**BMI score**

- >20 kg/m² Score 0
- 18.5–20 kg/m² Score 1
- <18.5 kg/m² Score 2

**Weight loss score**

Unplanned weight loss score in past 3–6 months

- <5% Score 0
- 5–10% Score 1
- >10% Score 2

**Acute disease effect score** (unlikely to apply outside hospital)

If patient is acutely ill and there has been or is likely to be no nutritional intake for more than 5 days

Score 2

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**Total score 0–6**

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**Low risk—score 0**

Routine clinical care

- Provide green leaflet ('Eating Well' — see www.malnutritionpathway.co.uk/leaflets-patients-and-carers)
- Review/re-screen: Monthly in care homes. Annually in community
- Consider more frequent re-screening in high risk groups (see main text for list)
- If BMI >30 kg/m² (obese) treat according to local policy/national guidelines

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**Medium risk—score 1**

Observe

- **Dietary advice** to maximise nutritional intake. Encourage small frequent meals and snacks, with high energy and protein food and fluids. Provide yellow leaflet ('Your Guide to Making the Most of your Food' — see www.malnutritionpathway.co.uk/leaflets-patients-and-carers)
- Powdered nutritional supplements to be made up with water or milk are available
- Review progress/repeat screening after 1–3 months according to clinical condition or sooner if the condition requires
- If improving continue until ‘low risk’
- If deteriorating, consider treating as ‘high risk’

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**High risk—score 2 or more**

Treat*

- Provide dietary advice as ‘medium risk’
- Provide red leaflet ('Nutrition Drinks (known as oral nutritional supplements). Advice for patients and carers' — see www.malnutritionpathway.co.uk/leaflets-patients-and-carers)
- Prescribe ONS and monitor: See ONS pathway. (Consider local formularies)
- On improvement, consider managing as ‘medium risk’
- Refer to dietitian if no improvement or more specialist support is required

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

* Treat, unless detrimental or no benefit is expected from nutritional support.