

Malnutrition: Is Your Patient at Risk?



Malnutrition Screening Tool (MST)¹

- Accurately predicts malnutrition
- Promotes early nutritional therapy with most appropriate patients
- Is simple, quick and easy to implement

Reference 1. Ferguson M, Capra S, Bauer J, Banks M: Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. *Nutrition* 1999;15(6):458-464. Adapted from similar work by Merrilyn Banks, APD assisted by Abbott Australasia.

1. Have you lost weight recently without trying?

No	0
Unsure	2

If yes, how much weight have you lost?

2-13 lb	1	Weight Loss Score
14-23 lb	2	
24-33 lb	3	
>33 lb	4	
Unsure	2	<input type="text"/>

2. Have you been eating poorly because of a decreased appetite?

No	0	Appetite Score
Yes	1	
		<input type="text"/>

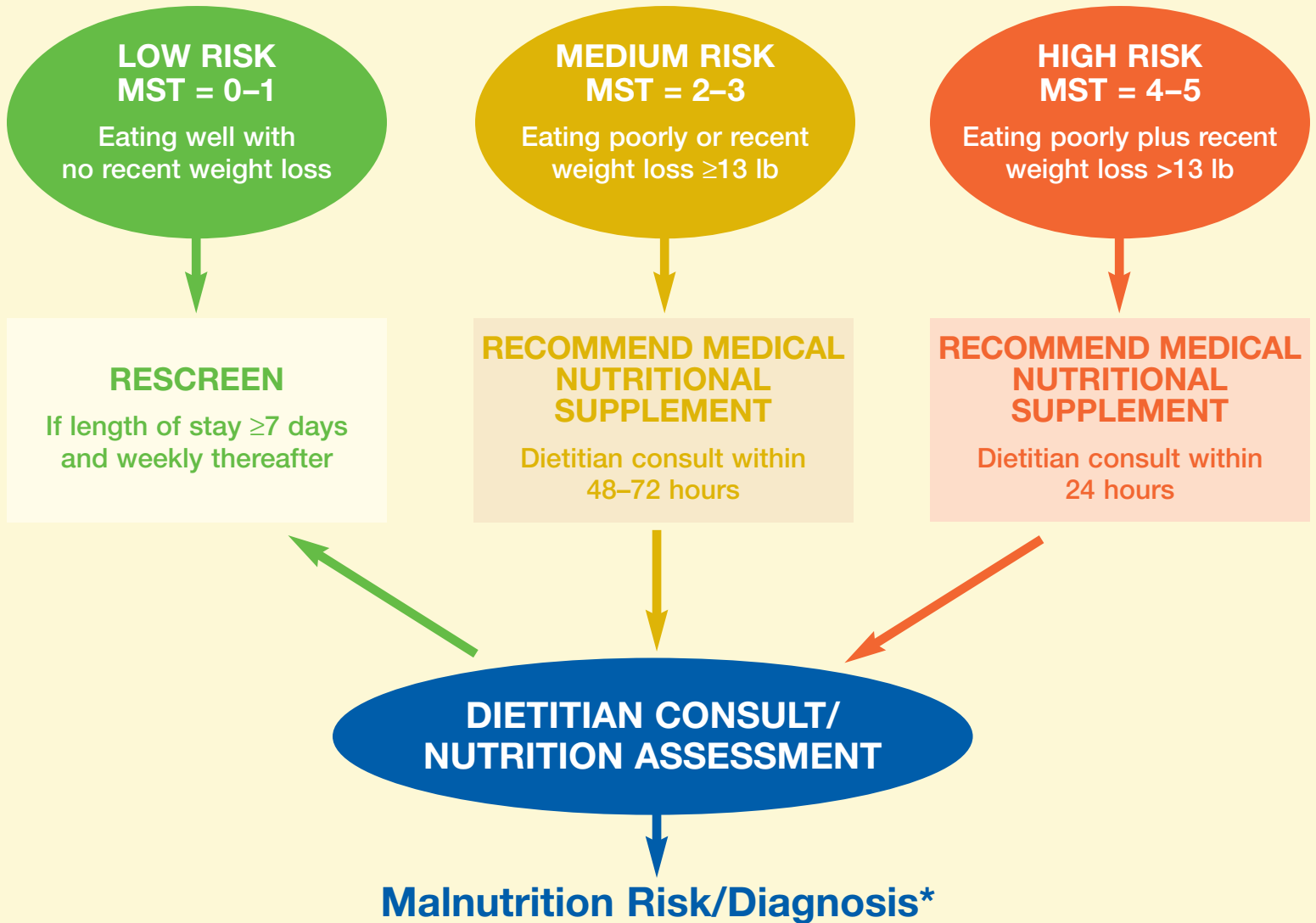
MST Score (Weight Loss and Appetite Score)



Refer to Malnutrition Action Flowchart on the other side of this tool.

Malnutrition Action Flowchart

What Is Your Patient's Malnutrition Screening Tool (MST) Score?



*Patient follow-up should be consistent with normal practices.

Use High-Calorie/-Protein Supplements

- **Ensure[®]**
Complete, Balanced Nutrition[®]
- **Ensure[®] Plus**
High-calorie and -protein, Complete, Balanced Nutrition[®]

Disease-Specific Supplements[†]

- **Glucerna[®] Products**
For people with diabetes or impaired glucose tolerance
- **Nepro[®]**
For people with kidney disease on dialysis
- **Pulmocare[®]**
For people with pulmonary disease

[†]Glucerna, Nepro, and Pulmocare are for use under medical supervision.

