

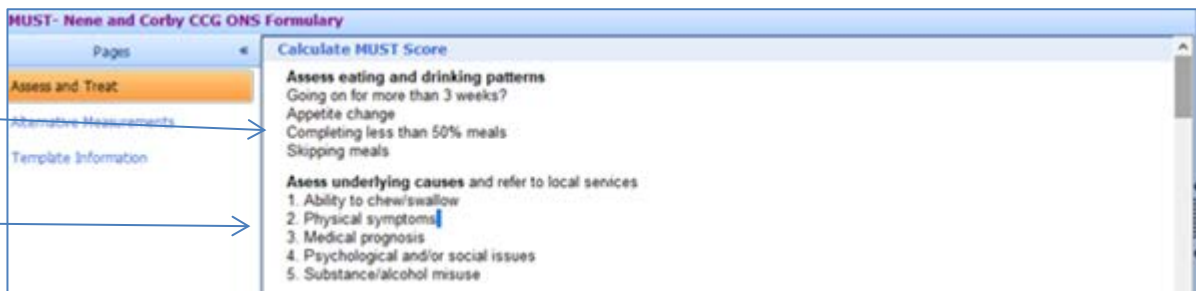
MUST NHS Northamptonshire CCG ONS Formulary for EMIS WEB

The template can be located in the template navigator.



Identify dietary intake

By asking the patient the series of questions, this will help to define how much or how little the patient is able to eat and help support the decision for the plan of care.

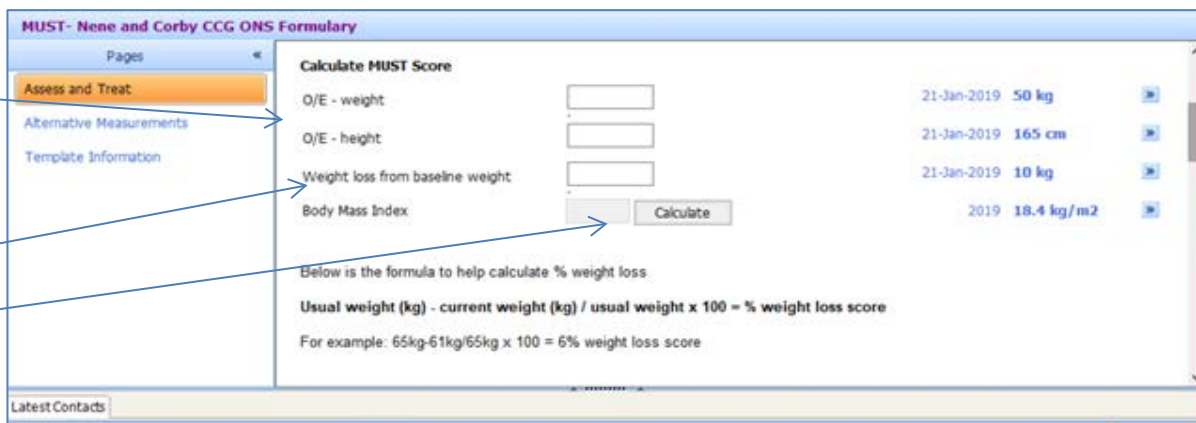


Assess underlying causes for weight loss and refer on as necessary.

Identify level of nutritional risk -MUST

STEP 1

Enter recent Weight and Height.
(See last page for guidance if unable to obtain these measurements.)



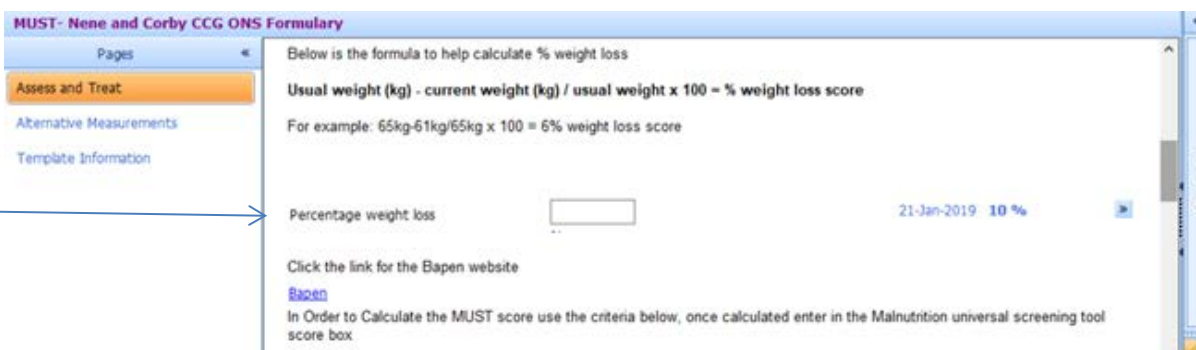
Enter weight loss over last 3-6 months in Kg.

Click calculate button for current BMI.

STEP 2

Calculate % weight loss using equation provided or use chart on next page.

Enter % weight loss.



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Step 2 – Weight loss score

KILOGRAMS			STONES AND POUNDS		
Score 0	Score 1	Score 2	Score 0	Score 1	Score 2
Wt loss < 5%	Wt loss 5 - 10%	Wt loss > 10%	Wt loss < 5%	Wt loss 5 - 10%	Wt loss > 10%

KILOGRAMS			STONES AND POUNDS		
Score 0	Score 1	Score 2	Score 0	Score 1	Score 2
Wt loss < 5%	Wt loss 5 - 10%	Wt loss > 10%	Wt loss < 5%	Wt loss 5 - 10%	Wt loss > 10%

Weight 3 to 6 months ago

Weight 3 to 6 months ago

Weight 3 to 6 months ago

Weight 3 to 6 months ago

Current weight

kg	Weight 3 to 6 months ago			st lb	Weight 3 to 6 months ago		
	Less than (kg)	Between (kg)	More than (kg)		Less than (st lb)	Between (st lb)	More than (st lb)
30	31.6	31.6 - 33.3	33.3	4 10	5 0	5 0 - 5 3	5 3
31	32.6	32.6 - 34.4	34.4	4 12	5 2	5 2 - 5 6	5 6
32	33.7	33.7 - 35.6	35.6	5 1	5 4	5 4 - 5 8	5 8
33	34.7	34.7 - 36.7	36.7	5 3	5 7	5 7 - 5 11	5 11
34	35.8	35.8 - 37.7	37.8	5 5	5 9	5 9 - 5 13	5 13
35	36.8	36.8 - 38.9	38.9	5 7	5 11	5 11 - 6 2	6 2
36	37.9	37.9 - 40.0	40.0	5 9	6 0	6 0 - 6 4	6 4
37	38.9	38.8 - 41.1	41.1	5 12	6 2	6 2 - 6 7	6 7
38	40.0	40.0 - 42.2	42.2	6 0	6 4	6 4 - 6 9	6 9
39	41.1	41.1 - 43.3	43.3	6 2	6 7	6 7 - 6 12	6 12
40	42.1	42.1 - 44.4	44.4	6 4	6 9	6 9 - 7 0	7 0
41	43.2	43.2 - 45.6	45.6	6 6	6 11	6 11 - 7 2	7 2
42	44.2	44.2 - 46.7	46.7	6 9	6 13	6 13 - 7 5	7 5
43	45.3	45.3 - 47.8	47.8	6 11	7 2	7 2 - 7 7	7 7
44	46.3	46.3 - 48.9	48.9	6 13	7 4	7 4 - 7 10	7 10
45	47.4	47.4 - 50.0	50.0	7 1	7 6	7 6 - 7 12	7 12
46	48.4	48.4 - 51.1	51.1	7 3	7 9	7 9 - 8 1	8 1
47	49.5	49.5 - 52.2	52.2	7 6	7 11	7 11 - 8 3	8 3
48	50.5	50.5 - 53.3	53.3	7 8	7 13	7 13 - 8 6	8 6
49	51.6	51.6 - 54.4	54.4	7 10	8 2	8 2 - 8 8	8 8
50	52.6	52.6 - 55.6	55.6	7 12	8 4	8 4 - 8 10	8 10
51	53.7	53.7 - 56.7	56.7	8 0	8 6	8 6 - 8 13	8 13
52	54.7	54.7 - 57.8	57.8	8 3	8 9	8 9 - 9 1	9 1
53	55.8	55.8 - 58.9	58.9	8 5	8 11	8 11 - 9 4	9 4
54	56.8	56.8 - 60.0	60.0	8 7	8 13	8 13 - 9 6	9 6
55	57.9	57.9 - 61.1	61.1	8 9	9 2	9 2 - 9 9	9 9
56	58.9	58.9 - 62.2	62.2	8 11	9 4	9 4 - 9 11	9 11
57	60.0	60.0 - 63.3	63.3	9 0	9 6	9 6 - 10 0	10 0
58	61.1	61.1 - 64.4	64.4	9 2	9 9	9 9 - 10 2	10 2
59	62.1	62.1 - 65.6	65.6	9 4	9 11	9 11 - 10 5	10 5
60	63.2	63.2 - 66.7	66.7	9 6	9 13	9 13 - 10 7	10 7
61	64.2	64.2 - 67.8	67.8	9 8	10 2	10 2 - 10 9	10 9
62	65.3	65.3 - 68.9	68.9	9 11	10 4	10 4 - 10 12	10 12
63	66.3	66.3 - 70.0	70.0	9 13	10 6	10 6 - 11 0	11 0
64	67.4	67.4 - 71.1	71.1	10 1	10 9	10 9 - 11 3	11 3

Current weight

kg	Weight 3 to 6 months ago			st lb	Weight 3 to 6 months ago		
	Less than (kg)	Between (kg)	More than (kg)		Less than (st lb)	Between (st lb)	More than (st lb)
65	68.4	68.4 - 72.2	72.2	10 3	10 11	10 11 - 11 5	11 5
66	69.5	69.5 - 73.3	73.3	10 6	10 13	10 13 - 11 8	11 8
67	70.5	70.5 - 74.4	74.4	10 8	11 1	11 1 - 11 10	11 10
68	71.6	71.6 - 75.6	75.6	10 10	11 4	11 4 - 11 13	11 13
69	72.6	72.6 - 76.7	76.7	10 12	11 6	11 6 - 12 1	12 1
70	73.7	73.7 - 77.8	77.8	11 0	11 8	11 8 - 12 3	12 3
71	74.7	74.7 - 78.9	78.9	11 3	11 11	11 11 - 12 6	12 6
72	75.8	75.8 - 80.0	80.0	11 5	11 13	11 13 - 12 8	12 8
73	76.8	76.8 - 81.1	81.1	11 7	12 1	12 1 - 12 11	12 11
74	77.9	77.9 - 82.2	82.2	11 9	12 4	12 4 - 12 13	12 13
75	78.9	78.9 - 83.3	83.3	11 11	12 6	12 6 - 13 2	13 2
76	80.0	80.0 - 84.4	84.4	12 0	12 8	12 8 - 13 4	13 4
77	81.1	81.1 - 85.6	85.6	12 2	12 11	12 11 - 13 7	13 7
78	82.1	82.1 - 86.7	86.7	12 4	12 13	12 13 - 13 9	13 9
79	83.2	83.2 - 87.8	87.8	12 6	13 1	13 1 - 13 12	13 12
80	84.2	84.2 - 88.9	88.9	12 8	13 4	13 4 - 14 0	14 0
81	85.3	85.3 - 90.0	90.0	12 11	13 6	13 6 - 14 2	14 2
82	86.3	86.3 - 91.1	91.1	12 13	13 8	13 8 - 14 5	14 5
83	87.4	87.4 - 92.2	92.2	13 1	13 11	13 11 - 14 7	14 7
84	88.4	88.4 - 93.3	93.3	13 3	13 13	13 13 - 14 10	14 10
85	89.5	89.5 - 94.4	94.4	13 5	14 1	14 1 - 14 12	14 12
86	90.5	90.5 - 95.6	95.6	13 8	14 4	14 4 - 15 1	15 1
87	91.6	91.6 - 96.7	96.7	13 10	14 6	14 6 - 15 3	15 3
88	92.6	92.6 - 97.8	97.8	13 12	14 8	14 8 - 15 6	15 6
89	93.7	93.7 - 98.9	98.9	14 0	14 11	14 11 - 15 8	15 8
90	94.7	94.7 - 100.0	100.0	14 2	14 13	14 13 - 15 10	15 10
91	95.8	95.8 - 101.1	101.1	14 5	15 1	15 1 - 15 13	15 13
92	96.8	96.8 - 102.2	102.2	14 7	15 4	15 4 - 16 1	16 1
93	97.9	97.9 - 103.3	103.3	14 9	15 6	15 6 - 16 4	16 4
94	98.9	98.9 - 104.4	104.4	14 11	15 8	15 8 - 16 6	16 6
95	100.0	100.0 - 105.6	105.6	14 13	15 10	15 10 - 16 9	16 9
96	101.1	101.1 - 106.7	106.7	15 2	15 13	15 13 - 16 11	16 11
97	102.1	102.1 - 107.8	107.8	15 4	16 1	16 1 - 17 0	17 0
98	103.2	103.2 - 108.9	108.9	15 6	16 3	16 3 - 17 2	17 2
99	104.2	104.2 - 110.0	110.0	15 8	16 6	16 6 - 17 5	17 5

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<p>NOTE STEP 3 NOT FOR COMMUNITY PATIENTS.</p> <p>STEP 4 Calculate Overall MUST SCORE</p> <p>Add Step 1 BMI score AND Step 2 % weight loss score for the overall score and enter in the box below the notes. Supporting information can be documented in the notes.</p>	
<p>ACTION MUST 0 No nutritional risk no action required.</p> <p>MUST 1 Provide general guidance and print off leaflet- link available on Primary Care Portal. Advise patient to contact surgery if aims defined are not met.</p> <p>MUST 2 and above Provide general guidance and print off leaflet- link to Primary Care Portal Should there be concern that advice to improve diet and implement over the counter supplements is not sufficient, prescribe per formulary, a quick guide is available on the Primary Care Portal.</p> <p>If no improvements, consider referral to the Dietitian using the letter template, please provide supporting information; including medical conditions, medications, etc. Email to northamptonshire.dietetics@nhs.net</p>	

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How it looks within the system.

Examination

- O/E - weight: 45 kg
- O/E - height: 172.5 cm
- Weight loss from baseline weight: 5 kg
- Body mass index: 15.1 kg/m²
- Percentage weight loss: 10 %
- Malnutrition universal screening tool score: 3 / 6

Comment

- Notes: Provided patient with leaflet. Referred to dietitian.

Copy of Referral form for the Nutrition and Dietetics that can be used. **ALL REFERRALS MUST HAVE THE MUST SCORE AND WHAT ADVICE HAS BEEN GIVEN TO THE PATIENT.**

Dietitian Referral for Nutrition Support

Date: Short date letter merged

Referrer:

Referring User
Organisation Name
Organisation Full Address (stacked)

Dear Nutrition and Dietetics Service

Re: Title Given Name Surname, Home Full Address (single line)
DOB: Date of Birth NHS no: NHS Number

Please accept the above patient to be reviewed by the prescribing dietetics team

MUST Score:

Date advice provided: Short date letter merged

Medical History

Problems
Medication
Consultations

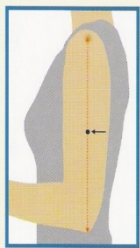
Yours sincerely

Referring User
Organisation Full Address (stacked)

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Alternative measurements – can be used when unable to weigh; and gives an estimated MUST score to guide the care plan.

MUAC- to estimate the BMI



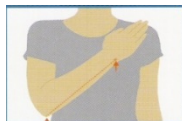
The subject's arm should be bent at the elbow at a 90 degree angle, with the upper arm held parallel to the side of the body. Measure the distance between the bony protrusion of the shoulder (acromion) and the point of



Ask the subject to let the arm hang loose, and measure around the upper arm at the mid-point, making sure the tape measure is snug, but not tight.

Alternative measurements –can be used when unable to measure a patient's height and then used to calculate BMI and generate a MUST Score

Ulna - to estimate the height



Measure between the point of the elbow (olecranon process) and the midpoint of the prominent bone of the wrist (styloid process). See table to convert measurement in cm to estimated height.

Ulna length cm	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0
Men under 65	1.46	1.48	1.49	1.51	1.53	1.55	1.57	1.58	1.60	1.62	1.64	1.66	1.67	1.69
Men over 65	1.45	1.46	1.48	1.49	1.51	1.52	1.54	1.56	1.57	1.59	1.60	1.62	1.63	1.65
Women under 65	1.47	1.48	1.50	1.51	1.52	1.54	1.55	1.56	1.58	1.59	1.61	1.62	1.63	1.65
Women over 65	1.40	1.42	1.44	1.45	1.47	1.48	1.50	1.52	1.53	1.55	1.56	1.58	1.60	1.62
Ulna length cm	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0
Men under 65	1.71	1.73	1.75	1.76	1.78	1.80	1.82	1.84	1.85	1.87	1.89	1.91	1.93	1.95
Men over 65	1.67	1.68	1.70	1.71	1.73	1.75	1.76	1.78	1.79	1.81	1.82	1.84	1.86	1.88
Women under 65	1.66	1.68	1.69	1.70	1.72	1.73	1.75	1.76	1.77	1.79	1.80	1.81	1.83	1.85
Women over 65	1.63	1.65	1.66	1.68	1.70	1.71	1.73	1.75	1.76	1.78	1.79	1.81	1.83	1.85