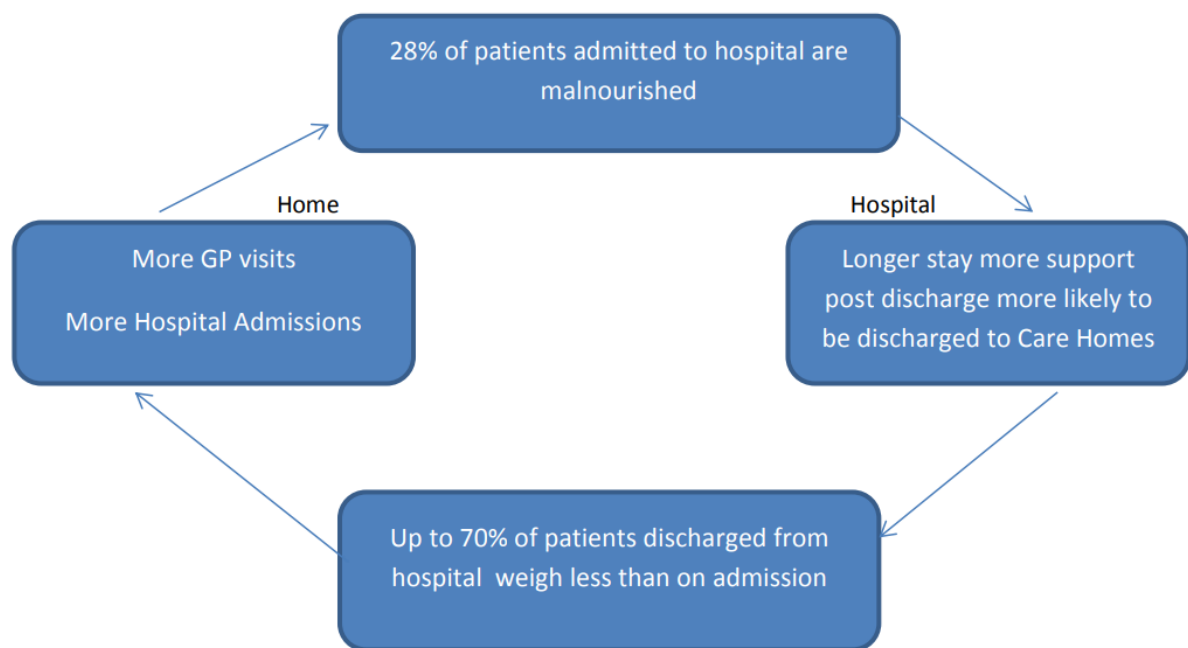


## NUTRITIONAL ASSESSMENT, SCREENING AND CARE PLANNING

### Introduction:

Malnutrition is both a cause and consequence of disease in adults. It is common and affects over 3 million people in the UK with associated health costs exceeding £13 billion annually BAPEN (2009). Malnutrition can cause a downward spiral of ill health as it frequently goes unrecognised and untreated Brotherton, Simmonds, and Stroud (2010). Patients who are already malnourished on admission are likely to stay in hospital longer, weigh less on discharge and are more likely to be re admitted and continue on the 'malnutrition carousel' (See Fig 1).

### THE MALNUTRITION CAROUSEL:



RCN (2008)

The first step to removing patients from the malnutrition carousel is to identify their malnutrition risk through nutritional assessments and screening using the Malnutrition Universal Screening Tool (MUST).

**Updated May 2025**

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