

## West Suffolk MUST local action plan 2021/22

Use food first advice in nutrition support action pack provided by West Suffolk Nutrition and Dietetics Department.

### ALL RISK CATEGORIES:

- Treat underlying condition
- Check resident 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 SCORE 0 = LOW RISK**

- Routine clinical care
- Repeat screening monthly
- Encourage to maintain a balanced diet

#### **MUST SCORE 1 = MEDIUM RISK**

**Treat – prevent weight loss**

- **Investigate reason for MUST score and treat as appropriate.**
- **Repeat screening MONTHLY. If MUST score changes follow appropriate plan.**
- Commence food record chart for 4 weeks. (example food diary in nutrition support action pack). Record as much detail as possible, food fortification, quantities (reason if declined), snacks, nourishing drinks etc.
- Encourage eating and drinking
- In between meal high calorie snacks
- Offer at least 2 homemade nourishing drinks daily
- Provide a fortified diet
- If clinical concern refer to GP.
- Follow local food first advice

#### **MUST SCORE: 2 = HIGH RISK**

**Treat – increase oral intake-  
prevent weight loss**

- **Investigate reason for MUST score and treat as appropriate.**
- **Repeat screening WEEKLY. If MUST score changes follow appropriate plan.**
- Commence food record chart for 4 weeks. (example food diary in nutrition support action pack). Record as much detail as possible, food fortification, quantities (reason if declined), snacks, nourishing drinks etc.
- Encourage eating and drinking
- In between meal high calorie snacks
- Offer at least 2 homemade nourishing drinks daily
- Provide a fortified diet
- If clinical concern refer to GP.
- Follow local food first advice

**If they continue to lose weight after implementing the above for 4 weeks refer to the dietitian, following MUST local action policy. Unless no clinical benefit is likely e.g. end of life**