

Water Low Risk Assessment

Patients Name:			DOB:		NHS Number:		
BUILD / WEIGHT FOR HEIGHT		RISK AREAS VISUAL SKIN TYPE		SEX/AGE		Malnutrition Screening Tool (MST) Nutrition Vol 15, No. 6 1999 - Australia	
Average BMI = 20 – 24.9	0	Healthy	0	MALE	1	A Has patient lost weight recently? Yes - Go to B No - Go to C Unsure - Go to C and Score 2	B Weight loss score 0.5 – 5kg = 1 5 – 10kg = 2 10 – 15kg = 3 > 15kg = 4 unsure = 2
Above average BMI = 25-29.9	1	Tissue Paper	1	FEMALE	2		
Obese BMI > 30	2	Dry	1	14 – 49	1	C Patient eating poorly or lack of appetite 'NO' = 0 'YES' = 1	Nutrition Score If > 2 refer for nutrition assessment / intervention
Below average BMI < 20	3	Oedematous	1	50 – 64	2		
BMI= Wt (Kg) / Ht (m) ²		Clammy, Pyrexia	1	65 – 74	3		
		Discoloured	2	75 - 80	4		
		Grade 1	2	81+	5		
		Broken / Spot	3				
		Grade 2-4	3				
CONTINENCE		MOBILITY		SPECIAL RISKS			
Complete Catheterised	0	Fully Restless / Fidgety	0	TISSUE MALNUTRITION		NEUROLOGICAL DEFICIT	
Urinary Incontinence	1	Apathetic	1	Terminal Cachexia	8	Diabetes, MS, CVA	4 – 6
Faecal Incontinence	2	Restricted	2	Multiple Organ Failure	8	Motor / Sensory	4 – 6
Urinary and Faecal Incontinence	3	Bedbound	3	Single Organ Failure (Resp, Renal, Cardiac)	5	Paraplegia (Max of 6)	4 - 6
		E.g. Traction	4	Peripheral Vascular Disease	5	MAJOR SURGERY OR TRAUMA	
		Chair bound	5	Anaemia (Hb < 8)	2	Orthopaedic / Spinal	5
		E.g. Wheelchair	5	Smoking	1	On table > 2 hrs *	5
						On table > 6 hrs *	8
SCORE			MEDICATION – CYTOTOXICS, LONG TERM HIGH DOSE STEROIDS, ANTI-INFLAMMATORY MAX OF 4				
10 + AT RISK							
15+ HIGH RISK							
20+ VERY HIGH RISK							

* Scores can be discounted after 48 hours provided patient is recovering normally.