

Step 1

BMI score

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

+

Step 2

Weight loss score

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

+

Step 3

Acute disease effect score

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

If unable to obtain height and weight, see reverse for alternative measurements and use of subjective criteria

Acute disease effect is unlikely to apply outside hospital. See 'MUST' Explanatory Booklet for further information

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

Management guidelines

0
Low Risk
Routine clinical care

- Repeat screening
Hospital – weekly
Care Homes – monthly
Community – annually for special groups e.g. those >75 yrs

1
Medium Risk
Observe

- Document dietary intake for 3 days
- If adequate – little concern and repeat screening
 - Hospital – weekly
 - Care Home – at least monthly
 - Community – at least every 2-3 months
- If inadequate – clinical concern – follow local policy, set goals, improve and increase overall nutritional intake, monitor and review care plan regularly

2 or more
High Risk
Treat*

- Refer to dietician, Nutritional Support Team or implement local policy
 - Set goals, improve and increase overall nutritional intake
 - Monitor and review care plan
Hospital – weekly
Care Home – monthly
Community – monthly
- * Unless detrimental or no benefit is expected from nutritional support e.g. imminent death.

Date	/ /	/ /	/ /	/ /	/ /	/ /
Weight						
Height (Ulna)						
BMI						
MUST score Step 1						
% Weight loss in 3-6 months						
Must Score Step 2						
Overall MUST score						

Date	/ /	/ /	/ /	/ /	/ /	/ /
Weight						
Height (Ulna)						
BMI						
MUST score Step 1						
% Weight loss in 3-6 months						
Must Score Step 2						
Overall MUST score						

Date	/ /	/ /	/ /	/ /	/ /	/ /
Weight						
Height (Ulna)						
BMI						
MUST score Step 1						
% Weight loss in 3-6 months						
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Overall MUST score						

Date	/ /	/ /	/ /	/ /	/ /	/ /
Weight						
Height (Ulna)						
BMI						
MUST score Step 1						
% Weight loss in 3-6 months						
Must Score Step 2						
Overall MUST score						