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:**

**STEP 2: Score to determine risk**

- **MST = 0 OR 1**
  - NOT AT RISK
  - Eating well with little or no weight loss

- **MST = 2 OR MORE**
  - AT RISK
  - Eating poorly and/or recent weight loss

   If length of stay exceeds 7 days, then rescreen, repeating weekly as needed.

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

- **MST = 0 OR 1**
  - NOT AT RISK

- **MST = 2 OR MORE**
  - AT RISK

   Rapidly implement nutrition interventions. Perform nutrition consult within 24-72 hrs, depending on risk.

**Notes:**


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