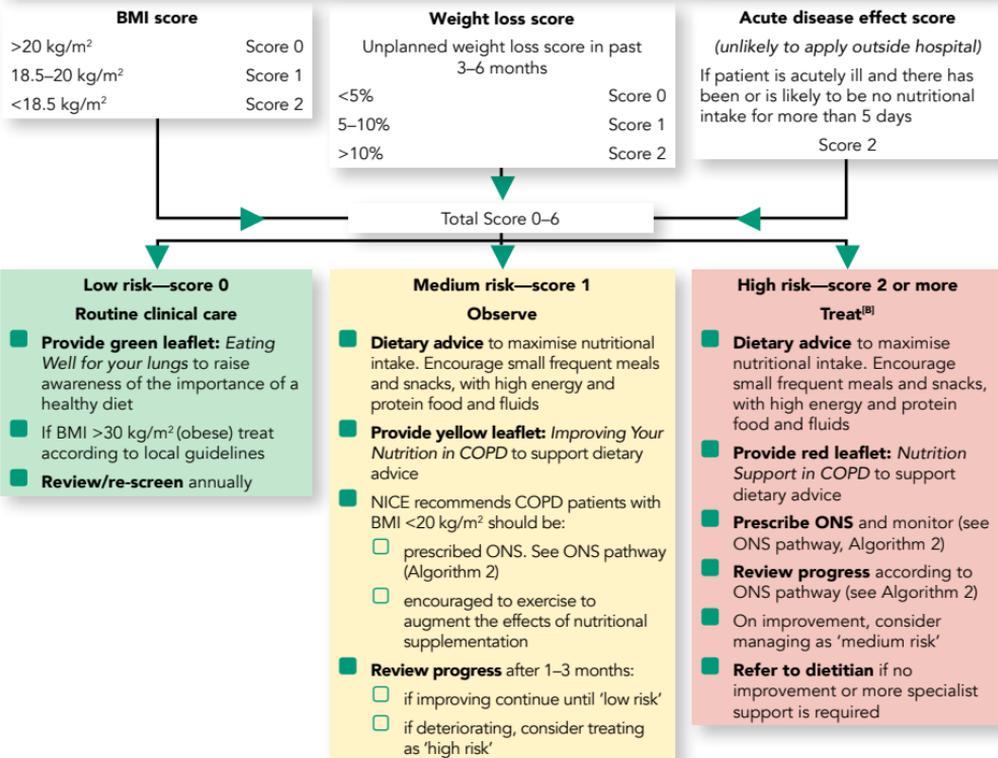


# Identifying malnutrition according to risk category using 'MUST'<sup>[A]</sup>—first-line management pathway



Consider factors contributing to malnutrition/poor nutritional intake and whether they can be treated or managed:

- shortness of breath • dry mouth • taste changes • nausea • early satiety • poor appetite • fatigue • anorexia • polypharmacy

See relevant patient and carer leaflets for advice: [www.malnutritionpathway.co.uk/copd](http://www.malnutritionpathway.co.uk/copd)

**The following indicators can be used collectively to estimate risk of malnutrition in the absence of height and weight (measured or recalled)**

- Thin or very thin in appearance, or loose fitting clothes/jewellery
- History of recent unplanned weight loss
- Changes in appetite, need for assistance with feeding or swallowing difficulties affecting ability to eat and drink
- A reduction in current dietary intake compared to 'normal'

**Estimated risk of malnutrition**      **Indicators**

**Unlikely to be at-risk (low)**      Not thin, weight is stable or increasing, no unplanned weight loss, no reduction in appetite or intake

**Possibly at-risk (medium)**      Thin as a result of COPD or other condition, or unplanned weight loss in past 3–6 months, reduced appetite or ability to eat

**Likely to be at-risk (high)**      Thin or very thin and/or significant unplanned weight loss in previous 3–6 months, reduced appetite or ability to eat and/or reduced dietary intake

**For all individuals**

- Discuss when to seek help e.g. ongoing weight loss, changes to body shape, strength or appetite
- Refer to other HCPs if additional support is required (e.g. dietitian, physiotherapist, GP)

BMI=body mass index; ONS=oral nutritional supplements.

[A] The 'Malnutrition Universal Screening Tool' ('MUST') is reproduced here with the kind permission of BAPEN (British Association for Parenteral and Enteral Nutrition). For more information and supporting materials see [www.bapen.org.uk/musttoolkit.html](http://www.bapen.org.uk/musttoolkit.html)

[B] Treat, unless detrimental or no benefit is expected from nutritional support e.g. imminent death