

Flow Chart 1

MANAGEMENT GUIDELINES to optimize nutritional intake For medium risk adult in patients with a MUST score of 1

MUST screening may not be appropriate in exceptional circumstances such as end of life care and should not be used in maternity. This should be documented in the individual's notes.

Referrals for **nutritional support** to DIETETICS, should only be considered as indicated on these Flow Charts.

This flowchart provides guidance on Actions once MUST screening has been carried out.

Each individual must have a documented plan of care using the standard nursing documentation that is informed by:

- This pathway
- The Activities for Living Assessment: Eating and Drinking

And must include patient likes, dislikes and person centered goals and interventions in regards to eating and drinking.

The following assessments are available and can be carried out as required:

- Oral Health Assessment
- Eating and Drinking Risk Assessment

For medium risk adult in patients with a MUST score of 1

Complete and implement Plan of Care incorporating Food First guidance: (FFN 2 & 3)

Commence food record chart: order via PECOS, (Guidance FFN4)

Provide Food First Guidance (FFN 2)

Consider clinical interventions to aid dietary intake (FFN 7)

Improvement in nutritional intake by Day 4?

Yes

No

Maintain Food First (FFN 2&3)

Continue any other helpful clinical interventions (FFN7)

Repeat MUST score weekly

Continue food record chart

Trial Oral nutritional supplements (ONS)
See: ONS Guidance (FFN 6)

Improvement in nutritional intake/
increased weight by Day 7?

Yes

No

Are Oral nutritional supplements required to maintain this?

Yes

Complete Dietary Supplement Form dependent on individual preferences to ensure daily provision of ONS (Guidance FFN6)

No

Is the individual being discharged?

Is the individual being discharged?

Yes

No

Yes

Discuss the nutritional plan of care for discharge with the individual or their carer as appropriate.

Ensure patient information is provided: Your Nutrition (FFN 1) and Food First Guidance (FFN 2)

Inform of any clinical interventions aiding dietary intake (FFN 7) in the Immediate Discharge Letter (IDL)

Evaluate and update plan of care including Food First guidance (FFN 2&3)

Continue ONS (FFN 6) as required.

Continue any clinical interventions aiding dietary intake. (FFN7)

Repeat MUST score weekly

Discuss the nutritional plan of care for discharge with the individual or their carer as appropriate.

Ensure patient information is provided: Your Nutrition (FFN 1) and Food First Guidance (FFN 2)

Inform on IDL any clinical interventions aiding dietary intake to optimise nutritional status. (FFN7)

ONS should not be included in discharge drugs list