



Community Nutrition Support Pathway

Screen with 'MUST' (see overleaf)

Investigate and treat any underlying conditions that may be affecting intake

Refer to health care professional if required e.g. Dentist, Speech & Language Therapist etc.

Low risk (MUST = 0)

- No immediate action required
- Screen monthly

Medium or high risk (MUST = 1 or more) WITHOUT complications

- **Start 'Food First'**
 - Provide 2 nourishing snacks and 2 nourishing drinks daily
 - Fortify foods and drinks
- Monitor weight weekly
- Care homes must record food and drink intake for a minimum of 3 days

Medium or high risk (MUST = 1 or more) WITH complications *i.e. dysphagia, cancer, neurological conditions*

- GP to refer to **Community Nutrition Support Dietitian**
- Start treatment as per orange box

Re-screen with 'MUST' after 1 month

Improvement / stable

- **Continue with Food First**
(Oral Nutritional Supplements not required at this time)

No improvement / decline

- GP to consider trialling **Oral Nutritional Supplements for 1 month** (in line with ABUHB first line prescribing guide).
- Continue previous treatment plan

Re-screen with 'MUST' after 1 month

Improvement / stable

- **Continue current treatment plan**
- Gradually return to normal diet once goals have been achieved

No improvement / decline

- **Refer to Community Nutrition Support Dietitian, via GP**
- Continue previous treatment plan (adjust supplements if required)

Goals: these need to be agreed at the start of treatment, and progress assessed each month

- Weight gain / reduce malnutrition risk ('MUST' score)
- Prevention of further weight loss / maintain current weight
- Adequate intake of nutrients for improved quality of life

Once goals have been achieved, supplements should be discontinued (can be done gradually if required).



Malnutrition Universal Screening Tool ('MUST')

Step 1

BMI score

+

Step 2

Weight loss score

+

Step 3

Acute disease score

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

Unplanned weight loss in past 3-6 months	
%	Score
<5	= 0
5-10	= 1
>10	= 2

If patient is acutely ill
and there has been or
is likely to be no
nutritional intake for
more than 5 days
Score 2

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

Action

Refer to ABUHB Community Nutrition Support Pathway – PTO

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For further information on 'MUST' please see www.bapen.org.uk