

# The 'MUST' Toolkit

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Last Updated: 04 July 2018

## 'MUST' BMI and weight loss charts

Following feedback and requests from users of 'MUST' the Malnutrition Action Group (MAG) has modified the 'MUST' BMI charts and weight loss charts, to extend the weight and height ranges, to cater for smaller and larger individuals and also to make them easier and quicker to use.

Additional versions of weight loss charts based either on current weight and weight loss in last 3-6 months or current weight and weight 3-6 months ago are also available. Both are available in metric and imperial to suit individual preferences.

BAPEN and its Standing Committee the Malnutrition Action Group (MAG) acknowledges the support of the British Dietetic Association (BDA), the Royal College of Nursing (RCN), the Registered Nursing Home Association RNHA) and the Royal College of Physicians in the dissemination of 'MUST'.

'Malnutrition Universal Screening Tool' materials are available here to view and download in PDF format. Printed copies are also available to purchase from the BAPEN office.

### 'Malnutrition Universal Screening Tool' materials are also available in the following languages:



(/screening-and-must/must/must-toolkit/the-must-itself/must-francais) French / Français (/screening-and-must/must/must-toolkit/the-must-itself/must-francais)



(/screening-and-must/must/must-toolkit/the-must-itself/must-deutsch) German / Deutsch (/screening-and-must/must/must-toolkit/the-must-itself/must-deutsch)



(/screening-and-must/must/must-toolkit/the-must-itself/must-italiano) Italian / Italiano (/screening-and-must/must/must-toolkit/the-must-itself/must-italiano)



(/screening-and-must/must/must-toolkit/the-must-itself/must-portugues) Portuguese / Português (/screening-and-must/must/must-toolkit/the-must-itself/must-portugues)



(/screening-and-must/must/must-toolkit/the-must-itself/must-espanol) Spanish / Español (/screening-and-must/must/must-toolkit/the-must-itself/must-espanol)

**The 'MUST' itself** - in A4 and A5 printed formats to purchase at £2.50 each inc p&p (discounts are available for bulk orders - please contact the BAPEN Office). 6 pages 2-fold format or as separate pages with BMI Chart, weight loss score chart, 5 step 'MUST' flowchart, alternative measurements instructions & tables.

- **The 'MUST'** is freely available to use for non-commercial purposes. If you wish to adapt the 'MUST' in any way, by adding an NHS Trust logo for example, or changing the management guidelines, copyright permission must be sought, and a copy of the adapted version sent to the BAPEN Office. 'MUST' artwork can be supplied for printing purposes.



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sent back to the BAPEN Office.

- If **'MUST'** is to be incorporated into materials for which **BAPEN endorsement** is sought, then a written proposal must be submitted to the BAPEN Office. Two months should be allowed for this process and a fee will be charged. Copies must be sent to the BAPEN Office.
- In every instance **where 'MUST' is utilised** (in print or on-line) the following wording must also appear: The 'Malnutrition Universal Screening Tool' ('MUST') is reproduced here with the kind permission of BAPEN (British Association for Parenteral and Enteral Nutrition). An indication must be made somewhere on the documentation that for further information on 'MUST' see [www.bapen.org.uk](http://www.bapen.org.uk).

## The 'MUST' Itself – PDF Downloads

Click thumbnail to download	Title	Description
 <p>(/pdfs/must/must-full.pdf)</p>	Full 'Malnutrition Universal Screening Tool' ('MUST')	Six page guide with 'MUST' flowchart, charts and tables and instructions.
 <p>(/pdfs/must/must_page1.pdf)</p>	Guide to the five steps of 'MUST'	
 <p>(/pdfs/must/must_page3.pdf)</p>	'MUST' flowchart	
	<b>Charts for BMI score &amp; BMI</b>	These charts are for step 1 in which the BMI and a score for BMI is calculated from weight and height
 <p>(/pdfs/must/bmi_weight_loss_charts/must-table-up-to-100kg.pdf)</p>	BMI Chart 1	1.46m (4' 9") - 1.94m (6' 4½"); 30kg (4st 10lb) - 100kg (15st 10lb)

Click thumbnail to download	Title	Description
 <p data-bbox="86 409 464 520">(/pdfs/must/bmi-weight-loss-charts/must-table-100to170kg.pdf)</p>	<p data-bbox="505 184 662 214">BMI Chart 2</p>	<p data-bbox="1011 184 1469 256">1.46m (4' 9") - 1.94m (6' 4½"); 100kg (15st 10lb) - 170kg (26st 11lb)</p>
	<p data-bbox="505 571 764 600"><b>Weight loss charts</b></p>	<p data-bbox="1011 571 1528 802">These charts are for step 2 in which a score is calculated from the current weight and the amount of weight lost in the previous 3-6 months or from the current weight and the previous weight 3 to 6 months ago</p>
 <p data-bbox="86 1008 464 1119">(/pdfs/must/bmi-weight-loss-charts/wt-loss-30to99kg-4st10lbtto15st8lb.pdf)</p>	<p data-bbox="505 852 963 924">Current weight – weight loss in last 3 to 6 months</p>	<p data-bbox="1011 852 1360 882">30-99kg, 4st 10lb – 15st 8lb</p>
 <p data-bbox="86 1327 464 1438">(/pdfs/must/bmi-weight-loss-charts/wt-loss-100to169kg-15st10lbtto26st9lb.pdf)</p>	<p data-bbox="505 1171 963 1243">Current weight – weight loss in last 3 to 6 months</p>	<p data-bbox="1011 1171 1409 1201">100-169kg, 15st 10lb – 26st 9lb</p>
 <p data-bbox="86 1646 464 1799">(/pdfs/must/bmi-weight-loss-charts/previous-wt-30to99kg-4st10lbtto15st8lb.pdf)</p>	<p data-bbox="505 1491 963 1562">Current weight – previous weight 3 to 6 months ago</p>	<p data-bbox="1011 1491 1360 1520">30-99kg, 4st 10lb – 15st 8lb</p>

Click thumbnail to download	Title	Description
 <p>(/pdfs/must/bmi-weight-loss-charts/previous-wt-100to169kg-15st10lbto26st9lb.pdf)</p>	Current weight – previous weight 3 to 6 months ago	100-169kg, 15st 10lb – 26st 9lb
 <p>(/pdfs/must/bmi-weight-loss-charts/kg-only-30to169kg-wt-loss.pdf)</p>	Current weight – weight loss in last 3 to 6 months	30-169kg
 <p>(/pdfs/must/bmi-weight-loss-charts/kg-only-30to169kg-previous.pdf)</p>	Current weight – previous weight 3 to 6 months ago	30-169kg
 <p>(/pdfs/must/must_page5.pdf)</p>	Alternative measurements (narrative)	This page describes options if measurements cannot be made and using subjective criteria to estimate the risk of malnutrition
 <p>(/pdfs/must/must_page6.pdf)</p>	Alternative measurements (illustrations)	This page describes how to estimate height using ulna length and how to estimate BMI category from the mid upper arm circumference (MUAC)