

營養不良篩查工具¹

繁體中文 | CHINESE (TRADITIONAL)

此為營養不良篩查工具，有助我們進一步了解您的體重與飲食。營養不良可造成肌肉流失，恢復的時間更加漫長。

您對此工具提問的回答將讓我們知道如何助您降低營養不良的風險。請選擇適用於您的情況的答案。

<p>問題1。 過去6個月以來，您在沒有主動嘗試的情況下，體重減輕了嗎？</p>	<p>否 不肯定 是 如果是， 體重減輕了多少？ 1至5公斤 6至10公斤 11至15公斤 超過15公斤 我的體重有減輕，但不能確定減了多少</p>	<p>0 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 2 <input type="checkbox"/></p>
<p>問題2。 您是因為不覺得飢餓而吃得少了嗎？</p>	<p>否 是</p>	<p>0 <input type="checkbox"/> 1 <input type="checkbox"/></p>
<p>將問題1與問題2的得分相加。</p>	<p>總得分=</p>	

■ 得分0至1

您的得分顯示您營養不良的風險低。

您如果開始減輕體重或吃的比正常少，則可能有營養不良的風險。如出現這種情況，請務必告知您的醫生或護士。

■ 得分2

您的得分顯示您可能會有營養不良的風險。

您就體重與飲食的情況諮詢您的醫生或護士——因為您可能需要看被稱為營養師的營養專家。

■ 得分3至5

您的得分顯示您有營養不良的風險。

您需要看被稱為營養師的營養專家。您可以要求您的醫生或護士介紹您去看營養師。

Malnutrition Screening Tool¹ (MST)

ENGLISH

This is a Malnutrition Screening Tool which helps us to know more about your weight and the food you eat. Malnutrition can cause you to lose muscle and take longer to recover.

Your answers to the questions in the tool will tell us how we can help you to reduce your risk of malnutrition. Please choose the answers that apply to you.

<p>Question 1. Within the last 6 months, have you lost weight without trying?</p>	<p>No 0 <input type="checkbox"/> Not sure 2 <input type="checkbox"/> Yes: <i>If yes, how much weight have you lost?</i> 1 to 5kgs 1 <input type="checkbox"/> 6 to 10kgs 2 <input type="checkbox"/> 11 to 15kgs 3 <input type="checkbox"/> More than 15kgs 4 <input type="checkbox"/> I have lost weight but not sure how much 2 <input type="checkbox"/></p>	
<p>Question 2. Have you been eating less food than usual because you have not been hungry?</p>	<p>No 0 <input type="checkbox"/> Yes 1 <input type="checkbox"/></p>	
<p>Add your score from question 1 and question 2</p>	<p>TOTAL MST score=</p>	

MST score 0-1

Your score shows you are at low risk of malnutrition.

If you do start to lose weight or eat less than usual you might become at risk of malnutrition. If this happens make sure you tell your doctor or nurse

MST score 2

Your score shows you might be at risk of malnutrition.

You need to talk to your doctor or nurse about your weight and eating as you might need to see a nutrition specialist, called a dietitian.

MST score 3-5

Your score shows you are at risk of malnutrition.

You need to see a nutrition specialist, called a dietitian. You can ask your doctor or nurse to refer you to a dietitian.