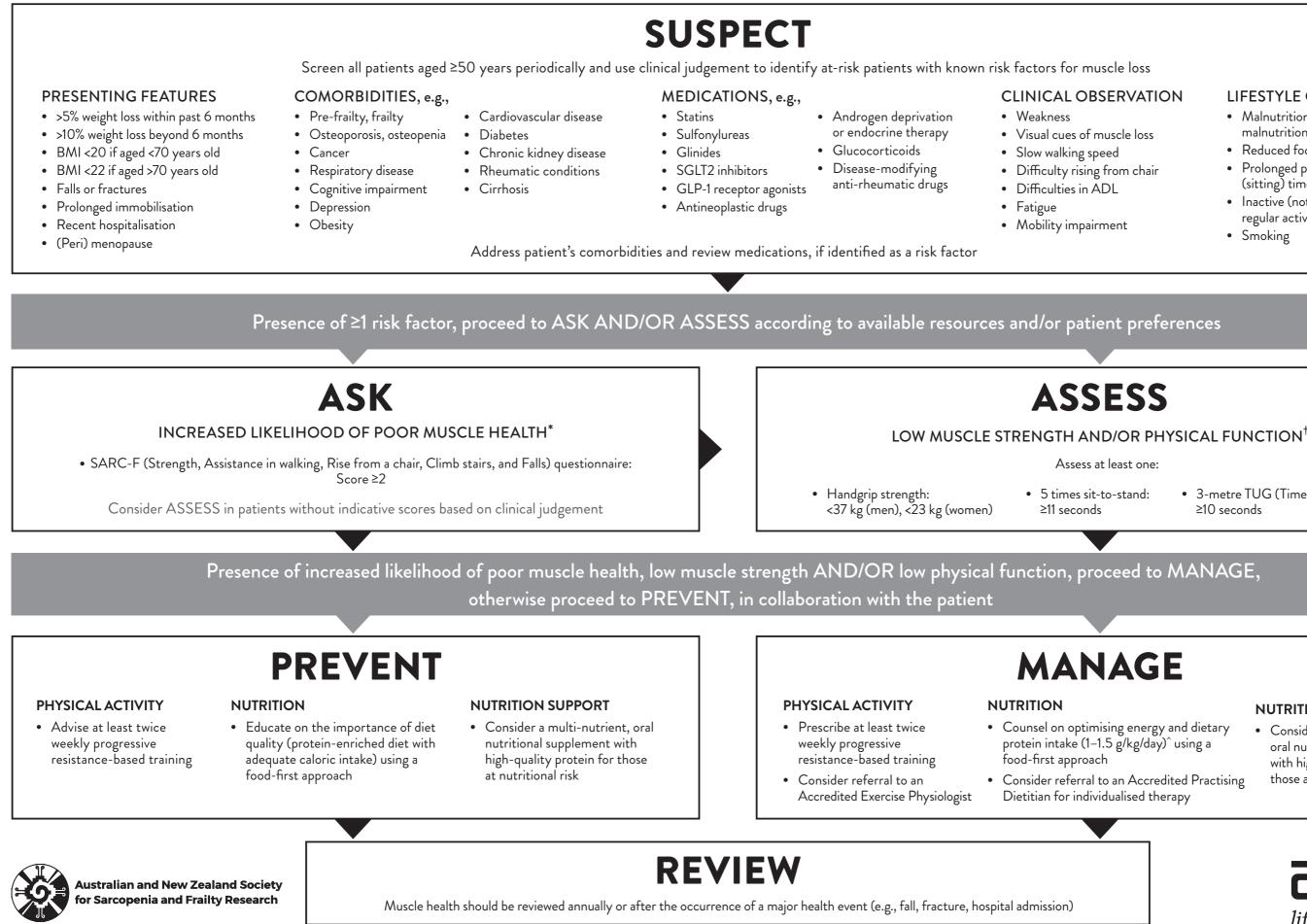
THE MUSCLE HEALTH MONITORING AND MANAGEMENT IN PRIMARY CARE ALGORITHM



LIFESTYLE CUES

- Malnutrition or at risk of malnutrition
- Reduced food intake/assimilation
- Prolonged periods of sedentary (sitting) time
- Inactive (not involved in any regular activity)
- Smoking

- 3-metre TUG (Timed Up and Go): ≥10 seconds

- Consider referral to an Accredited Practising

NUTRITION SUPPORT

Consider a multi-nutrient, oral nutritional supplement with high-quality protein for those at nutritional risk

