

**Nutrition and Dietetics: Food First Team**  
**REFERRAL ACCEPTANCE CRITERIA**

Please note referrals **MUST** be received at least 48 working hours prior to your Dietitian's scheduled visit. We will no longer accept referrals made on the day of visit or via telephone. We continue to be contactable for telephone support and referral guidance.

- ✓ **Nutrition Support: MUST Score of 1 or above WITH evidence of the Food First approach implemented for at least 1 month (as per MUST Management Guidelines) AND continued weight loss the following month.**
  - ✓ If you have noticed continued weight loss over a period of many months, that has not resulted in significant weight loss over 3 months, please contact the Food First team to discuss further, we will need at least 6 months of weight history.
- ✓ **Nutrition Support: If a resident has a stable BMI of  $<18.5\text{kg/m}^2$ , they are motivated to gain weight and the Food First Approach has not led to weight gain, we would be happy to discuss this referral in detail. Please note we may request a signature from the resident on the referral form.**
- ✓ **Residents' admitted to the Nursing/Residential Care Home already on a prescription of Oral Nutritional Supplements (ONS) (for example Aymes Shake, Complan Shake, Fortisip Compact, Forticreme or Calogen). This includes residents discharged from hospital on ONS or started by the GP without a recommendation from a dietitian.**
  - ✓ Referral should be completed within 1 month of admission to the care home
- ✓ **Residents with a Grade 3 or 4 Pressure Ulcer/Non-healing wound OR has had Frequent Falls AND a MUST of 1 or above WITH evidence of at least 1 month of the Food First Approach**
- ✓ **Residents' requiring weight management support services who are unsuitable for BeeZee Bodies or Livewell Luton**
- ✓ **Residents requiring nutrition support/weight management advice who have diabetes which is diet controlled OR managed with metformin, pioglitazone or gliptin AND HbA1c of  $<58\text{mmol/mol}$ . HbA1c result must be within the past 3 months (if HbA1c is above stated levels or resident is on insulin or sulphonylureas, please contact the ICDS team)**

Referrals can be made by;



Post: Food First, 1<sup>st</sup> Floor Dunstable Health Centre, Priory Gardens, Dunstable, LU6 3SU  
Email: [food.first@nhs.net](mailto:food.first@nhs.net) (referrals made by email must be password protected, password must be sent in separate email. Please contact team to find out generic password)

## MUST Management Guidelines

Calculate a Malnutrition Universal Screening Tool (MUST) score each month and follow the guidelines below depending on what nutritional risk score has been recorded.

### Score 0 = LOW RISK:

- Aim to maintain a healthy weight and follow a balanced diet.
- If overweight (BMI >30kg/m<sup>2</sup>), encourage healthier alternatives for meals and snacks and inspire to participate in physical activity.

### Score 1 = MEDIUM RISK:

- Aim to **increase oral intake by an extra 500kcal per day** to prevent further weight loss or to achieve and maintain a healthy BMI (>20kg/m<sup>2</sup>).
- At least 2 nourishing drinks, snacks or a fortified diet are offered as per the service user's preference.
- Record food and fluid intake for at least 3 days to highlight problem areas; be specific when recording quantities consumed.
- Follow fortified diet plan for at least one month to encourage weight gain or maintenance.

### Score 2+ = HIGH RISK:

- Aim to **increase oral intake by an extra 500-1000kcal per day** to prevent further weight loss and to achieve and maintain a healthy BMI (>20kg/m<sup>2</sup>).
- At least 2 nourishing drinks, snacks and a fortified diet are offered as per the service user's preference.
- Record food and fluid intake for at least 3 days to highlight problem areas; be specific when recording quantities consumed.
- If weight is stable or increases after one month of following a fortified diet, continue to follow the above plan until MUST score is lowered.
- All service users who continue to lose weight after one month of following a fortified diet plan should be referred to the Nutrition & Dietetic service** as oral nutritional supplements may be indicated.
- All service users taking oral nutritional supplements must be under regular review by the Nutrition & Dietetic service.



**Tip:** Always consider the reason why weight loss has occurred when completing a nutritional care plan. Refer to the *Food First Resource Pack* for more information.