

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.