

Surname	First name	NHS number	Date of birth

Malnutrition Universal Screening Tool (MUST) for care homes

MUST is **not** suitable for patients receiving end-of-life care.

Body mass index (BMI) score

BMI (kg/m ²)	Score
>20	0
18.5 – 20	1
<18.5	2



Weight loss score

% (unplanned)	Score
<5	0
5 – 10	1
>10	2



Acute disease effect score

If patient is acutely ill and there has been or is likely to be no nutritional intake for >5 days (rare in care homes):
Score 2

To calculate BMI (kg/m²):

Weight ÷ Height ÷ Height = BMI (e.g. 40kg ÷ 1.6m ÷ 1.6m = 15.6 kg/m²)

To calculate weight loss (%):

1 - New weight ÷ Previous weight = Weight loss score (e.g. 1 - 40kg ÷ 45kg = 0.11 x 100 = 11%)

If you don't have a previous recorded weight, use self-reported previous weight (if realistic).

Use the **BAPEN online calculator** – set this as a shortcut on your home screen:

www.bapen.org.uk/screening-and-must/must-calculator

Overall risk (add scores together)	Risk level and management guidelines
0	Low risk – Repeat screening monthly
1	Medium risk – Observe (go to Action Plan 1); repeat screening monthly
2 or more*	High risk – Treat (go to Action Plan 2); repeat screening weekly

*If acute disease effect score is 2, discuss with dietitian before starting supplements

Date of referral to dietitian (for Action Plan 2, of if there are any concerns)	Date seen by dietitian
__ / __ / ____	__ / __ / ____

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Personal plan of care

Current weight:	_____ kg
Action plan 1 – Use 'Food First' approach	
Ensure the patient and relatives are aware of concerns regarding risk of malnutrition	<input type="checkbox"/>
Ensure help is provided and advice on food choices, eating and drinking when necessary	<input type="checkbox"/>
Ensure the need for a special diet is recorded and visible to staff members offering meals and snacks	<input type="checkbox"/>
Encourage 3 meals and 3 high calorie snacks and milky drinks daily	<input type="checkbox"/>
Use food fortification ingredients when serving meals, e.g. butter, cream, cheese	<input type="checkbox"/>
Keep a food record – record all food and drinks offered and quantities taken over 3 days	<input type="checkbox"/>
Make sure this information is passed on during each shift handover	<input type="checkbox"/>

Treatment aims:

- Prevent further weight loss or increase weight
- Ensure nutrition and hydration adequacy
- Increase calorie intake by **400-600kcal** per day

If MUST score:

- Has **decreased to 0**, the client is at **low nutritional risk** (repeat screening monthly unless clinical condition changes)
- Is **at 1**, client is at **medium nutritional risk** (continue with action plan 1 and repeat screening monthly)
- Is **2 or above**, client is at **high nutritional risk** (start **action plan 2** and **repeat screening weekly**)

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Personal plan of care

Current weight: _____ kg

Action plan 2 – Use 'Food First' approach

Ensure the patient and relatives are aware of concerns regarding risk of malnutrition	<input type="checkbox"/>
Ensure help is provided and advice on food choices, eating and drinking when necessary	<input type="checkbox"/>
Ensure the need for a special diet is recorded and visible to staff members offering meals and snacks	<input type="checkbox"/>
Encourage 3 meals and 3 high calorie snacks and milky drinks daily	<input type="checkbox"/>
Use food fortification ingredients when serving meals, e.g. butter, cream, cheese	<input type="checkbox"/>
Keep a food record – record all food and drinks offered and quantities taken over 3 days	<input type="checkbox"/>
Offer homemade milk shakes twice a day (refer to nourishing drinks sheet)	<input type="checkbox"/>
If client continues to lose weight after one month of following action plan 2, refer to the Dietitian via the Health HUB	<input type="checkbox"/>
Make sure this information is passed on during each shift handover	<input type="checkbox"/>

Treatment aims:

- Prevent further weight loss or increase weight
- Ensure nutrition and hydration adequacy
- Increase calorie intake by **>600kcal** per day

Repeat MUST screening weekly

