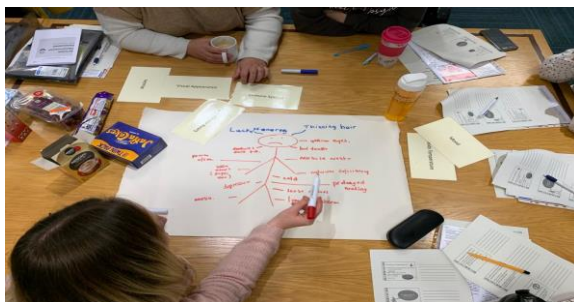


Screening for Malnutrition using 'MUST' and First Line Dietary Advice

- Understanding Malnutrition
- How to screen for Malnutrition using the '**Malnutrition Universal Screening Tool**' ('MUST')
- Using alternative measurements such as Ulna Length to estimate height and Mid-Upper Arm Circumference (MUAC) to estimate BMI range
- Introduction to the 'MUST' Alternative Measurement Tapes
- How to implement the 'MUST' local Community Management Guidelines to develop care planning
- Introduction to the 'Patients Association Nutrition Checklists'
- **First line dietary advice** - Implementing a 'Food First' approach and 'Homemade Nourishing Drinks and Oral Shots'
- Support with Food Shopping and Preparing Meals
- Setting Aims and dietary S.M.A.R.T goals
- How to refer to the Community Dietitians



Now being delivered via MS TEAMS

For queries, please email us at: bfwh.askadietitian@nhs.net