

营养不良筛查工具¹

简体中文 | CHINESE (SIMPLIFIED)

此为营养不良筛查工具，有助我们进一步了解您的体重与饮食。营养不良可造成肌肉流失，恢复的时间更加漫长。

您对此工具提问的回答将让我们知道如何助您降低营养不良的风险。请选择适用于您的情况的答案。

<p>问题1。 过去6个月以来，您在没有主动尝试的情况下，体重减轻了吗？</p>	<p>否 不肯定 是 如果是， 体重减轻了多少？ 1至5公斤 6至10公斤 11至15公斤 超过15公斤 我的体重有减轻，但不能确定轻了多少</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>问题2。 您是因为不觉得饥饿而吃得少了吗？</p>	<p>否 是</p>	<p>0 <input type="checkbox"/> 1 <input type="checkbox"/></p>
<p>将问题1与问题2的得分相加。</p>	<p>总得分=</p>	

■ 得分0至1

您的得分显示您营养不良的风险低。

您如果开始减轻体重或吃的比正常少，则可能有营养不良的风险。如出现这种情况，请务必告知您的医生或护士。

■ 得分2

您的得分显示您可能营养不良的风险。

您需要就体重与饮食的情况咨询您的医生或护士——因为您可能需要看被称为营养师的营养专家。

■ 得分3至5

您的得分显示您有营养不良的风险。

您需要看被称为营养师的营养专家。您可以要求您的医生或护士介绍您看营养师。

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.