

Nutrition Care Plan: LOW RISK OF MALNUTRITION ('MUST' SCORE 0)

Name	Room	Date Care Plan initiated	
Height metre/ft in	Weight 3 months ago: kg	Weight when care plan initiated: kg	BMI when care plan initiated: kg/m ²

If BMI >30 kg/m² (obese) treat according to local policy/national guidelines

Problems/Symptoms which are interfering with ability to eat and drink†

Treatment Goal:

Initial and Date Each Box Monthly When Completed e.g. ✓ HF, DD/MM/YEAR

	ACTION	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
1 Record	Record weight, BMI, 'MUST' score & risk category in notes						
	Agree goals with individuals as appropriate						
2 Monitor	Weigh and re-screen using 'MUST' monthly (or sooner if clinical concern)						
	Utilise ideas from green leaflet; Eating Well - Advice for patients and carers. www.malnutritionpathway.co.uk/library/pleaflet_green.pdf						
	Review this care plan monthly and amend if risk changes						

*For further information on dietary advice, powdered nutritional supplements and managing malnutrition according to risk, please visit www.malnutritionpathway.co.uk

Considerations

- When assessing weight loss during screening and re-screening make sure you compare weight with weight taken 3 months ago
- If unable to measure height use recall height – ulna measurement is an option if this is unavailable:
http://www.bapen.org.uk/pdfs/must/must_page6.pdf
- If unable to measure weight use latest recall weight
- If weight and height cannot be obtained, use clinical judgement (e.g. clothes have become baggy, looking thin, swallowing problems) and/or measuring mid upper arm circumference (MUAC) to estimate a risk category but not a score. For further information:
http://www.bapen.org.uk/pdfs/must/must_explan.pdf
- † Identifying the causes and symptoms which are interfering with the ability to eat and drink (e.g. swallowing issues, dry mouth, depression, nausea, early satiety) can help in identifying the most appropriate nutritional care. More information can be found at www.malnutritionpathway.co.uk/library/managing_malnutrition.pdf
- Consider whether a dietitian or speech and language therapist assessment is indicated in those in whom underlying conditions influence food choice e.g. in diabetes, or in where a condition affects the ability to eat and drink e.g. COPD, swallowing problems
- For more information see the malnutrition pathway care homes fact sheet - https://www.malnutritionpathway.co.uk/library/care_homes.pdf

Notes (e.g. food likes/dislikes/preferred foods):

Any other special nutritional requirements: