Care Home "MUST" Local Policy and Action Plan

NHS
East Suffolk and North Essex
NHS Foundation Trust

MUST 0   Low Risk

Care home action nutritional plan:
Screen at initial contact (within 72hrs) including MUAC
Re-screen using MUST monthly
Provide a healthy balanced diet

MUST 1   Medium Risk

Care home nutritional action plan:
- Commence weekly weights or MUAC
- Commence Food and Fluid Chart
- Commence Food First Principles:
  - **Encourage eating and drinking**
  - **Offer 2 nourishing snacks per day between meals**
  - **Offer up to 2 Food First nourishing drinks per day**
  - **Food Fortification**

Consider providing daily over the counter multivitamin and mineral supplementation if intake has reduced to ensure all nutrient requirements are met.

Re-screen in one week
- If individual manages more than 75% of meals/drinks and little clinical concern, continue with Food First and rescreen weekly using MUST.
- If individual manages less than 50% meals/drinks and loses further weight **follow HIGH RISK ACTION PLAN.**

MUST 2+   High Risk

Care home nutritional action plan:
- Commence/continue weekly weights or MUAC
- Commence/continue Food and Fluid Chart
- Increase Food First Principles:
  - **Encourage eating and drinking**
  - **Offer 3 nutritious snacks per day between meal**
  - **Fortify food and drinks**
  - **Offer up to 3 Food First nourishing drinks per day** (See Food First Recipes)

Consider a trial of over the counter sip feed up to twice per day i.e. Complan, AYMES, Meritene Energis
Consider providing daily over the counter multivitamin and mineral supplementation to ensure all nutrient requirements are met.

Re-screen in one week
- If no improvement after 1 month, or not tolerated food first principles, or develops high risk factors refer to dietitian using Care Home MUST referral form. Rescreen weekly using MUST/MUAC.
- Monitor & repeat screening via MUST weekly & follow appropriate action plan.

High risk factors	
• Therapeutic diet i.e. Renal, diabetes	• Dysphagia/swallowing difficulties
• Breathing difficulties i.e. COPD	• Current increased nutritional requirements e.g. UTI, chest infection, pressure ulcers or poor wound healing