

Malnutrition Screening Tool (MST)

STEP 1: Screen with the MST

1. Have you recently lost weight without trying?

No 0

Yes 2

If yes, how much weight have you lost?

2-13 lb (1-6 kg) 1

14-23 lb (6-10 kg) 2

24-33 lb (10-15 kg) 3

34- lb (15 kg) and 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

STEP 2: Score to determine risk

MST = 0 or 1
NOT AT RISK

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 intervention.
Perform nutritional consult within 24-72 hours depending on risk

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

Notes: _____

