

## Care Home “MUST” Local Policy and Action Plan

**All risk categories:**

- Treat underlying condition
- Check patient can potentially meet nutritional needs safely via oral route
- Record favourite foods; provide assistance with food choices, eating and drinking as necessary
- Record need for special diets and follow local policy

**MUST 0 - Low Risk  
Routine Clinical Care**

Screen at initial contact (within 48hrs) and then re-screen using MUST monthly.

**MUST 1 Medium Risk  
Observe**

- Commence food record chart for 3 days
- Commence Food First Principles:
  - Encourage eating and drinking
  - in-between meal nourishing snacks
  - One nourishing drink per day ( See Food First Pathway poster)
  - Food Fortification

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

**MUST 2 or more without high risk factors  
Treat**

- Commence food record chart
- Increase Food First Principles : -
  - Encourage eating and drinking
  - in-between meal nutritious snacks
  - Fortify Food and drinks
  - Commence two nourishing drinks per day. See Food First Pathway poster
  - Trial over the counter sip feed up to twice per day i.e. Complan, AYMES, Meritene Energis
- Rescreen weekly using MUST

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

**MUST 2 or more with high risk factors  
Treat**

- Commence food record chart
- Increase Food First Principles : -
  - Encourage eating and drinking
  - in-between meal nutritious snacks
  - Fortify Food and drink
  - Commence two nourishing drinks per day. See Food First Pathway poster.
- Rescreen weekly using MUST
- Consider daily over the counter multivitamin and mineral supplementation if intake has reduced

Refer to dietitian using a Care Home MUST referral form and rescreen weekly using MUST

Rescreen weekly using MUST and follow appropriate action plan.

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

Follow High Risk action plan

Rescreen weekly using MUST & follow appropriate action plan.

If no improvement after 1 month, or not tolerated, or develops high risk factors refer to dietitian using Care Home MUST referral form. Rescreen weekly using MUST

If improved intake, e.g. eating more than 75% of meals/nourishing drinks, and weight increased, and little clinical concern

Care home to wean off over the counter sip feed

Monitor & repeat screening via MUST weekly & follow appropriate action plan. To refer to dietetic department if develops high risk factor. Rescreen weekly using MUST

\*Use Food First advice in the Nutrition Action Pack provided by your local Nutrition & Dietetics Department. Additional copies are available on our website (link)

Referrals to the Dietitian

All staff who have received training on ‘MUST’ can refer directly to the dietitian using the ‘MUST’ referral form.

Referrals will be reviewed on receipt and if the action plan has not been followed or the referral is inappropriate, they will be returned

**High Risk Factors**

- Rapid weight loss (More than 10% in 3-6 months)
- Therapeutic Diet i.e. Renal, diabetes
- Breathing difficulties i.e. COPD
- Current increased nutritional requirements e.g. infection, pressure sores
- Tried 2 different types of over the counter sip feed and no improvement in nutritional status
- Dysphagia/swallowing difficulties