

Nutrition Risk Identification Questions

If a client has been identified as 'at risk' of malnutrition (by having a score between 2 – 5) on the MST, work through the following questions and prompts to assist with identifying the risk. Most frequently there will be more than one cause. Implement strategies to assist with minimising the impact of the risk. Document all causes of malnutrition and associated strategies undertaken to address the risk.

Name: _____ Gender M / F D.O.B: _____

MST Score: _____ Date: _____ Consent to conduct screening Yes? No

Reason for score: ☐ Weight loss ☐ Appetite ☐ Unsure Comments: _____

☐ Do you have any teeth, mouth or swallowing problems that make it hard for you to eat? _____

☐ Are you having any difficulties shopping, cooking or feeding yourself? _____

☐ Are you having any difficulty with food storage or hygiene? _____

☐ Do you eat alone most of the time? _____

- ☐ Do you have 3 or more drinks of beer, wine or spirits most days?

- ☐ Do you have an illness or condition that makes you change the kind or amount of food that you eat?

- ☐ Do you take 3 or more different medications everyday?

- ☐ Are there times when you don't have enough money to buy food?

- ☐ Do you eat at least 3 meals everyday?

- ☐ Do you eat meat, chicken, eggs or fish everyday?

- ☐ Do you eat milk, yoghurt, cheese or custard everyday?

- ☐ Do you eat fruit and vegetables most days?

- ☐ Do you have at least 8 cups of fluids everyday?

Other details and outcome/ ongoing notes:

Review/ reassessment date:

Adapted from: "Identifying and Planning Assistance for Home-based Adults who are nutritionally at risk: A Resource Manual. Dietitians Association of Australia; 2000 and the Australian Nutrition Screening Initiative (ANSI)