

bettertogether



MALNUTRITION UNIVERSAL SCREENING TOOL (MUST)

| Patient's Name: | DOB:L | ocation: | | NHS Numbe | r: | |
|---|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| | | | | estimate/actual | | |
| For each section below circle one score | Date | | | | | 1 |
| | Weight (Kg) | Actual/Estimate Weight: | Actual/Estimate Weight: | Actual/Estimate Weight: | Actual/Estimate Weight: | Actual/Estimate Weight: |
| BODY MASS INDEX (BMI) kg/m ² | | | | | | |
| 20 or more | | 0 | 0 | 0 | 0 | 0 |
| • 18.5 - 20 | | | 1 | 1 | 1 | 1 |
| less than 18.5 | | 2 | 2 | 2 | 2 | 2 |
| UNPLANNED WEIGHT LOSS IN THE LAST 3-6MONTHS | | 0 | 0 | 0 | 0 | 0 |
| • <5% • 5-10% | | 1 | 1 | 1 | 1 | 1 |
| • 5-10% • >10% | | 2 | 2 | 2 | 2 | 2 |
| • >10% NUTRITIONAL INTAKE | | | <u> </u> | £ | | - |
| Patient is eating and drinking | | 0 | 0 | 0 | 0 | 0 |
| If patient is acutely ill AND there has been or is likely | v to be no nutritional intake for >5 days score 2 | 2 | 2 | 2 | 2 | 2 |
| | TOTALS | | | | | |
| | ACTIO | ON | 1 | | 1 | <u> </u> |
| 0 LOW RISK Follow food first guidelines | 1 2 or more DIUM RISK HIGH RISK es "MUST score 1 Care Pathway" Follow score 1 Care Pathway ar Dietitian | | | ISK thway and refer to | | |
| Date Actions Taken following screening | | | | | | Signature |
| | | | | | | |
| Review date set: | | | | | | |

The 'Malnutrition Universal Screening Tool' ('MUST') is based on and reproduced here with the kind permission of BAPEN (British Association for Parenteral and Enteral Nutrition). Further information on the 'MUST' materials is available on the BAPEN website www.bapen.org.uk



| Date | Actions Taken following screening | Signature | е |
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| Date | Actions Taken following screening | Signature |
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