Malnutrition Action Flowchart (MAF)

What is your patient’s malnutrition risk?
Malnutrition Screening Tool Score:

- LOW
  MST = 0-1
  NO RECENT WEIGHT LOSS
  - BALANCED DIET *(See below)*
  - RESCREEN WEEKLY (acute)
    MONTHLY (long-term)

- MODERATE
  MST = 2
  EATING POORLY OR RECENT WEIGHT LOSS < 5kg
  - BALANCED DIET *(See below)*
  - MONITOR INTAKE AND WEIGHT
  - CONTINUE CURRENT DIET
    WEIGH WEEKLY
  - INTAKE AND WEIGHT IMPROVED

- HIGH
  MST = 3-5
  EATING POORLY PLUS RECENT WEIGHT LOSS > 5kg
  - HIGH PROTEIN and ENERGY DIET *(See below)*
  - MONITOR INTAKE AND WEIGHT
  - COMMERCIAL SUPPLEMENTS*
    2–3 times per day
  - REFER TO DIETITIAN

 Balanced diet**

- Try serving six smaller meals per day
- Include 3–4 extra serves of protein and energy-rich foods or drinks daily.
  Some examples include:
  - Extra serves of meat, eggs, baked beans, cheese
  - Milk or soy-based drinks, eg milk shakes
  - Extra desserts, eg ice cream, custard, cakes, biscuits
  - Dried fruit, nuts, chocolate bars, chips
  - Fortify foods by adding milk powder, eggs, cream, butter
- Extra foods are consumed better if given between main meals
- For more ideas, contact your Dietitian or refer to your facility’s policies

High protein and energy diet

*Commercial supplements with additional vitamins and minerals are recommended if poor variety/volume of foods/fluids is being consumed.
Consult a Dietitian regarding most suitable types for individual.
** Source: National Health and Medical Research Council.

©Developed by Merrilyn Banks, APD Trademark.