

Greater Manchester Cancer Nutritional Care Pathway

Initial Assessment: Nutrition

Height (cm): Weight (kg): BMI:.....

Unplanned weight loss in the last 3-6 months? Yes No % weight loss: <5% 5-10% >10%

MUST SCORE:

Please see Nutritional Care Pathway for appropriate interventions based on MUST score

'Malnutrition Universal Screening Tool' ('MUST') Flowchart

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

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

Nutritional Care Pathway

MUST Score 0 = Low Risk

No action needed

MUST Score 1 = Moderate Risk

Provide Patient Information Leaflet 'Eating to be Stronger' Consider dietician referral and oral nutritional supplements (2xONS/day)

MUST Score ≥2 = High Risk

Provide Patient Information Leaflet 'Eating to be Stronger', refer to Dietician Team & commence oral nutritional supplements immediately (2xONS/day)

Patients can be provided with a starter pack of Oral Nutritional Supplements whilst waiting formal dietician assessment:

Foodlink Complete Sachets with Fibre:

7 x 63g Sachets, 385kcal per serving
(made with 200ml whole milk), added 5g fiber

Flavours: Vanilla, Chocolate, Strawberry,
Banana, Natural

Altrashot:

4 x 120mls, 420kcal, 6g protein

Both starter packs can be ordered for free by healthcare professionals via an nhs email address at the website: <https://nualtra.com/uk-healthcare-professional-samples/>