



East Lancashire Health Economy
Medicines Management Board

www.elmmb.nhs.uk 

FOOD   
FIRST

NUTRITION AND DIETETICS

Are you eating & drinking enough?

A guide to the MUST & GULP
screening tools



GULP Dehydration Risk Screening Tool

To complete **GULP**, tick the boxes which represent your findings. Add up the total tick scores and follow the risk care plan accordingly. **GULP** is to be completed at initial contact and as and when circumstances change i.e. following illness. **For service users on a fluid restriction seek medical advice before making or suggesting any changes to fluid intake.**

Name: _____ D.O.B: ____/____/____ NHS: ____-____-____

Date of assessment: ____/____/____ Initials of assessor: ____

GULP	Score 0	Score 1	Score 2
G auge 24hr fluid intake <i>Tick one box</i>	Intake greater than 1600ml <input type="checkbox"/>	Unable to assess intake <i>or</i> Intake between 1200ml - 1600ml <input type="checkbox"/>	Intake less than 1200ml <input type="checkbox"/>
U rine colour (use pee chart) <i>Tick one box</i>	Urine colour score 1-3 <input type="checkbox"/>	Unable to assess urine colour <input type="checkbox"/>	Urine colour score 4-8 <input type="checkbox"/>
L ook for signs, symptoms and risk factors for dehydration <i>Tick all boxes that apply</i>	No signs of dehydration <input type="checkbox"/>	If <i>any</i> of below reported: - Repeated UTIs - Frequent falls - Postural hypotension - Dizziness or light-headedness - Taking diuretics - Open or weeping wound - Hyperglycaemia <input type="checkbox"/>	If <i>any</i> of below reported: - Drowsiness - Low blood pressure - Weak pulse - Sunken eyes - Increased confusion or sudden change in mental state - Diarrhoea and/or vomiting - Fever <input type="checkbox"/>
P lan For plan add tick scores together: G+U+L=Plan <i>Tick risk care plan to follow</i>	Total score: _____		
	Low risk = score 0 <input type="checkbox"/> ●Encourage service user to continue with current fluid intake ●Place "Keeping Hydrated" leaflet in care plan	Medium risk = score 1-3 <input type="checkbox"/> ●Encourage service user to increase frequency or size of drinks ●Discuss "Keeping Hydrated" leaflet ●Ask service user to self-monitor urine colour and aim for urine colour 1-3	High risk = score 4-7 <input type="checkbox"/> ●Encourage service user to take an extra 1000ml of fluid per day by: ○ Offering 250ml drinks at each visit ○ Explaining guidance to family/carers ○ Providing "The Hydrant" and "Hydration Boosters" leaflets ●Discuss "Keeping Hydrated" leaflet



Self-Reported Fluid Intake – 24 hours





Record all drinks that you have in a 24 hour period (except alcohol). After each drink tick the box that represents the cup or glass that looks most like what you drank from (make a note if you don't manage the full drink). Complete estimated intake for each cup type based on the last box ticked. Add all types together to give your overall estimated daily fluid intake. You should aim to drink at least 1600ml - 2000ml (around 8 glasses) per day.

Name: _____

D.O.B: ___/___/___

NHS: ___-___-___

Date of assessment: ___/___/___

Type	Number of drinks								Estimated intake
	1	2	3	4	5	6	7	8	
 Plastic cup	200ml <input type="checkbox"/>	400ml <input type="checkbox"/>	600ml <input type="checkbox"/>	800ml <input type="checkbox"/>	1000ml <input type="checkbox"/>	1200ml <input type="checkbox"/>	1400ml <input type="checkbox"/>	1600ml <input type="checkbox"/>	= _____ ml
 Tea cup	200ml <input type="checkbox"/>	400ml <input type="checkbox"/>	600ml <input type="checkbox"/>	800ml <input type="checkbox"/>	1000ml <input type="checkbox"/>	1200ml <input type="checkbox"/>	1400ml <input type="checkbox"/>	1600ml <input type="checkbox"/>	= _____ ml
 Glass	250ml <input type="checkbox"/>	500ml <input type="checkbox"/>	750ml <input type="checkbox"/>	1000ml <input type="checkbox"/>	1250ml <input type="checkbox"/>	1500ml <input type="checkbox"/>	1750ml <input type="checkbox"/>	2000ml <input type="checkbox"/>	= _____ ml
 Mug	300ml <input type="checkbox"/>	600ml <input type="checkbox"/>	900ml <input type="checkbox"/>	1200ml <input type="checkbox"/>	1500ml <input type="checkbox"/>	1800ml <input type="checkbox"/>	2100ml <input type="checkbox"/>	2400ml <input type="checkbox"/>	= _____ ml
Other <i>Please describe</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	= _____ ml
Estimated daily fluid intake									= _____ ml

Tip: Use a measuring jug to find out the volume of your cups and glasses at home as some hold more fluid than you think!



Hydration Boosters

You should aim to drink at least 1.6 – 2 litres (2.8 – 3.5 pints), around 8 glasses, of fluid per day to stay hydrated. Around 20% of our daily intake of fluid is contained within our food: if you find it difficult to increase the amount you drink, try opting for foods high in moisture listed below to maintain a good hydration status as all semi-solid foods count towards your fluid intake. (Please note tbsp = tablespoon).

Fruits & Vegetables:

- 2 rings of pineapple (80g) = **70ml**
- Stewed apple (85g) = **75ml**
- 4 florets of broccoli (85g) = **75ml**
- 3 tbsp of mixed vegetable (90g) = **75ml**
- 1 tomato (85g) = **80ml**
- Side salad (100g) = **95ml**
- Tinned fruit cocktail (115g) = **100ml**
- 1 slice of melon (150g) = **140ml**

Savoury Options:

- 1 boiled egg (50g) = **40ml**
- Gravy (50g) = **50ml**
- Cheese sauce (60g) = **50ml**
- 2 tbsp cottage cheese (80g) = **60ml**
- 2 tbsp of mash potato (90g) = **70ml**
- Scrambled eggs with milk (120g) = **80ml**
- 3 tbsp of baked beans (120g) = **90ml**

Sweet Options:

- 2 tbsp of cream (30g) = **30ml**
- Small chocolate mousse (60g) = **40ml**
- Small pot of fromage frais (60g) = **50ml**
- 2 tbsp Greek yogurt (90g) = **70ml**
- Ice lolly (70g) = **70ml**
- 2 scoops of ice cream (120g) = **75ml**
- Small bowl of porridge (110g) = **80ml**
- Individual trifle (115g) = **80ml**
- Custard (120g) = **90ml**
- Serve cereal with milk = **100ml**
- Jelly (120g) = **100ml**
- Instant whip (120g) = **120ml**
- Rice pudding (200g) = **160ml**



Tip: Choosing fluid rich meals throughout the day, such as cereal with milk in place of toast, soup in place of a sandwich, stew with mash in place of steak and chips, can quickly amount up to the equivalent of a large drink if not more!

Nutritional Risk Checklist: When the Malnutrition Universal Screening Tool (MUST) cannot be completed, use this checklist to assess nutritional risk. Meet at least one of the criteria in the arrows below to get your nutritional risk. If you have any concerns, consult your GP or healthcare professional.

**Low Risk
of
Malnutrition**

- Eating and drinking well across the day
- Body Mass Index (BMI) is more than 20kg/m² (healthy weight for height) and weight is stable or increasing
- Mid Upper Arm Circumference (MUAC) is more than 23.5cm and weight is stable or increasing
- MUST score = 0

Try to maintain a healthy balanced diet.

If very overweight, try choosing healthier food alternatives.

**Medium Risk
of
Malnutrition**

- Eating and drinking is variable or of concern
- BMI 18.5-20kg/m² (appears thin) but weight is stable or increasing
- MUAC is less than 23.5cm but weight is stable or increasing
- BMI is more than 20kg/m² (healthy weight for height) but weight loss has become noticeable: clothes and or jewellery have become loose fitting
- MUST score = 1

Aim to increase intake by 500kcal per day to prevent further weight loss or to achieve and maintain a healthy weight.

See Food First resources.

**High Risk
of
Malnutrition**

- Eating and drinking is poor - e.g. missing meals or eating very small portions
- BMI is less than 18.5kg/m² (appears very thin/obvious wasting)
- MUAC is less than 23.5cm and weight loss has become noticeable
- Weight loss is significant
- Reduced appetite or swallowing difficulties
- Has underlying disease or psychosocial/physical disabilities likely to cause weight loss e.g. motor neurone disease, cancer, advanced dementia, depression.
- MUST score = 2+

Aim to increase intake by 500-1000kcal per day to prevent further weight loss and to achieve and maintain a healthy weight.

See Food First resources.



MUST Management Guidelines

Assess 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 $>30\text{kg/m}^2$), encourage healthier alternatives.

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 ($>20\text{kg/m}^2$).
- 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.

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 ($>20\text{kg/m}^2$).
- 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 must be referred to a dietitian** as oral nutritional supplements may be indicated.
- All service users taking oral nutritional supplements must be under regular review by a dietitian.

