**Activity 2: MST**

Using the information from the video calculate a MST score.

Additional info: Douglas is 182 cm tall and was around 77 kg before he became ill. Since his illness he has lost around 12 kg.

|  |  |
| --- | --- |
| **Have you lost weight recently without trying?** | |
| No | 0 |
| Unsure | 2 |
| **If yes, how much weight (kilograms) have you lost?** | |
| 1–5 | 1 |
| 6–10 | 2 |
| 11–15 | 3 |
| >15 | 4 |
| Unsure | 2 |
| **Have you been eating poorly because of a decreased appetite?** | |
| No | 0 |
| Yes | 1 |
| **Total** *(Score of 2 or more = patient at risk of malnutrition.)* |  |