

OA Reablement Service	OA Day Care	OA Residential Care	Domiciliary Services	DMH Day Services	DMH Supported Living	DMH Residential Services	EIA'd
✓	✓	✓	✓	✓	✓	✓	✓

M10 MALNUTRITION UNIVERSAL SCREENING TOOL POLICY

To ensure staff are given full guidance of how to conduct the MUST when concerned about a service user.

PROCEDURE

This procedure can be used by any service. Older Adults Residential must use this as part of the P14 Care Planning policy and procedure. Other services can use the tool as appropriate.

Instruction for Older Adults Residential Services

The service user's weight should be reviewed monthly. The Bapen Tool is a 3 - 6 month scoring tool for weight loss. However, if concerns are raised use as needed i.e weekly / fortnightly. To support the tool the Food chart must be used in conjunction Appendix 2.

Instruction on the use of the MUST tool – All Services

Best practice would be to carrying out the scoring (using the MUST tool and the instructions to follow) on the same day as the service user is weighed. If this is not possible then there should be a maximum of a 7 day gap between weighing and scoring (Ideally this should be within 24hours). The dates of both parts (weighing the service user and scoring the risk of malnutrition) will both be captured on the MUST table. To support the tool the food chart must be used in conjunction where there is a need Appendix 2.

Date	11/07/14	13/10/15	16/10/17	31/10/18	28/05/19	Issue date 15/07/13P&P
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How to use the MUST Tool

On initial assessment measure the height of the service user and record this on Appendix 1.

1. **Column 1** record the date that the service user was weighed.
2. **Column 2** weigh the service user and record on Appendix 1. Ensure the signature of the person in the next column is completed.
3. **Column 3** look at the height and weight matrix Step 1 of the Bapen Tool and record the score only on Appendix 1.
4. **Column 4** measure the unintentional weight loss from the last 3-6 months and score using the weight loss score step 2 of the Bapen Tool.

Record weight loss SCORE on Appendix 1.

5. **Column 5** measure acute disease. Where the service user is acutely ill and there has been or is likely to be no nutritional intake for over 5 days, Score 2. Record on Appendix 1.

Acute Disease Effect (ADE) Score

Is the patient acutely ill? Is there likely to be no or little nutritional intake for a short or long period?

If YES Score 2

If NO Score 0

6. **Column 6** total steps 3, 4 & 5 - to get the risk rating. Record rating.

E.g BMI 1 + unintended weight loss 1 + Acute 2 = 4. High Risk *Treat*

7. **Action Taken** – This must identify what action you have taken to address any issues.

Where a service user is gaining weight you must continue to record as above from steps 3, 4 and 5 over the 3-6months.

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Actions taken – record any action taken and ensure any changes are transferred to p14 Part 1

<p>0 LOW RISK</p> <ul style="list-style-type: none"> Repeat screening Care homes – monthly 	<p>1 MEDIUM RISK</p> <ul style="list-style-type: none"> Document dietary intake for 3 days If adequate, and little concern, repeat screening at least monthly If inadequate, follow local policy, set goals, improve and increase overall nutritional intake, monitor and review care plan regularly. 	<p>2 or more HIGH RISK</p> <ul style="list-style-type: none"> Contact G.P. for advice Refer to dietitian, nutrition support team or implement local policy Set goals, improve and increase overall nutritional intake. Monitor and review care plan, ensure service user weighed weekly Unless detrimental or no benefit is expected from nutritional support e.g. imminent death.
<p>All risk categories:</p> <ul style="list-style-type: none"> Treat underlying condition and provide help and advice on food choices, eating and drinking when necessary. Record malnutrition risk category. Record need for special diets and follow local policy. 		<p>Obesity:</p> <ul style="list-style-type: none"> Record presence of obesity. For those with underlying conditions, these are generally controlled before the treatment of obesity.

GENERAL PRINCIPLES

ALWAYS let a supervisor / manager know if there has been:

- a) A loss of weight for 2 or more months in a row
- b) A significant change in weight (either more or less)
- c) A trend of minor weight loss over time
- d) You have any concerns about the service user. This can included observations about changes in eating & drinking habits, difficulties with chewing & swallowing and not just their weight.

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