NHS Lothian Community Malnutrition Universal Screening Tool (MUST)

STEP 1 Calculate BMI Score

BMI (kg/m²) Score

STEP 2 Calculate Weight Loss Score

<u>Unplanned</u> weight loss in past 3-6 months

%	Score
<5	= 0
5-10	= 1
>10	= 2

STEP 3 Disease Score

Score 2 if any of the following are present

- Dysphagia
- Poor wound healing/pressure ulcers (Grade 3 and above)
- New Pancreatic Enzyme Replacement Therapy

STEP 4 Add steps 1, 2 and 3 together to calculate overall risk of malnutrition

MUST Score 0
Low Risk

MUST Score 1
Medium Risk

MUST Score 2
If score
calculated as 2
from Step 1

MUST Score 2 or more High Risk

MUST Score 0

Low Risk

Repeat Screening

Care Homes/Long stay - monthly Community - annually Issue Food First advice leaflets (Food First, Nourishing Drinks)

Do not prescribe Oral Nutritional Supplements (ONS)

Repeat screening:

Care Homes/Long stay – monthly
Community - monthly for 3 months

Refer to Dietetics

Issue Food First advice leaflets (Food First, Nourishing Drinks)

Do not prescribe Oral Nutritional Supplements (ONS) Contact your local dietitian for advice on

any urgent cases