Malnutrition Screening Tool (MST)

STEP 1: Screen with the MST

1. Have you recently lost weight without trying?
   - No: 0
   - Unsure: 2

2. If yes, how much weight have you lost?
   - 2-13 lb: 1
   - 14-23 lb: 2
   - 24-33 lb: 3
   - 34 lb or more: 4
   - Unsure: 2

   Weight loss score: ___________

3. Have you been eating poorly because of a decreased appetite?
   - No: 0
   - Yes: 1

   Appetite score: ___________

Add weight loss and appetite scores

MST SCORE: ___________

STEP 2: Score to determine risk

MST = 0 OR 1
   NOT AT RISK
   Eating well with little or no weight loss
   If length of stay exceeds 7 days, then rescreen, repeating weekly as needed.

MST = 2 OR MORE
   AT RISK
   Eating poorly and/or recent weight loss
   Rapidly implement nutrition interventions. Perform nutrition consult within 24-72 hrs, depending on risk.

STEP 3: Intervene with nutritional support for your patients at risk of malnutrition.

Notes: __________________________________________

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