



# Malnutrition Screening Tool (MST)

Age: \_\_\_\_\_ Is consumer a nutrition program client (Y/N)? \_\_\_\_\_

## 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:

## 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:

If high risk, has consumer been admitted to the hospital in the past 3 months (Y/N)? \_\_\_\_\_

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Ferguson, M et al. Nutrition 1999 15:458-464