**Malnutrition Screening Tool (MST)**

**STEP 1: Screen with the MST**

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

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

   **Appetite score:**

**Add weight loss and appetite scores**

**MST SCORE:**

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**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 nutrition for your patients at risk of malnutrition.**

**Notes:**

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87681-004/February 2014 LITHO IN USA
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These health organizations are dedicated to the education of effective hospital nutrition practices to help improve patients’ medical outcomes and support all clinicians in collaborating on hospital-wide nutrition procedures. The Alliance to Advance Patient Nutrition is made possible with support from Abbott Nutrition.