Malnutrition Universal Screening Tool (MUST) Guide to Help

Care Home Collaborative

NHS Greater Glasgow and Clyde

Step 1: Body Mass Index (BMI) Score

What is BMI?

Body mass index (BMI) is a measure that uses height (m) and weight (kg) to work out if weight is within the healthy range

BMI
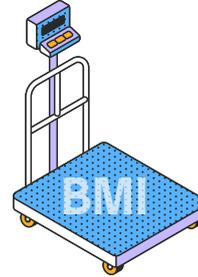
What is the calculation?

$$BMI = \frac{Weight\ (kg)}{Height\ (m)^2}$$

Example Calculation

Liz has a weight of 60kg and a height of 1.53m. What is her BMI and MUST score?

NB: Both methods get the same result, just choose the one that suits you best!

Method 1

$$BMI = \frac{60kg}{(1.53m \times 1.53m)}$$

Method 2

$$BMI = 60kg \div 1.53m \div 1.53m$$

BMI = 25.6kg/m2

MUST score 0

Remember!

- Height - crucial this correct, good practice to check this annually
- Evidence shows that an ideal BMI for an elderly population is 23-28kg/m^2
- A BMI of >28kg/m^2 and above can increase resident risk for other diseases, mobility/ joint problems, and pressure wounds

MUST score and BMI

→ **MUST 0** | BMI >20kg/m^2

→ **MUST 1** | BMI 18.5-20kg/m^2

→ **MUST 2** | BMI <18.5kg/m^2

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Step 2: Weight Loss Score

What is % weight loss?

This is the % of unplanned weight loss, calculated from current weight and highest weight within past 6 month period.
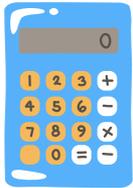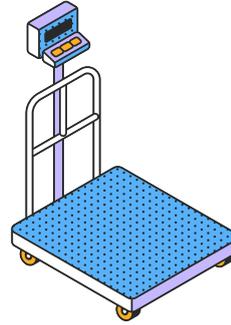
What is the calculation?

$$\frac{\text{Highest Weight (kg)} - \text{Current weight (kg)}}{\text{Highest Weight (kg)}} \times 100$$

Example Calculation

John was 71kg and is now 63kg, what is his % weight loss and MUST score?

Step 1 % weight loss = (71kg-63kg)   (8kg)

Step 2 % weight loss = $\dfrac{8kg}{71kg}$ (0.1126)

Step 3 % weight loss = 0.1126 x 100

% Weight Loss = 11.3%

MUST score 2

Remember!

- MUST score only counts for weight loss that is **unplanned**
- The **highest weight** from the past 6 month **period** should be chosen, not the weight before, or the one from 6 months ago

MUST score and % Weight Loss

→ **MUST 0** | <5% weight loss

→ **MUST 1** | 5-10% weight loss

→ **MUST 2** | >10% weight loss

Malnutrition Universal Screening Tool (MUST) Additional Resources

GGC Dietetic MUST and MUST Step 5 videos

To support the management of Malnutrition within Care and Residential Homes a series of 5 training videos have been developed.

MUST online calculator

A 'MUST' calculator developed by BAPEN to support with MUST screening if required. This can be used to establish nutritional risk using either objective measurements to obtain a score and a risk category or subjective criteria to estimate a risk category but not a score.

MUST Step 5 Guidance Notes

This is the link to the guidance notes to support completion of the MUST step 5 paperwork.

MUST Step 5 Documentation

This is the link to MUST step 5 documentation

MUST Step 5 digital pathway

This is the link to our MUST step 5 digital pathway. This details a step by step guide of when to screen using MUST, when to commence MUST Step 5 and the process involved thereafter

Residential Pathway:

Nursing Home Pathway: