

Malnutrition Care Plan

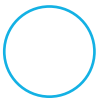
It is a HIQA requirement that all residents in a Nursing Home are to be screened using the 'Malnutrition Universal Screening Tool 'MUST'' within 72 hours of an admission and treated accordingly to prevent malnutrition

Malnutrition Universal Screening Tool

Patient _____ DOB _____

BMI Score		Weight Loss Score		Acute Disease Effect Score
(WEIGHT in kg divided by their HEIGHT in meters TWICE)		(Unplanned weight loss in last 3-6 months)		(Unlikely to apply outside hospital)
>20kg/m ²	Score 0	0% - 5%	Score 0	If patient is acutely ill and there has been, <i>or is likely to be</i> , no nutritional intake for >5 days Score 2
18.5 - 20kg/m ²	Score 1	5% - 10%	Score 1	
<18.5kg/m ²	Score 2	>10%	Score 2	

MUST Score 0 - Low Risk Routine Clinical Care



- Weigh monthly
- Review and re-screen MUST each month
- If BMI >30kg/m² (obese), please implement the 'Healthy Eating Care Plan' and follow accordingly

MUST Score 1 - Medium Risk Observe



- Commence a fortified diet based upon high protein, high calorie foods
- Encourage nourishing snacks and drinks in between meals (including milk and milk products)
- Commence a 3 day food record chart
- Treat any identified reasons for reduced dietary intake such as nausea, vomiting, diarrhoea
- Repeat weight and MUST screening monthly

MUST Score 2+ - High Risk Treat



- Encourage diet as per MUST 1 instructions
- **Request the GP to prescribe Altraplen Compact OD (or Nutricrem OD if patient requires Level 3 or above fluids)**
- If continued weight loss, refer to the Dietitian via Online Referral System
- Ensure a 3 day food chart has been completed for assessment
- Repeat weight and MUST screening monthly

**NOTE: Please place this in the patient's file and document actions taken
If training is required, please contact your Nualtra Representative**