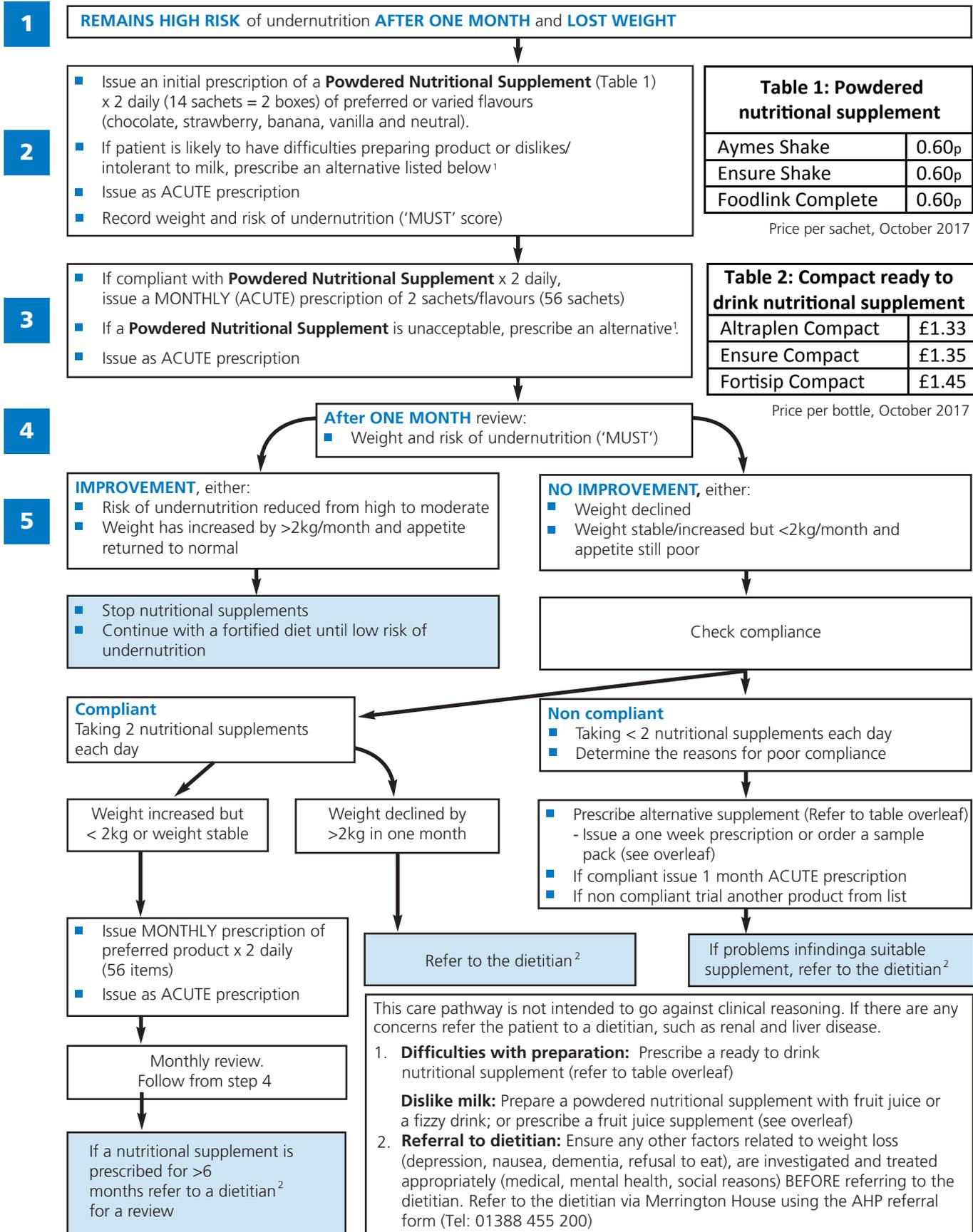


# Care pathway for the prescribing of nutritional supplements for adults in County Durham & Darlington

## Nutritional supplements should not be prescribed without:

- being identified as high risk of undernutrition according to '**MUST**' (Malnutrition Universal Screening Tool) and having ongoing weight loss despite following a fortified diet (see overleaf) for one month
- after one month if still high risk and losing weight refer the individual for an assessment for a **Powdered Nutritional Supplement**



# Guidelines for prescribing nutritional supplements for adults in County Durham & Darlington

## Nutritional advice:

Before prescribing a nutritional supplement, a patient should be identified as high risk of undernutrition (see below) and advised on food first treatments for at least a month. This includes: **two nourishing snacks and drinks daily, fortified drinks and fortified food dishes**, or use 'Complan' or 'Aymes Retail' available from pharmacies and supermarkets.

- Provide Focus on Undernutrition information leaflets for details on food first treatments. Leaflets are available from [www.focusonundernutrition.co.uk](http://www.focusonundernutrition.co.uk)
- Nutritional supplements should only be prescribed for individuals identified at HIGH risk of undernutrition. To determine a person's risk of undernutrition use the self calculator at: [www.focusonundernutrition.co.uk/how-to/identify-undernutrition-using-must-self-calculator](http://www.focusonundernutrition.co.uk/how-to/identify-undernutrition-using-must-self-calculator)

## Evidence base for prescribing nutritional supplements:

- Evidence indicates that nutritional supplements improve clinical outcomes in patients who are at HIGH RISK of undernutrition when they supplement their nutritional intake by 600 calories daily.
- Appropriate identification and treatment of undernutrition reduces the clinical complications associated with undernutrition by 70% and mortality by 40%.

## Nutritional supplements

- Nutritional supplements are listed in price order, with the least expensive first.
- The amount to prescribe daily is stated in order to obtain around 600 calories. Refer to the BNF (appendix 2: borderline substances) for further information on cost, flavours and nutritional information.
- Non compliance:** Where an alternative to a powdered nutritional supplement is required, the following nutritional supplements may be prescribed.

Powdered nutritional supplements	Ready to drink reduced volume style	Ready to drink fruit juice style	Ready to drink milkshake style
* Aymes Shake x 2	Altraplen Compact x 2	Ensure® Plus Juice x 2	Aymes Complete x 2
* Ensure® Shake x 2	Ensure® Compact x 2	Fresubin® Jucy x 2	* Ensure® Plus x 2
* Foodlink Complete x 2	Fortisip® Compact x 2	Fortijuice x 2	* Fortisip® Bottle x 2
Complan Shake x 2		Resource® Fruit x 2	* Nutricomp Drink Plus x 2
Fresubin® Powder Extra x 2			Fresubin® Energy x 2
Vitasavoury x 2			Resource® Energy x 2
* same price			* same price

Any nutritional supplement not identified in the table should only be prescribed on the advice of a dietitian. Examples include:

- When a product is recommended by a dietitian it is **NOT SUITABLE** to be switched to Aymes Shake, Complan Shake or another powdered nutritional supplement.
- Energy modules:** e.g. Calogen Extra, Procal Shot, Maxijul powder, Caloreen powder
- High energy supplements:** Fresubin 2 kcal, Ensure Twocal,
- High protein supplements:** Fortisip Extra, Resource Protein,
- Desserts:** e.g. Forticreme, Ensure Plus Creme, Clinutren Dessert,
- High calorie powdered nutritional supplements:** e.g. Calshake, Enshake, Scandishake

## Practical guidance on using powdered nutritional supplements

- Prepare with a whisk or shaker (provided free when a sample pack ordered) by mixing with 200mls full cream milk.
- For flexibility and variety:
  - Reduce the volume of fluid to 100mls
  - Mix with fruit juice or fizzy drinks (banana with pineapple juice, vanilla with coke)
  - Mix with hot milk (mix neutral or vanilla with hot milk and 1 tsp coffee for a latte, chocolate with hot milk)
  - Mix one sachet with thick and creamy yoghurt or custard. Refrigerate for 30 minutes prior to eating.

**Further information:** Contact Focus on Undernutrition for further advice, training and patient information leaflets on undernutrition on (01388) 452330 [www.focusonundernutrition.co.uk](http://www.focusonundernutrition.co.uk)