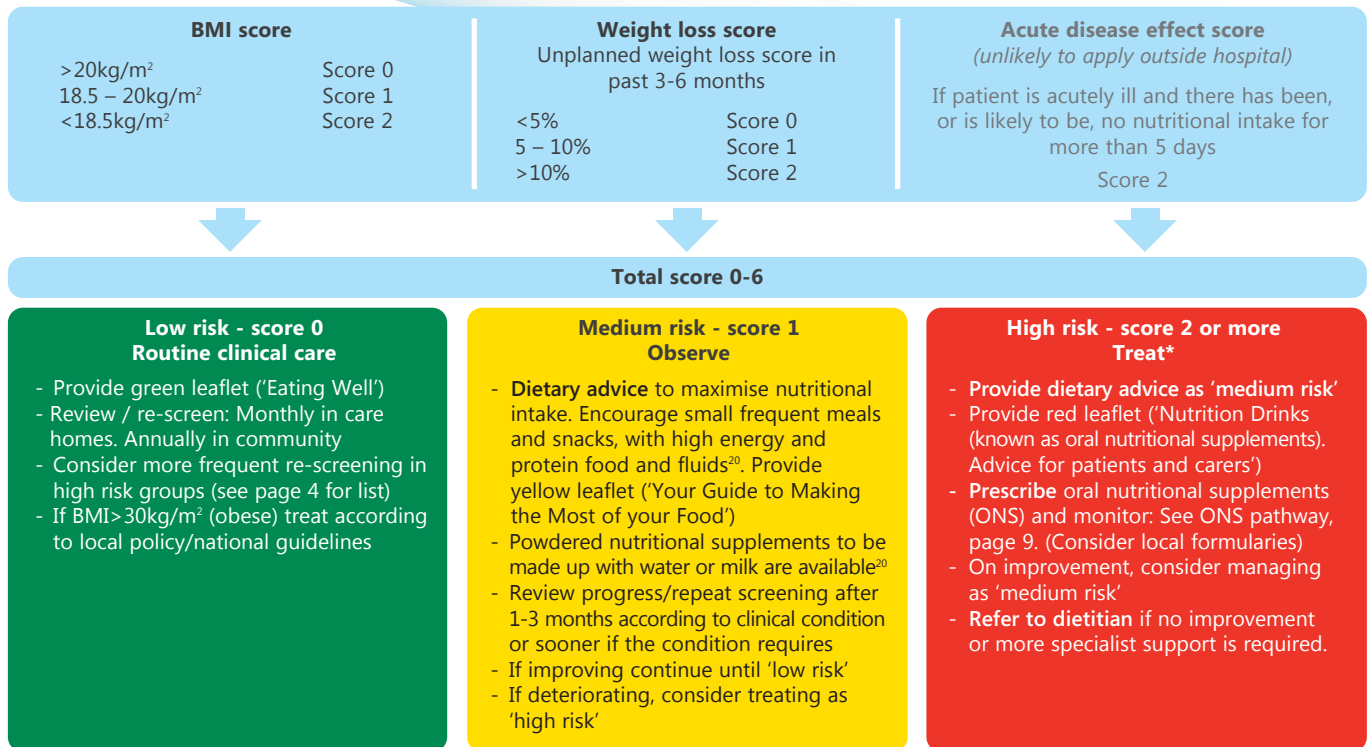


Managing Malnutrition According to Risk Category using 'MUST'^{*3} – Management Pathway



*The 'Malnutrition Universal Screening Tool' ('MUST') is used here with the permission of BAPEN (British Association for Parenteral and Enteral Nutrition). For more information and supporting materials see www.bapen.org.uk NB: Healthcare professionals using screening tools should have appropriate skills and training

The following subjective indicators can be used collectively to estimate risk or malnutrition in the absence of height and weight (measured or recalled)³:

- Thin or very thin in appearance, or loose fitting clothes/jewellery
- History of recent unplanned weight loss
- Changes in appetite, need for assistance with feeding or swallowing difficulties affecting ability to eat (consider referral to speech and language therapist)
- A reduction in current dietary intake compared to 'normal'

If only using clinical judgement, the following may act as a guide:

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:

- Explore and address/manage factors contributing to the cause of malnutrition
- 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-bariatric surgery, COPD
- Ensure that care plans are communicated between care settings¹⁵
- Where possible patients should be encouraged to self-assess and manage the risk of malnutrition
- Refer to other HCPs if additional support is required (e.g. dietitian, physiotherapist, GP)