

STEP 1

BMI Score

| BMI kg/m ² | Score |
|-----------------------|-------|
| >20 (>30 Obese) | = 0 |
| 18.5 – 20 | = 1 |
| <18.5 | = 2 |

+ STEP 2

Weight loss score

Unplanned weight loss
in past 3 – 6 months

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

+

STEP 3

Pressure sore score

If the service user has a
pressure sore score 2

If there are no pressure
sores score 0

STEP 4 Overall risk of malnutrition

Add scores together to calculate overall risk of malnutrition

Score 0 Low Risk

Score 1 Medium Risk

Score 2 or more High Risk

STEP 5 Management guidelines

0 = Low Risk

Repeat weight
and MUST score
monthly

1 – 3 = Medium / High Risk

Treat underlying problems
Offer high calorie snacks in
between meals
Offer milk-based drinks twice daily
Fortify Food
Keep food chart
Weigh & complete MUST weekly
If there is no improvement after 4
weeks then please refer to the
Community Dietitian

4 or more = High Risk

Treat underlying problems
Offer high calorie snacks in
between meals
Offer milk-based drinks twice
daily
Fortify Food
Keep food chart
Weigh & complete MUST weekly
Refer to Community Dietitian

If your resident has a grade 3 or 4 pressure sore, refer to
the Community Dietitian, regardless of MUST score.