

Malnutrition and oral nutritional supplement prescribing (Adults)

Assess risk of malnutrition using MUST. Take and record the patient's current weight (kg), height (m) and recall weight (kg) 3 – 6 months ago. (***Step 3** of MUST has additional points for effects of acute disease, therefore if the patient is acutely ill **and** there has been or is likely to be no nutritional intake for >5 days, add 2 more points to the total score)

Step 1
Assess BMI (kg/m²) and score:
BMI >20 = 0
BMI 18.5–20 = 1
BMI <18.5 = 2

Step 2 –* see above for step 3
Calculate percentage unplanned/unexplained weight loss in last 3–6 months and score:
<5% = 0
5–10% = 1

Step 4. Add score from step 1, 2 and 3, if appropriate
Total score:
0 = **low risk of malnutrition**
1 = **medium risk of malnutrition**
2 + = **high risk of malnutrition**

Assess underlying cause - malignancy, nausea, vomiting, dysphagia, poorly fitting dentures, loss of sense of taste diarrhoea, constipation, depression, poor dentition, pain, social or financial issues – **treat and /or refer**

Set goal(s) – such as to prevent further weight loss, maintain weight, increase weight, to promote wound healing, increase food intake and nutritional quality of food intake. improve muscle strength and mobility

Step 5: Food First

If the total score is 1 or more it's Food first! Food is better than supplements and supplements are **NOT** meal replacements therefore should not be given as the sole source of nutrition. The nutrition care plan should be focused on

- ✓ Encouraging 3 small meals and 3 between meal snacks (of at least 100Kcal) daily.
- ✓ Avoiding low sugar, sugar free, low fat, fat free foods, skimmed and semi skimmed milk.
- ✓ Including at least 1 pint (600ml) full fat milk per day (1 pint contains 20 g protein and 380 kcals)
- ✓ [Enriching milk and the food](#) to be eaten. Use two food toppers at each meal
- ✓ Including a [milk or milk free shake/smoothie](#) or [soup](#) daily – rich dairy or soya ice cream can be added to these drinks.

Review after one month – continue with above plan if there is movement towards set goal

If after 1 month there is no improvement, consider adding OTC nutritional supplement

If there is little progress towards set goal, reinforce the importance of and address the omissions of Food first plan. Only if the patient has completely followed their nutrition care plan suggest an [OTC](#) product (1-2 per day)

Review after one month – continue with above plan if there is movement towards the set goal and monitor over next 3 – 6 months. At review if no movement towards set goal, go to 'no improvement'.

No improvement

- ✓ Reinforce above plan
- ✓ Re assess underlying problems and treat
- ✓ If patient meets [ACBS](#) criteria consider prescribing first line oral nutritional supplement only. **DO NOT** prescribe Calogen®, Calogen® extra, Pro-Cal®, Pro-Cal® Shot or any other ONS unless requested by a Dietitian

First line oral nutritional supplement (ONS) is [AYMES® Shake](#) (1 sachet made with 200 ml full fat milk provides 15.6 g protein and 388 kcals) – [recipes here](#)
OR if a ready to drink formula is needed: - **AYMES® Complete** – 200 ml ready to drink (provides 12 g protein and 300 kcals per serving). Use sample packs and starter packs initially.
Prescribe 1-2 daily. State clearly '**To be taken BETWEEN meals.**' **Remember to reinforce the Food first advice.**
Review after one month. Provide the written information sheet: [Supplement drinks](#) – supporting your food when prescribing any ONS.

No improvement

Refer to [Dietitian](#)

Improvement

Continue with Food first and above prescribed ONS until set goal is achieved. Review in 3 and 6 months