# Malnutrition Universal Screening Tool (MUST)

# Westmorland and Furness Care Services

[Official Malnutrition Universal Screening Tool (MUST)](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38544/4523116239.pdf)

## 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 [Appendix 1 – MUST Tool](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38630/4523116431.xlsx) the [Appendix 2 – Food Chart](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38630/45231161019.docx) must be used in conjunction.

### 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 [Appendix 1 – MUST Tool](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38630/4523116431.xlsx). To support the tool the [Appendix 2 – Food Chart](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38630/45231161019.docx) must be used in conjunction where there is a need.

# Appendices

[Appendix 1 – MUST Tool](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38630/4523116431.xlsx)

[Appendix 2 – Food Chart](https://cumbria.gov.uk/elibrary/Content/Internet/327/38541/38630/45231161019.docx)