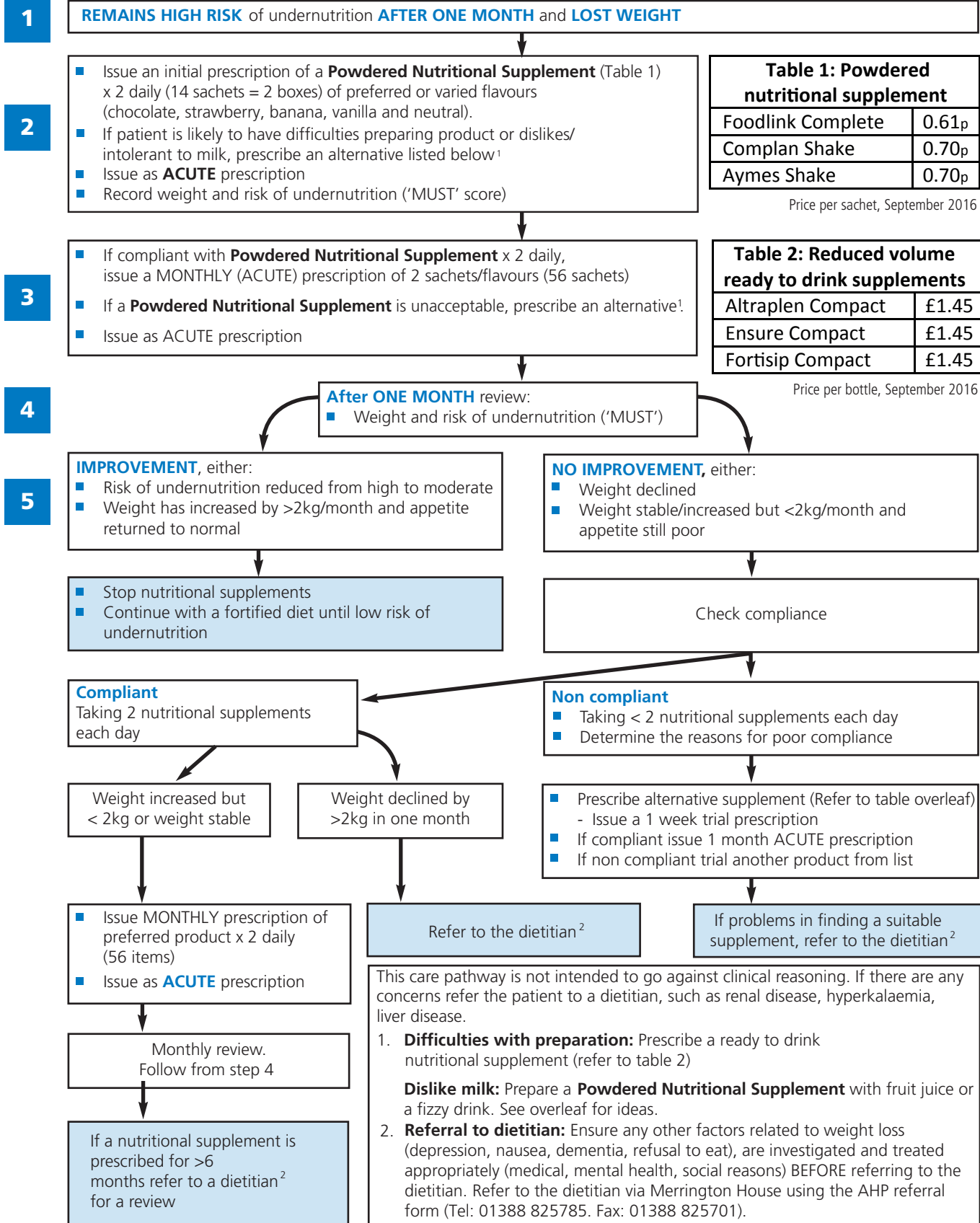


Care pathway for the prescribing of nutritional supplements for adults in County Durham & Darlington

Nutritional supplements should not be prescribed without:

- trialling a fortified diet for at least one month (see overleaf)
- being identified as high risk of undernutrition according to 'MUST' (Malnutrition Universal Screening Tool) and having ongoing weight loss despite following a fortified diet 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

The cost of prescribing nutritional supplements contribute to the overall prescribing cost for County Durham and Darlington.

Nutritional advice:

Before any prescription for a nutritional supplement is considered, a fortified diet should be advised for one month. This includes: **two nourishing snacks daily, fortified diet, fortified drinks** or use 'Complan'* or 'Aymes Retail' available from pharmacies & supermarkets.

- Provide Focus on Undernutrition information leaflets for further details on nutritional modification and recipe ideas. Leaflets are available from 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

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%.

Non compliance: Where an alternative to a **Powdered Nutritional Supplement** is required, the following nutritional supplements may be prescribed.

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.

Powdered nutritional supplements	Ready to drink reduced volume style	Ready to drink fruit juice style	Ready to drink milkshake style
Foodlink Complete	Altraplen Compact	Resource® Fruit x 2	Nutricomp Drink Plus x2
Complan® Shake x 2	Ensure® Compact x 2	Fresubin® Jucy x 2	AYMES® Complete x 2
AYMES® Shake x 2	Fortisip® Compact x 2	Ensure® Plus Juce x 2	Fortisip® Bottle x 2
Fresubin® Powder Extra x 2		Fortijuce® x 2	Ensure® Plus x 2
Ensure® Shake x 2			Fresubin® Energy x 2
			Resource® Energy x 2

Any nutritional supplement not identified in the above table should only be prescribed on the advice of a registered 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 a shaker (provided free by the companies) by mixing with 200mls full cream milk.
- For flexibility and variety:
 - Reduce the volume of fluid to 150mls or 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 a full cream yoghurt. 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