

Malnutrition Universal Screening Tool

MUST

To identify those adults who are at risk of malnourishment or who are malnourished

To be completed within **24 hours** of admission.
Assess **weekly** or if the person's condition changes

Name	
Date of birth	
Medical Record Number	
Height	
Weight	

	Score	Score	Score	Score
STEP 1: BMI SCORE (BMI kg / m²)				
Over 20 (over 30 obese)	0	0	0	0
18.5 to 20	1	1	1	1
Less than 18.5	2	2	2	2

If unable to calculate BMI: Estimating BMI category can be done from Mid Upper Arm Circumference (MUAC)

*MUAC less than 23.5 cm BMI likely <20
MUAC greater than 32 cm BMI likely > 30*

STEP 2: WEIGHT LOSS SCORE UNPLANNED WEIGHT LOSS IN LAST 3-6 MONTHS				
Less than 5%	0	0	0	0
Between 5-10%	1	1	1	1
More than 10%	2	2	2	2

STEP 3: ACUTE DISEASE EFFECT SCORE				
If the person is acutely ill and there has been/is likely to be no nutritional intake for more than 5 days	2	2	2	2

TOTAL MUST SCORE				
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Low Risk = 0	Medium Risk = 1	High Risk ≥ 2
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DATE				
TIME				
Signature				