



**BAPEN**

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**Advancing Clinical Nutrition**

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**SCREENING IS A 'MUST'**

**Practical Workshop**

Demonstrate the use of 'MUST' from the front.

<b>Step 1</b>	<b>BMI</b>		
	Current Weight	_____	kg
	Height	_____	m
	BMI	_____	kg/m <sup>2</sup>
	Score	_____	
<b>Step 2</b>	<b>Recent Weight Loss</b>		
	Assume 3kg		
	% weight loss	_____	%
	Score	_____	
<b>Step 3</b>	<b>Acute Disease Effect</b>		
	Likely to result in a no food intake > 5 days?	_____	Yes/No
	Score	_____	
<b>Step 4</b>	<b>Overall Score/Risk Category</b>	_____	

## WORKING IN PAIRS

### Step 1: BMI

#### Weight (kg)

- Ask partner to recall current weight.
- Weigh partner using scales provided.
- Note weights and comment on similarities and differences.

Weight (kg)			
Subject	Recalled	Measured	Comments
1			
2			

#### Height (m)

- Ask partner how tall he/she is.
- Measure partner's height using stadiometer provided.
- Note heights and comment on similarities and differences.

Height (m)			
Subject	Recalled	Measured	Comments
1			
2			

## BMI/BMI SCORE

Despite obtaining height and weight in different ways, you should find that most subjects will fall within the same BMI “band” and therefore have the same BMI Score.

- Calculate BMI for yourself and your partner using recalled values and measured values and complete table below.

	<b>Subject 1</b>		<b>Subject 2</b>	
	<b>BMI (kg/m<sup>2</sup>)</b>	<b>BMI Score</b>	<b>BMI (kg/m<sup>2</sup>)</b>	<b>BMI Score</b>
<b>Recalled weight and height</b>				
<b>Measured weight and height</b>				

**STEP 2: RECENT WEIGHT LOSS**

- Assume each of you has lost 5kg over the past 3-6 months. Calculate the percentage weight loss using the 'MUST' weight loss tables provided and score. (i.e. previous weight = current weight + 5kg).

Subject	Current Weight (kg)	Previous Weight (kg)	% Weight Loss	Weight Loss Score
1				
2				

- Consider the clinical significance of the % weight lost.

**STEP 3: ACUTE DISEASE EFFECT**

- Clinical conditions that are likely to or have resulted in no or virtually no food intake for more than 5 days.
- Most likely to occur in patients admitted to acute hospitals.
- Which clinical conditions might apply?

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 .....  
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**STEP 4: OVERALL RISK SCORE**

- Add together scores from Steps 1, 2 & 3 to obtain overall malnutrition risk score.

Score	Subject	
	1	2
BMI		
Weight Loss		
Acute Disease Effect		
<b>Overall Score</b>		

## **PRACTICAL WORKSHOP**

### **Alternative measurements**

#### **Ulna length to estimate height**

- If height cannot be measured or reliably reported, ulna length can be used to estimate height.
- Measure length of partner's ulna (forearm) using tape measure, following instructions given in 'MUST' Explanatory Booklet.
- Convert ulna length (cm) to height (m) using table in 'MUST' Explanatory Booklet.
- Use this calculated height (m) with current weight (kg) to calculate BMI and BMI Score.
- How does the score compare with the score obtained using recalled or measured height?

Same Score?

\_\_\_\_\_

Yes/No

## **MID UPPER ARM CIRCUMFERENCE (MUAC) TO ESTIMATE BMI CATEGORY**

- If neither height nor weight can be measured or obtained, BMI can be estimated using MUAC. (See 'MUST' Explanatory Booklet).
  - If MUAC is less than 23.5cm, BMI is likely to be less than 20kg/m<sup>2</sup> (underweight)
  - If MUAC is more than 32.0 cm, BMI is likely to be more than 30kg/m<sup>2</sup> (obese).
- % changes in MUAC measurements over time denote % change in BMI and weight.

## **OTHER FACTORS/SUBJECTIVE CRITERIA**

If you cannot obtain values/scores for steps 1 & 2 look at your client and form a clinical impression using the following criteria:

- Is he/she thin, acceptable weight or overweight?
- Have clothes/jewellery become loose fitting?
- Is there a recent history of reduced food intake or swallowing problems?

These factors will help you categorise your clients risk of malnutrition but will NOT enable you to assign a score.