



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)? _____

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