

# Nutrition Risk Identification Questions

If a client has been identified as 'at risk' of malnutrition (by having a score between 2 – 5) on the MST, work through the following questions to help understand why they might be at risk. There may be more than one contributing issue. Help the client to then manage these issues, to reduce the impact on malnutrition risk. Document all concerns, and the strategies undertaken to address them.

**Client Name:** \_\_\_\_\_ **DOB:** DD/MM/YYYY

**MST Initial / Repeat** (circle) \_\_\_\_\_ **Date:** DD/MM/YYYY

**Consent to conduct screening?** Yes  No

**MST Score:** \_\_\_\_\_

**Reason for score** (tick relevant reasons):

**Weight loss:**

**Appetite:**

**Unsure:**

Comments:

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Do you have any teeth, mouth or swallowing problems that make it hard for you to eat?

**Circle Yes/No.** Comments:

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Do you have any difficulties shopping, cooking or feeding yourself?

**Circle Yes/No.** Comments:

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Do you have any difficulty with storing your food or keeping your kitchen clean?

**Circle Yes/No.** Comments:

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Do you have an illness or condition that makes you change the kind or amount of food that you eat?

**Circle Yes/No.** Comments:

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Do you take three or more different medications each day?

**Circle Yes/No.** Comments:

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Do you eat alone most of the time?

**Circle Yes/No.** Comments:

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Are there times when you find it hard to afford groceries?

**Circle Yes/No.** Comments:

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Do you eat at least three meals each day?

**Circle Yes/No.** Comments:

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Do you eat meat, chicken, eggs or fish each day?

**Circle Yes/No.** Comments:

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Do you consume milk, yoghurt, cheese or custard each day?

**Circle Yes/No.** Comments:

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Do you eat fruit or vegetables most days?

**Circle Yes/No.** Comments:

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Do you have three or more drinks of beer, wine or spirits most days?

**Circle Yes/No.** Comments:

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Do you have at least eight cups of fluids each day?

**Circle Yes/No.** Comments:

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Other details and outcome/ongoing notes:

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Review/reassessment date:

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Adapted from; Identifying and Planning Assistance for Home-based Adults who are Nutritionally at risk: A Resource Manual. Dietitians Association of Australia; 2000. and the Australian Nutrition Screening Initiative (ANSI).