

Malnutrition Care Pathway for People in Care Homes or Receiving Care in the Community

This document supports Surrey Heartlands [Six Steps to Appropriate Prescribing of ONS](#)

1. Calculate Risk of Malnutrition by obtaining MUST score & document in care plan*

If in-house resources are not available, use BAPEN, [MUST toolkit](#) or online [MUST calculator](#)

<p>Step 1: Calculate BMI using height & weight</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">BMI (kg/m²)</th> <th style="text-align: left;">Healthy</th> <th style="text-align: left;">Score</th> </tr> </thead> <tbody> <tr> <td style="color: green;">>20</td> <td style="color: green;">Healthy</td> <td style="color: green;">0</td> </tr> <tr> <td style="color: orange;">18.5-20</td> <td style="color: orange;">Underweight</td> <td style="color: orange;">1</td> </tr> <tr> <td style="color: red;"><18.5</td> <td style="color: red;">Very underweight</td> <td style="color: red;">2</td> </tr> </tbody> </table> <p>If unable to weigh individual: +</p> <ul style="list-style-type: none"> ✓ Use subjective assessment e.g. fit of clothes ✓ Measure mid upper arm circumference to give an estimate of BMI. If mid arm measures: <p style="color: red; margin-left: 20px;"><23.5 cm BMI is likely to be <20 kg/m²</p> <p style="color: green; margin-left: 20px;">>23.5 cm BMI is likely to be >20kg/m²</p>	BMI (kg/m ²)	Healthy	Score	>20	Healthy	0	18.5-20	Underweight	1	<18.5	Very underweight	2	<p>Step 2: Calculate % weight loss score</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Unplanned weight loss in past 3-6 months:</th> <th style="text-align: left;">Score</th> </tr> </thead> <tbody> <tr> <td style="color: green;"><5%</td> <td style="color: green;">0</td> </tr> <tr> <td style="color: orange;">5-10%</td> <td style="color: orange;">1</td> </tr> <tr> <td style="color: red;">>10%</td> <td style="color: red;">2</td> </tr> </tbody> </table> <p>When calculating % weight loss score, use highest weight in past 6 months. If 6 months' of weights are not documented use highest available weight.</p> <p>Step 3: Add scores together for Steps 1 & 2 to calculate overall Risk of Malnutrition</p>	Unplanned weight loss in past 3-6 months:	Score	<5%	0	5-10%	1	>10%	2
BMI (kg/m ²)	Healthy	Score																			
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2. Assess Causes of Malnutrition

Consider possible causes of poor intake and actions to take for individuals with MUST Scores 1 and above. Ensure these are included in individual's care plan and inform GP.

For example: ill-fitting dentures, poor swallow, pain, difficulty feeding e.g. requires assistance or prompting, medical conditions, constipation, required medications and/ or mental health review.

3. Set treatment goals*

Agree and document realistic and measurable goals with the patient. These should include aims of nutrition support and timescales, e.g. to prevent further weight loss, a target weight, wound healing*.

*Consider the individual's condition and ensure nutrition support is appropriate and goals are realistic and achievable, e.g. individuals receiving end of life care are unlikely to eat enough to maintain their body weight or physical function and nutritional intervention may not be appropriate.

4. Start Food First approach protocol according to MUST Score, include in care plan

Score 0 = LOW risk	Score 1 = MEDIUM risk	Score 2+ = HIGH risk
<p>No action necessary, continue to weigh and reassess using MUST monthly</p> <p>Review monthly</p> <p>If still LOW RISK: Continue action plan above</p> <p>Or, if SCORE HAS CHANGED: Change action plan</p>	<ul style="list-style-type: none"> ☑ Provide 1 pint fortified milk daily (can be used to make nourishing drinks) ☑ Provide 2 daily nourishing snacks ☑ Fortify all meals <i>Refer to Food First help sheet for more information</i> ☑ Record snack & drink intake <i>See next page</i> ☑ Document actions in care plan ☑ Weigh monthly <p>Review monthly</p> <p>If still MEDIUM RISK: Continue action plan above</p> <p>Or, if SCORE HAS CHANGED: Change action plan</p>	<ul style="list-style-type: none"> ☑ Provide 2 daily nourishing drinks ☑ Provide 2 daily nourishing snacks ☑ Fortify all meals <i>Refer to Food First help sheet for more information</i> ☑ Record snack & drink intake <i>See next page</i> ☑ Document actions in care plan ☑ Weigh at least fortnightly <p>Review at least fortnightly</p> <p>After 1 month if resident's weight has reduced refer to GP /Dietitian</p> <p>Or</p> <p>If resident's weight has increased or remained stable: Continue action plan above until MUST Score <2</p>

Food First Monitoring Chart

Name: _____ **Date of birth:** _____ **MUST score:** _____ **Month:** _____

Please use this chart to record the Food First interventions being implemented. For residents in a care home, chart to be completed for each resident, as per local MUST and food first guidelines.

Chart to be completed on a daily basis. If caring for a resident in a care home, chart should also be signed by an appropriate staff member to confirm nourishing drinks and snacks have been administered.

- ✓ **Individuals with a MUST score of 1 should receive 1 pint fortified milk, either in nourishing drinks or added to meals, and 2 nourishing snacks daily**
- ✓ **Individuals with a MUST score of 2+ should receive 2 nourishing drinks and 2 nourishing snacks daily**

Date	Time Administered	Details of 1 pint fortified milk, or nourishing drinks, given during the day <i>See Food First help sheet for examples</i>	Details of nourishing snacks given during the day <i>See Food First help sheet for examples</i>	Signature of Staff
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				