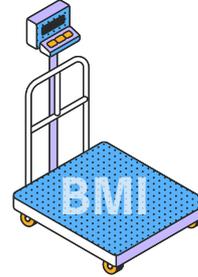


# Malnutrition Universal Screening Tool (MUST) Guide to Help

## Step 1: Body Mass Index (BMI) Score

### What is BMI?

Body mass index (BMI) is a measure that uses height (m) and weight (kg) to work out if weight is within the healthy range



### What is the calculation?

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$



### Example Calculation

Liz has a weight of 60kg and a height of 1.53m. What is her BMI and MUST score?

#### Method 1

$$\text{BMI} = \frac{60\text{kg}}{(1.53\text{m} \times 1.53\text{m})}$$

#### Method 2

$$\text{BMI} = 60\text{kg} \div 1.53\text{m} \div 1.53\text{m}$$

NB: Both methods get the same result, just choose the one that suits you best!

**BMI = 25.6kg/m<sup>2</sup>**

**MUST score 0**

### Remember!

- Height - crucial this correct, good practice to check this annually
- Evidence shows that an ideal BMI for an elderly population is 23-28kg/m<sup>2</sup>
- A BMI of >28kg/m<sup>2</sup> and above can increase resident risk for other diseases, mobility/ joint problems, and pressure wounds

### MUST score and BMI

 **MUST 0** | BMI >20kg/m<sup>2</sup>

 **MUST 1** | BMI 18.5-20kg/m<sup>2</sup>

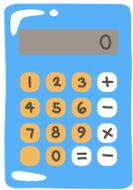
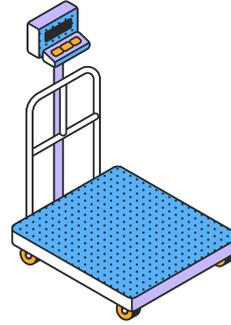
 **MUST 2** | BMI <18.5kg/m<sup>2</sup>

# Malnutrition Universal Screening Tool (MUST) Guide to Help

## Step 2: Weight Loss Score

### What is % weight loss?

This is the % of unplanned weight loss, calculated from current weight and highest weight within past 6 month period.



### What is the calculation?

$$\frac{\text{Highest Weight (kg)} - \text{Current weight (kg)}}{\text{Highest Weight (kg)}} \times 100$$

### Example Calculation

John was 71kg and is now 63kg, what is his % weight loss and MUST score?

**Step 1**      % weight loss = (71kg-63kg)      (8kg)

**Step 2**      % weight loss =  $\frac{8\text{kg}}{71\text{kg}}$       (0.1126)

**Step 3**      % weight loss = 0.1126 x 100

**% Weight Loss = 11.3%**

**MUST score 2**

### Remember!

- MUST score only counts for weight loss that is **unplanned**
- The **highest weight** from the past 6 month **period** should be chosen, not the weight before, or the one from 6 months ago

### MUST score and % Weight Loss

 **MUST 0** | <5% weight loss

 **MUST 1** | 5-10% weight loss

 **MUST 2** | >10% weight loss

# Malnutrition Universal Screening Tool (MUST) Additional Resources

## GGC Dietetic MUST and MUST step 5 videos

To support the management of Malnutrition within Care and Residential Homes a series of 5 training videos have been developed.



## MUST online calculator

A 'MUST' calculator developed by BAPEN to support with MUST screening if required. This can be used to establish nutritional risk using either objective measurements to obtain a score and a risk category or subjective criteria to estimate a risk category but not a score.

## MUST STEP 5 Guidance Notes

This is the link to the guidance notes to support completion of the MUST step 5 paperwork.



## MUST STEP 5 Documentation

This is the link to MUST step 5 documentation

## MUST step 5 digital pathway

This is the link to our MUST step 5 digital pathway. This details a step by step guide of when to screen using MUST, when to commence MUST step 5 and the process involved thereafter.

Residential  
Pathway:



Nursing Home  
Pathway:

