Quick Guide: Prescribing Oral Nutritional Supplements (NUT3)

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This guideline is intended for use in primary care

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Area Prescribing Committee

Nutrition Support Flowchart

Stage 1: IDENTIFY PATIENT AT RISK OF MALNUTRITION
Ideally use MUST (see guidelines), patient at risk:
If BMI < 18.5
If BMI < 20 with unintentional weight loss of >5% in 3-6 months
If BMI > 20 with unintentional weight loss of >10% in the last 3-6 months

→ **Referral to Dietitian if MUST ≥ 2**

If MUST < 2

Stage 2: ASSESSMENT
Consider factors such as:-
- Availability of an adequate diet
- Issues with dentition
- Medication eg effect on appetite/taste changes
- Medical prognosis
- Care Package
- Nausea
- Bowel output

→ Swallowing problems: consider referral to SALT team

→ Accessibility of food and ability to cook consider referral to social services

Stage 3: SET GOALS
Establish realistic, measurable goals
E.g. BMI >18.5, reduce nutritional losses, support wound healing

Stage 4: INITIAL TREATMENT PLAN – FOOD FIRST APPROACH
- Food fortification- see stage 4 of guideline
- Delivery services e.g. Wiltshire Farm Foods
- Consider medication changes
- Denture replacement
- "Over the counter" supplements (e.g. Build-up & Complan or high calorie shakes (Food First Project Leaflets (bapen.org.uk)

REVIEW MONTHLY

IF NO IMPROVEMENT
Stage 5: If concerned start Oral Nutritional Supplements (ONS)
- Only start after at least 4 weeks food fortification
- If not already done, refer to Dietitian

IF IMPROVEMENT
BMI within healthy range (18.5-25)
- Regular food intake: meals & snacks
- Review MUST again in the future if required

CCG primary care ONS formulary	
Powdered ONS	First line - Foodlink Complete Second Line - Aymes Shake
Milkstyle ONS 1.5kcal/ml	Fortisip bottle
Milk Style ONS 2.4kcal/ml	First line - Altraplen Compact Second Line - Fortisip Compact
Juice style	Actagain Juce