NHS GGC Community MUST Patient Pathway

(Malnutrition Universal Screening Tool)

PLEASE NOTE: If clinical concern, please discuss with your Dietitian.

Weight loss can be a symptom of an undiagnosed medical problem, where this is suspected discuss with GP. Guidance for Care Homes contained within MUST Step 5 Management Guidelines.

NHS Greater Glasgow and Clyde

Full MUST Toolkit

MUST Online Calculator

Non Nutritional Factors Present

Swallowing Difficulties – consider referral to Speech & Language Therapy

Problem with chewing/dentition/oral pain - consider referral to dentist

Functional Difficulties with food preparation, eating/drinking and or managing daily routine consider referral to OT

Problem with shopping/food preparation – consider referral to home support/social services

MUST Score 0
LOW RISK

Other Medical Condition e.g. diabetes, bowel conditions/ problems: consider referral to Dietitian for advice.

All patients on an enteral feed should be under the care of a Dietitian.

Weight management **advice:** Weight Management Service

Little Clinical Concern: Referral to Dietitian inappropriate.

MUST Score 1 or more
MEDIUM / HIGH RISK

Provide and discuss with patient first line dietary advice **'Eating to Feel Better'** leaflet.

Review MUST score in one month

MUST SCORE 0
LOW RISK

MUST SCORE 1
MEDIUM RISK

MUST SCORE ≥ 2
HIGH RISK
If BMI <18.5 but weight stable for 6 months treat as medium risk

Little Clinical Concern
No further action. Consider requirement for repeat screening[x]

Reinforce First Line Dietary Advice
Consider requirement for repeat screening*

Reinforce First Line Dietary Advice
Direct patient to use Over the Counter Products. Refer to Dietitian.

Repeat screening should be carried out in line with clinical need
Recommended frequency of screening in community settings:

*** MUST SCORE 0**
LOW RISK

- Care Homes – monthly
- Community – annual for special groups e.g. those > 75 yrs

*** MUST SCORE 1**
MEDIUM RISK

- Care Homes – at least monthly
- Community – at least every 1-3 months

For patients able to monitor own weight changes self screening may be appropriate: BAPEN'S Malnutrition Self Screening Tool