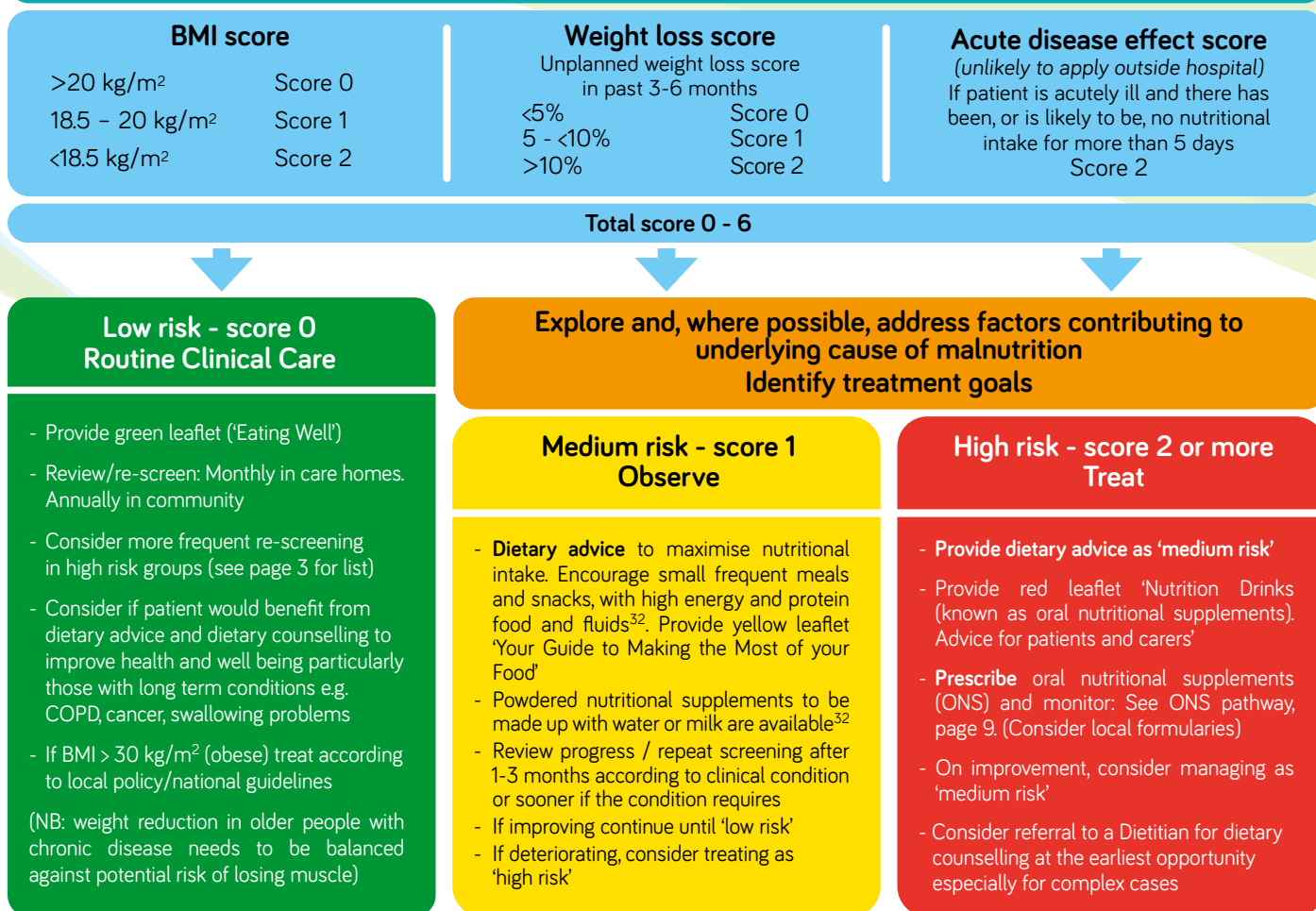


# Managing Malnutrition According to Risk Category using 'MUST'<sup>\*2</sup> – Management Pathway



## Remote screening: If consultations are being undertaken remotely without physical measures (e.g. BMI, weight)<sup>54</sup>:

- Use patient reported values of current weight, height, and previous weight to calculate Step 1 and Step 2 of 'MUST' if available
- Where it is not possible to obtain physical or self-reported measures of weight or height (measured or recalled)<sup>2</sup> a range of subjective indicators can be used collectively to estimate malnutrition (see below)

## The following questions can assist in obtaining information to inform a clinical impression of malnutrition risk and determine the most appropriate intervention:

1. How is your appetite lately? How are you managing with your eating and drinking?
2. How would you describe your weight? What is a usual weight for you?
3. Do you feel like your weight has changed in the last few weeks or months?
4. How are your clothes and jewellery fitting? Do they feel like they fit differently to usual?

Estimated risk of malnutrition	Indicators
Unlikely to be at-risk (low)	Not thin, weight stable or increasing, no unplanned weight loss, no reduction in appetite or intake
Possibly at-risk (medium)	Thin as a result of disease/condition or unplanned weight loss in previous 3-6 months, reduced appetite or ability to eat
Likely to be at-risk (high)	Thin or very thin and/or significant unplanned weight loss in previous 3-6 months, reduced appetite or ability to eat and/or reduced dietary intake

## For all individuals:

- Discuss when to seek help e.g. ongoing unplanned weight loss, changes to body shape, strength or appetite. Don't overlook individuals with a high BMI in whom malnutrition arising from impaired intake and weight loss may not be obvious e.g. post-surgery, COPD
- Ensure that care plans are communicated between care settings<sup>31</sup>
- Encourage patients to self manage. Consider directing to self screening resources at [malnutritionselfscreening.org](http://malnutritionselfscreening.org)
- Refer to other HCPs if additional support is required (e.g. Dietitian, Physiotherapist, GP, Speech and Language Therapist)

\*The 'Malnutrition Universal Screening Tool' ('MUST') is used here with the permission of BAPEN (British Association for Parenteral and Enteral Nutrition)