

## Malnutrition Screening Tool (MST) implementation checklist:



Nutrition risk screening is key for early identification of nutrition issues. It helps identify those at risk of malnutrition or those already malnourished who could benefit from nutrition support.

The Malnutrition Screening Tool (MST) is an easy two-question, validated screening tool for identifying malnutrition risk. Your health service should consider the following to support implementation of nutrition risk screening in the clinical practice setting.

Screening should be completed at diagnosis, repeated at intervals through each stage of treatment & occur across all treatment and healthcare settings

- Who is responsible for completing screening at your health service?** (such as a hospital, primary care - community health service, general practice clinic)
  - Healthcare staff (doctor, nurse, allied health/nutrition assistant, admin/reception)
  - Patient and/or carer
- Where does screening occur?** Consider the following time-points and/or locations as the person responsible for completing screening at your health service may change
  - At diagnosis
  - Before, during treatment & immediately after a new treatment
  - Long-term survivorship – living with advanced cancer
  - Inpatient wards
  - Outpatient clinics
  - Ambulatory chemotherapy and/or radiotherapy centres
  - Primary care clinics
- How will screening be undertaken?** Will the MST be completed in an electronic medical record, using a paper-based version or using the online interactive MST? Will you require access to the translated and culturally adapted MST?
- When will screening be performed?** Consider at which time-point during admission, outpatient/primary care clinic or ambulatory centre visit this will occur? (e.g. as component of pre-chemotherapy education, during ward admission processes or as part of annual review).
- Do you have a clear screening pathway that specifies when patients identified at risk of malnutrition are referred to a dietitian?** i.e. MST  $\geq$  2, or MST 3-5 where resources are limited.
- How frequently will you re-screen following a cancer diagnosis?** What systems/recalls at your health service will support this to occur?
- What policies and procedures do you have in place to support routine screening practices at your health service?** Are the above considerations clearly articulated?

Resources available to help implement nutrition risk screening at your health service:

- MST animated video – for health professional audience
- Nutrition steps (1-5) infographic factsheets
- Cancer type infographic factsheets – for patients/carers and health professionals
- MST infographic factsheet
- Interactive online MST available in English and translated to 10 other languages ([www.petermac.org/MST](http://www.petermac.org/MST))

### TIP!

Check out the 'finding a dietitian' factsheet for further details ([www.petermac.org/CanEATpathway](http://www.petermac.org/CanEATpathway))

### TIP!

Try the on-line interactive MST for further details; [www.petermac.org/MST](http://www.petermac.org/MST)

