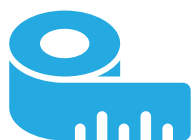


Malnutrition Universal Screening Tool (MUST)

'MUST' is a five-step screening tool to identify adults, who are malnourished, at risk of malnutrition (under nutrition), or obese. It is for use in hospitals, community and other care settings and can be used by all care workers.

5 Steps of MUST



Step 1

Measure height and weight to get a BMI score using chart provided. If unable to obtain height and weight, use the ULNA length for height and MUAC to estimate BMI.



Step 2

Note percentage unplanned weight loss within the last 3-6 months and score using BAPEN tables.



Step 3

Establish acute disease effect and score.



Step 4

Add scores from steps 1, 2 and 3 together to obtain overall risk of malnutrition.



Step 5

Use management guidelines and/or local policy to develop care plan.