



STEP 1: DETERMINE OVERALL RISK

<p>1 Have you lost weight recently without trying?</p> <p>No 0 Unsure 2</p> <p>Yes, how much weight have you lost?</p> <p>1-5 kg 1 6-10 kg 2 11-15 kg 3 >15 kg 4 Unsure 2</p> <hr/> <p> YOUR WEIGHT LOSS SCORE: <input style="width: 150px; height: 30px;" type="text"/></p>	<p>2 Have you been eating poorly because of a decreased appetite?</p> <p>No 0 Yes 1</p> <hr/> <p> YOUR APPETITE SCORE: <input style="width: 150px; height: 30px;" type="text"/></p> <hr/> <p style="color: #0070C0;">Add weight loss and appetite score</p> <p>YOUR MST SCORE: <input style="width: 150px; height: 30px;" type="text"/></p>
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STEP 2: DECISION & ACTION

MST = 0 OR 1

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NOT AT RISK

ACTIONS

- Observe
- Re-screen Monthly

MST = 2 OR MORE

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AT RISK

ACTIONS

- High Protein High Energy Diet
- Start Nutrition Supplements (e.g. AdVital Powder)
- Make an Appointment to see a Dietitian
- Weigh Weekly

To find an Accredited Practicing Dietitian visit
DietitiansAustralia.org.au/find-an-apd

[^]Ferguson M, Capra S, Bauer J, Banks M. (1999). Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. Nutrition, 15, 458-64.