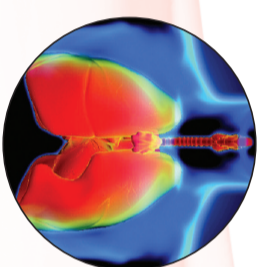


# Managing Malnutrition in COPD

www.malnutritionpathway.co.uk/copd/



## Identifying Malnutrition According to Risk Category Using 'MUST'\* - First Line Management Pathway

BMI score	Weight loss score	Acute disease effect score
>20kg/m <sup>2</sup> Score 0	Unplanned weight loss score in past 3-6 months Score 0	(unlikely to apply outside hospital) If patient is acutely ill and there has been, or is likely to be, no nutritional intake for more than 5 days Score 2
18.5 – 20kg/m <sup>2</sup> Score 1	<5% Score 0	
<18.5kg/m <sup>2</sup> Score 2	5 – 10% Score 1	
	>10% Score 2	

Total score 0-6

Low risk - score 0 Routine clinical care	Medium risk - score 1 Observe	High risk - score 2 or more Treat**
<ul style="list-style-type: none"> <li>- Provide green leaflet: 'Eating Well for Your Lungs' to raise awareness of the importance of a healthy diet</li> <li>- If BMI &gt;30 (Obese) treat according to local guidelines</li> <li>- Review / re-screen annually.</li> </ul>	<ul style="list-style-type: none"> <li>- Dietary advice to maximise nutritional intake. Encourage small frequent meals and snacks, with high energy and protein food and fluids</li> <li>- Provide yellow leaflet: 'Improving Your Nutrition in COPD' to support dietary advice</li> <li>- NICE recommends COPD patients with a BMI &lt;20kg/m<sup>2</sup> should be prescribed oral nutritional supplements (ONS). See ONS pathway, over the page</li> <li>- Review progress after 1-3 months:                             <ul style="list-style-type: none"> <li>- if improving continue until 'low risk'</li> <li>- if deteriorating, consider treating as high risk.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Dietary advice to maximise nutritional intake. Encourage small frequent meals and snacks, with high energy and protein food and fluids</li> <li>- Provide red leaflet: 'Nutrition Support in COPD' to support dietary advice</li> <li>- Prescribe oral nutritional supplements (ONS) and monitor. See ONS pathway, over the page</li> <li>- Review progress according to ONS pathway, over the page</li> <li>- On improvement, consider managing as medium risk</li> <li>- Refer to dietitian if no improvement or more specialist support is required.</li> </ul>

\*The 'Malnutrition Universal Screening Tool' (MUST) is reproduced here with the kind permission of BAPEN (British Association for Parenteral and Enteral Nutrition). For more information and supporting materials see <http://www.bapen.org.uk/musttoolkit.html>

\*\*Treat, unless detrimental or no benefit is expected from nutritional support e.g. imminent death.

### The following indicators can be used collectively to estimate risk of malnutrition in the absence of height and weight (measured or recalled):

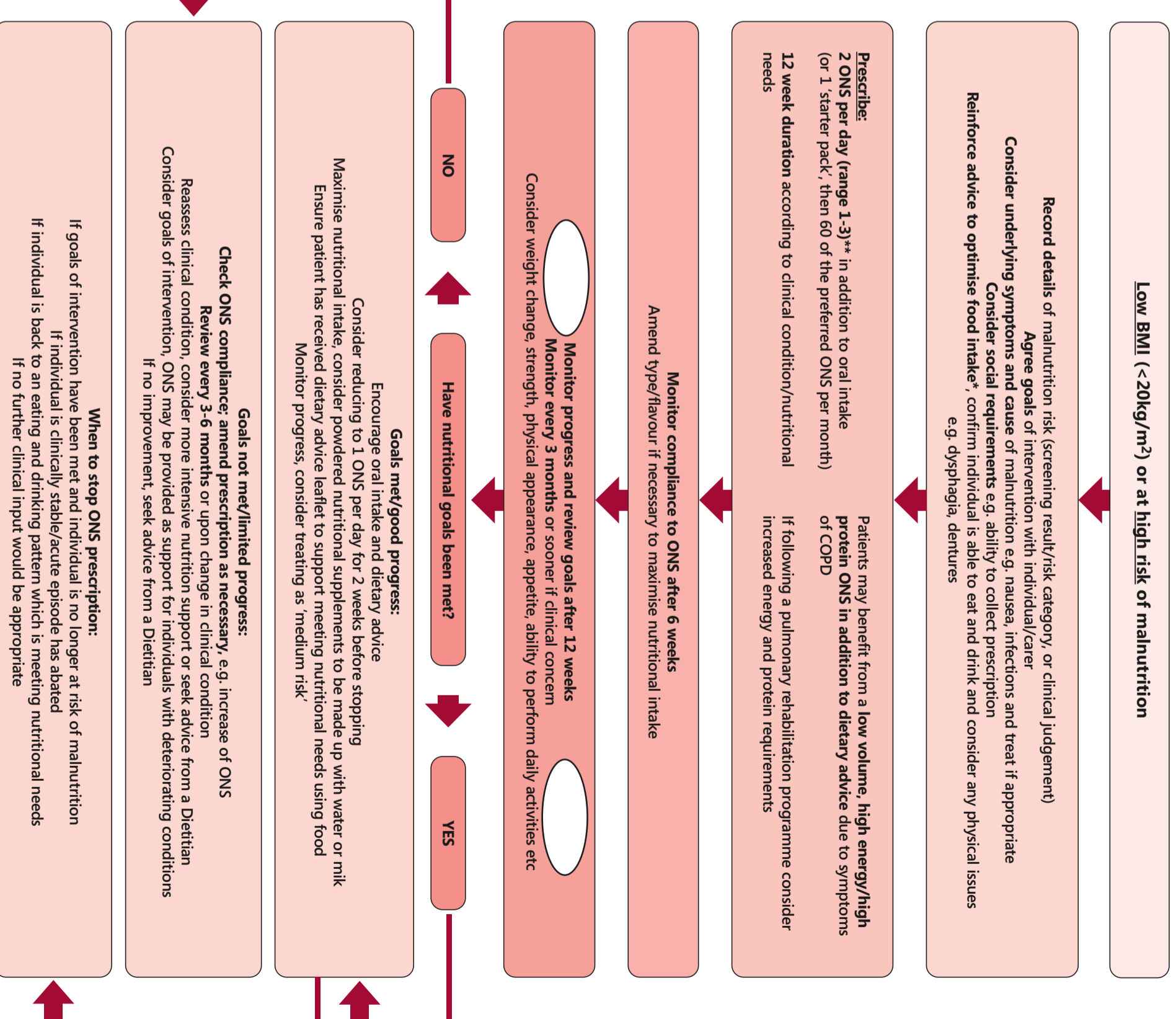
- Thin or very thin in appearance, or loose fitting clothes/jewellery
- History of recent unplanned weight loss
- Changes in appetite, need for assistance with feeding or swallowing difficulties affecting ability to eat and drink
- A reduction in current dietary intake compared to 'normal'

Estimated risk of malnutrition	Indicators
Unlikely to be at-risk (low)	Not thin, weight is stable or increasing, no unplanned weight loss, no reduction in appetite or intake
Possibly at-risk (medium)	Thin as a result of COPD or other condition, or unplanned weight loss in past 3-6 months, reduced appetite or ability to eat
Likely to be at risk (high)	Thin or very thin and/or significant unplanned weight loss in previous 3-6 months, reduced appetite or ability to eat and/or reduced dietary intake

#### For all individuals

- Discuss when to seek help e.g. ongoing weight loss, changes to body shape, strength or appetite
- Refer to other HCPs if additional support is required (e.g. dietitian, physiotherapist, GP)

## Pathway for Using Oral Nutritional Supplements (ONS) in the Management of Malnutrition in COPD



\*The First Line Management Pathway' and 'Pathway for Using Oral Nutritional Supplements (ONS) in the Management of Malnutrition in COPD' featured here have been taken from the 'Managing Malnutrition in COPD' document. A full copy of this document including references is available to download for free from [www.malnutritionpathway.co.uk/copd](http://www.malnutritionpathway.co.uk/copd)

Copies of the green, yellow and red patient leaflets featured in the pathways 'Eating Well for your Lungs', 'Improving Your Nutrition in COPD' and 'Nutrition Support in COPD' are also available to download for free from [www.malnutritionpathway.co.uk/copd](http://www.malnutritionpathway.co.uk/copd)

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- ✓ FREE PCRS-UK membership for leaders of affiliated local groups



For more information see <https://pcrs-uk.org/local-groups>

MANAGING MALNUTRITION IN COPD

OPEN AND PULL OUT