

South Tees Pathway for the Management of Undernutrition (ADULTS)

CALCULATE RISK SCORE USING A 'MUST' TOOL – Calculator Available at: <https://www.bapen.org.uk/screening-and-must/must-calculator>

LOW RISK 'MUST' score 0

Re-assess 'MUST' score annually

MEDIUM RISK 'MUST' score 1

Give 'Dietary advice to improve nutritional intake' (food first) Leaflet

Review within 1 month

HIGH RISK 'MUST' score 2 or more

If improvement (medium risk):
Continue to reinforce 'food first' advice until 'MUST' score reduced from medium to low then follow low risk pathway
Re-assess 'MUST' score annually

If no improvement / deterioration (medium risk):
Reinforce 'food first' advice
If 'High Risk' proceed to 'High Risk' guidance pathway.
Re-assess 'MUST' score within 1 month

If improvement (high risk):
Continue to reinforce 'food first' advice until 'MUST' score reduced from high to medium then follow medium risk pathway
Re-assess 'MUST' within 1 month

In no improvement (high risk)

Start first line oral nutritional supplements (ONS):

Issue initial **ACUTE PRESCRIPTION** for **POWDERED SHAKE TYPE SUPPLEMENT** i.e **Aymes Shake/Complan Shake/Foodlink Complete Starter pack (available on FP10) x 1-2 sachets daily between meals** to assess tolerance / flavour preference, then issue further prescription for a maximum of one month.

If savoury option preferred prescribe **ORIGINAL COMPLAN SHAKE/NEUTRAL AYMES SHAKE ETC** or advise on availability of 'over the counter' savoury products e.g. Meritene or Complan soup.

If dislikes milk or there are concerns re patient's ability to prepare a supplement contact South Tees Community Nutrition & Dietetic Services for advice on suitable alternatives - tel. 01642 944455. Continue to encourage 'food first' advice

If improvement (high risk):
Review every 2 months until 'MUST' score is reduced from high to medium/low then trial without supplements. **Monitor every 1-2 months until weight stable or increasing**

If no improvement / deterioration (high risk):
Refer to South Tees Community Dietitians using the appropriate referral form
Email: ste-tr.guisboroughdietitians@nhs.net
Address: Patient Connect (Dietetics Service), 2nd Floor Murray Building, James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW.
General enquiries: Tel: 01642 944455, Appointments: Tel: 01642 835902
Continue to review patient and prescribe ONS until patient has initial Dietetic assessment.

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Considerations:

The following factors may have an impact on nutritional status and need to be considered. Where possible consider treatment plan or actions required to manage underlying condition and/or refer to other relevant specialist services (e.g Social Services / Speech and Language Therapy / Dental Practitioner) as required

- Dysphagia / poor dentition / chewing difficulties
- Mental / physical state / long term illness
- Smoking / drinking / substance abuse
- Poor access to food / ability to shop / prepare food
- Pain / nausea / constipation

Exceptions:

Patients identified at medium or high risk of malnutrition. Who have any of the following conditions may need to be referred directly to the dietitian and should not be given the standard dietary advice prior to any discussion with a Registered Dietitian:

- Patients with high potassium and / or high phosphate levels as a result of kidney disease.
- Patients with a suspected eating disorder (refer directly to the mental health team – *Tees Esk and Wear Valley*)
- Patients with malabsorption disorders
- Paediatric patients (i.e patients under the age of 16)
- Patients who are pregnant
- Palliative care patients who are in the last year of life
- Patients with food allergies / dietary restrictions
- Patients that need a modified texture diet and fluids
- Patients that require artificial nutrition (tube feeding)

Low BMI:

If the patient is not losing weight, but their normal BMI is stable at 18.5-20, giving them a MUST score of 1, consider - is this BMI normal for this patient and therefore no concern? If no concern, rescreen monthly.