score = 2

If unable to obtain height and weight use alternative measurements (Ulna Length and Mid Upper Arm Circumference) and use subjective criteria.

Step 4 Overall risk of malnutrition

Add scores together to calculate overall risk of malnutrition

Score 0 – Low risk

Score 1 – Medium risk

Score 2 or more – High risk

Step 5 Management guidelines

0 – Low risk

Routine clinical care

- Repeat screening:
Hospital – weekly
Care Home – monthly
Community – annually for special groups e.g. those >75 years

1 – Medium risk

Observe

- Document dietary intake for 3 days if subject in hospital or care home
- If improved or adequate intake – little clinical concern; if no improvement – clinical concern – follow local policy
- Repeat screening:
Hospital – weekly
Care Home – at least monthly
Community – at least every 2-3 months

2 or more – High risk

Treat*

- Refer to dietitian, Nutritional Support Team or implement local policy
- Improve and increase overall nutritional intake
- Monitor and review care plan:
Hospital – weekly
Care Home – monthly
Community – monthly

* Unless detrimental or no benefit is expected from nutritional support e.g. imminent death.

All risk categories:

- Treat underlying condition and provide help and advice on food choices, eating and drinking when necessary.
- Record malnutrition risk category.
- Record need for special diets and follow local policy.

Obesity:

- Record presence of obesity. For those with underlying conditions, these are generally controlled before the treatment of obesity.

Re-assess subjects identified at risk as they move through care settings. The 'Malnutrition Universal Screening Tool' ('MUST') is reproduced here with the kind permission of BAPEN (British Association for Parenteral and Enteral Nutrition). By granting permission BAPEN does not necessarily support the use of Nutricia Medical's products. See The 'MUST' Explanatory Booklet for further details and The 'MUST' Report for supporting evidence. www.bapen.org.uk

Nutricia, Block 1, Deansgrange Business Park, Deansgrange, Co. Dublin.

NUTRICIA CUSTOMER SERVICE

Freephone: 1800 923 404 (ROI) or 0800 783 4379 (NI)

Email: support.ireland@nutricia.com