

Malnutrition Screening Tool¹ (MST)

ENGLISH

This is a Malnutrition Screening Tool which helps us to know more about your weight and the food you eat. Malnutrition can cause you to lose muscle and take longer to recover.

Your answers to the questions in the tool will tell us how we can help you to reduce your risk of malnutrition. Please choose the answers that apply to you.

Question 1. Within the last 6 months, have you lost weight without trying?	No Not sure Yes: If yes, how much weight have you lost? 1 to 5kgs 6 to 10kgs 11 to 15kgs More than 15kgs I have lost weight but not sure how much	0 2 1 2 3 4 2	
Question 2. Have you been eating less food than usual because you have not been hungry?	No Yes	0	
Add your score from question 1 and question 2	TOTAL MST score=		

MST score 0-1

Your score shows you are at low risk of malnutrition.

If you do start to lose weight or eat less than usual you might become at risk of malnutrition. If this happens make sure you tell your doctor or nurse

MST score 2

Your score shows you might be at risk of malnutrition.

You need to talk to your doctor or nurse about your weight and eating as you might need to see a nutrition specialist, called a dietitian.

MST score 3-5

Your score shows you are at risk of malnutrition.

You need to see a nutrition specialist, called a dietitian. You can ask your doctor or nurse to refer you to a dietitian.







1. Reprinted from Nutrition, 15, Ferguson M, Capra S, Bauer J, Banks M, Development of a valid and reliable malnutrition screening tool for adult acute hospital patients, 458-64, Copyright 1999, with permission from Elsevier.

NOTE TO READER: This information is based on recent research on malnutrition and cancer (at the time of publication) and has been developed with help from a range of health professionals and people affected by cancer. This fact sheet is intended as a general introduction and is not a substitute for professional medical advice.