# Malnutrition: Is your patient at risk?

## Malnutrition Screening Tool (MST)

1. Have you/the patient lost weight recently without trying?
   - No: 0
   - Unsure: 2
   - Yes, how much (kg)?
     - 1 – 5: 1
     - 6 – 10: 2
     - 11 – 15: 3
     - > 15: 4
     - Unsure: 2

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

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**Total Score**

**Score 2 or more**

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## Action

1. Refer to Malnutrition Action Flowchart and/or refer to Dietitian for full assessment and intervention
2. Document
3. Weigh patient’s on admission and:
   - (a) weekly (acute)
   - (b) monthly (long-term care)
4. Re-screen patients:
   - (a) weekly (acute)
   - (b) monthly (long-term care)

Small weekly weight losses add up to significant weight loss and malnutrition

Note: Overweight/obese residents who have unexplained weight loss and illness can become protein depleted/malnourished too

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Malnutrition occurs in approximately 30–40% of acute and 50% of residential patients in Queensland Health Institutions.

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