

thinkfood...

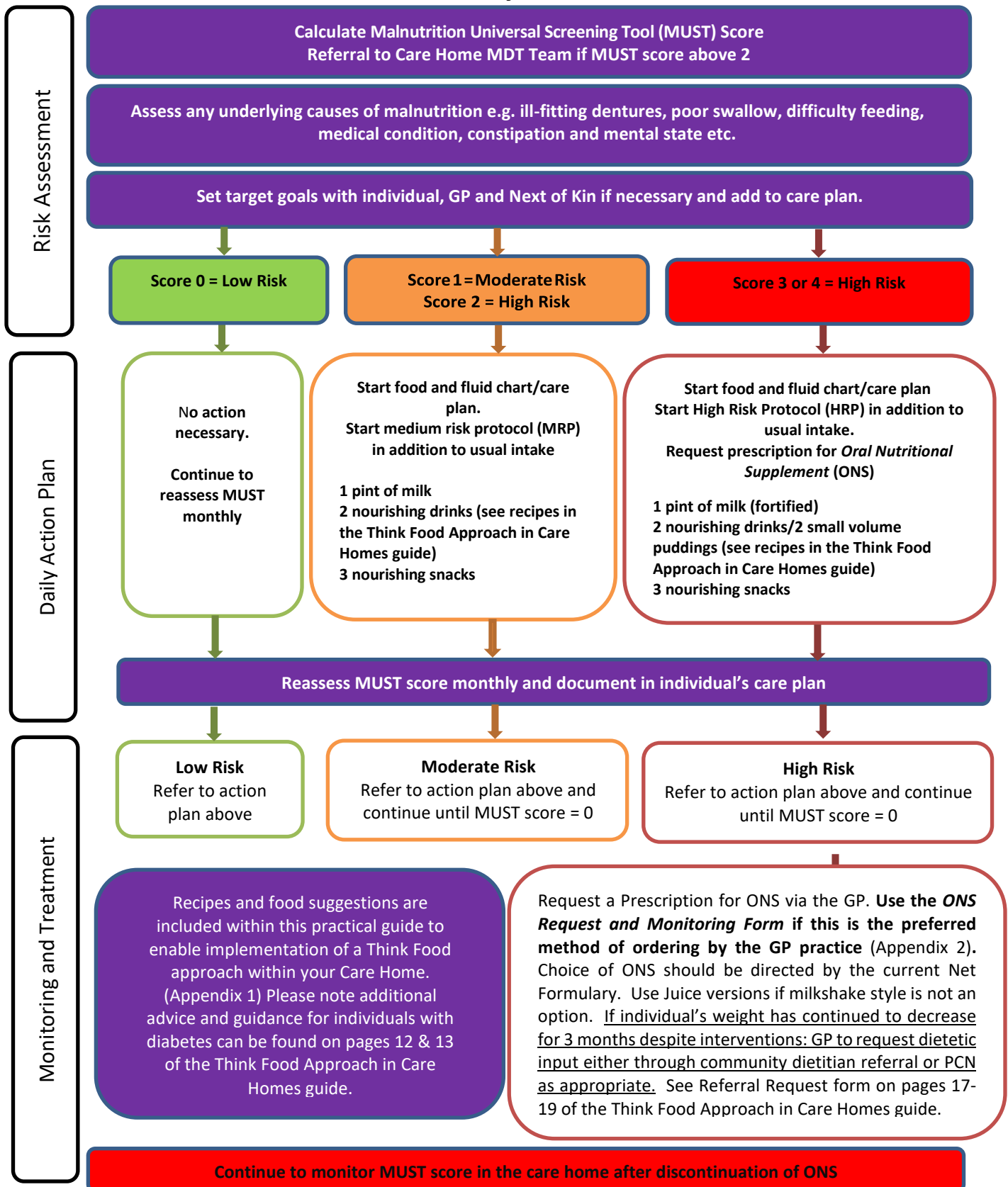
approach in Care Homes

**A practical guide for the treatment of malnutrition
with everyday food and drinks.**

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Malnutrition Care Pathway for Care Home Individuals



Moderate/High RISK = 1 or 2

Provides 800 calories and 25g protein per day

think food - think how?

1 pint of milk

- Breakfast cereal and porridge
- Horlicks
- Hot chocolate
- Tea and coffee
- Drinks of milk

2 nourishing drinks

- Super milkshake recipes from page 8
- Horlicks with sugar/honey & cream
- Hot chocolate with sugar/honey and cream

3 snacks

- See Snack suggestions further on in document
- Or you can use small volume puddings

Take steps 1, 2, 3 every day

1 pint of whole milk = 360 kcals and 18g protein **OR** 1 pint of semi-skimmed = 260 kcals and 18g protein

2 nourishing drinks = approximately 200 – 250 kcals and 5g protein

3 nourishing snacks = approximately 300 kcals

Use Food Fortification to improve MUST score

HIGH RISK = 3 or 4

Provides 1500 kcals and 40g protein per day

think food – think how?

1 Pint of fortified milk

Use in:

- Breakfast cereal and porridge
- Horlicks
- Hot chocolate
- Tea and coffee
- Super Shakes

2 'Super shakes' OR 2 Small volume puddings

See page 8

- Super shake
- Yoghurt & berry smoothie
- Banana & peanut smoothie
- Fruit blast
- Yoghurt and berry

3 Snacks

See page 6 for snack suggestions

OR:

- 1 small volume puddings give as 2 x 50ml portions (see page 9 for recipe)

Take steps 1, 2, 3 every day

1 Pint of fortified milk per day = 560 kcals and 38g protein

2 'Super Shakes' or **2** small volume puddings = 800 – 1000 kcals and 10 – 40g protein

3 Snacks = 300 kcals

Request Oral Nutritional Supplements x 2 daily

(Refer to Net Formulary for current recommended products)

Individual to be reviewed after 3 months

**50 kcals
per topper**

Fortifying Food

Additional calories can be easily added to meals
using "toppers"

Extra toppings/additions	Add to:
1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
1 teaspoon of oil	Main course, soups, vegetables, starchy foods
1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
½ oz. of cheddar cheese	Mash, potatoes, soups, vegetables
½ heaped tablespoon of sugar Or 1 heaped teaspoon of honey/golden syrup	Porridge, puddings, yoghurts, tinned or fresh fruit, milky drinks, in cups of tea or coffee throughout the day
3 heaped teaspoons of skimmed milk powder	Milk, and therefore with cereals, in custard, white sauces, milk puddings, soups <i>See fortified milk recipe.</i>

Establish the individual's preference, document the goal in the care plan and record their actual intake.

****PLEASE ALSO REFER TO APPENDIX 1 OF THIS DOCUMENT FOR ADDITIONAL RECIPE/TOPPER IDEAS****

**100 Kcal
per topper**

Nourishing Snacks

Top Tips!

- Snacks can be combined to provide 200 kcal in one go if the individual is able, e.g. a whole croissant or cheese and half a crumpet.
- You can provide your own snack. Check the calorie content on the package or work it out from the recipe (e.g. homemade cakes).
- ****PLEASE ALSO REFER TO APPENDIX 1 OF THIS DOCUMENT FOR ADDITIONAL RECIPE/TOPPER IDEAS****

Fruit

- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped tablespoon of sultanas or raisins

Nuts

- 1 small handful of peanuts
- 5 Brazil nuts
- 2-3 walnuts
- 7 almonds
- 1 small handful of cashew nuts

Dairy

- 1 scoop of ice cream
- 1 pot of full fat/creamy yoghurt
- 1 medium slice of cheese
- 30mls of condensed milk
- 1 small volume pudding page 9. Give as 2 x 50mls snacks

Savoury

- 1 small bag of crisps
- 2 tablespoons of hummus
- ½ a crumpet and butter
- ½ a mini pork pie
- 1 small sausage roll

Confectionary

- 1/3 of a standard Mars bar
- 5 jelly babies
- 3 squares of milk chocolate
- 2 Kit Kat fingers
- 1 fudge bar
- ½ a crunchie

Biscuits / cakes

- 2 digestives
- 1 chocolate caramel digestive
- 2 custard creams
- 2 bourbons
- ½ croissant
- 1 jam tart
- ½ a doughnut

Establish the individual's preference, document the goal in the care plan and record the actual intake.

Think Food Options for a Puree Diet - level 4

Use as snack ideas or as part of a pureed meal

Enriched Greek-Style Yogurt

150grams smooth Greek-Style yogurt

1 tablespoon skimmed milk powder
(mix in well)

**Calories: 230 kcs Protein: 11
grams**

Stir in:

2 teaspoons of honey = **+100 kcal**

2 teaspoons smooth jam (no bits) =
+100 kcal

Golden syrup 2 teaspoons = **+100 kcal**

Bananas and Custard

1 small ripe banana – mashed well with
no lumps (sieve if required)

150grams full fat custard (can make up
from powder with whole milk and
additional sugar if preferred)

1 tablespoon skimmed milk powder (mix
in well)

Calories: 295 kcs Protein: 10 grams

Enriched Delight

Instant whip (15grams based on 4
servings per sachet)

Make with 100ml fortified milk per
15grams

**Calories: 208 kcs Protein: 10
grams**

Cheesy Mash

120grams instant mashed potato

Stir the following items in:
50mls fortified milk

10grams/one 'pat' butter

30grams full fat soft cheese

Calories: 270 kcs Protein: 7 grams

Pots of thick and creamy yoghurt (no bits), chocolate/fruit mousse or egg custard with the pastry removed are other snack options but slightly lower in calories and protein. Encourage a little and often intake with three snacks per day.

Milkshake and Smoothie Recipe

Top Tip: Give as 100mls 4 times per day

190 – 500
Kcals per
drink

Super Shake

200mls full fat milk
1 large scoop of ice cream
30g skimmed milk powder
20g of milkshake powder

Calories: 390 kcals
Protein: 20g

Fruit Blast

100mls fresh fruit juice
100mls lemonade
1 scoop ice – cream
1 tablespoon Sugar

Calories: 273 – 387 kcals
Protein: 0.5 – 2.5g

Yoghurt & Berry Smoothie (1)

150mls full fat milk
1 pot (150mls) full fat fruit yoghurt
4 tsp milk powder (semi skimmed)
1 banana
1 handful of 2 berries (strawberries,
raspberries, blueberries, blackberries)
1 tsp honey/sugar

Calories: 410 kcals
Protein: 22g

Yoghurt & Berry Smoothie (2)

Small pot of Greek yoghurt
1 handful of frozen berries
1 small banana
150mls of full fat milk

Calories: 395- 513 kcals
Protein: 15g

Fruit Boost

150mls orange juice
50mls pineapple juice
1 banana
1 handful strawberries
1 handful raspberries

Calories: 190 kcals
Protein: 3g

Banana and Peanut Butter Smoothie

150mls full fat milk
1 large scoop ice cream
30g skimmed milk powder
1 banana
1 tbsp peanut butter
1 tsp honey/sugar

Calories: 490 kcals
Protein: 19g

Small Volume Pudding Recipes (for individuals with very small appetites)

Fortified Lemon Cream

Suitable for those managing small volumes of food and fluids.

Can give as 2 x 50ml portions as snacks

Ingredients – for three portions (3 x 100ml)

- 300ml double cream
- 70g caster sugar
- Juice of 1 – 1½ lemons
- 30g skimmed milk powder

Directions

- Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add sugar.
- Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill.

Will keep (covered) in the fridge for 3 days.

Provides: 618 kcals, 5g of protein, 31.6g carbohydrate

Fortified Chocolate Caramel Cream

Suitable for those with very small appetites who would not manage

2 x 220mls drinks per day

Ingredients – for three portions (3 x 100)

- 150mls of double cream
- 30g skimmed milk powder
- 30mls full fat milk
- 2 x 50g caramel chocolate bar (e.g. mars bar or supermarket brand equivalent)

Directions:

- Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved.
- Add chopped caramel bars and heat gently, stirring all the time until chocolate bar has melted.
- Pour into 3 small dessert bowls and chill.

Will keep (covered) in the fridge for 3 days.

Provides: 440 kcals, 6g protein and 30.1g carbohydrate

Fortified Milk Recipe

**200 Kcals
extra/pint**

1. Take 4 tablespoons of dried milk powder
2. Add a small amount of full fat milk (blue top) from 1 pint of milk
3. Mix to a paste with no lumps
4. Add the remaining milk and stir well
(Keep refrigerated and use within 24 hours)

1 pint of whole milk = 364 kcals, 18g protein

1 pint of fortified whole milk = 560 kcals, 38g protein

USE FORTIFIED MILK IN:

Tea/coffee/milky drinks

White sauce

Porridge

Cereals

Custard

Mashed potatoes

TOP TIP

1 cup of tea or coffee, no sugar, semi-skimmed milk:

15 kcals - 1g protein

1 cup of tea or coffee, 2 sugars, fortified milk:

75 kcals - 3.5g protein

3 cups of tea/coffee a day =

225 kcals and 10.5g protein

50 kcals
per
topper

Think food for Individuals with Diabetes

Food Fortification -Additional calories that can be easily added to meals

Extra toppings/additions	Add to
1 level tablespoon of butter	Main course, soups, vegetables, starchy foods
1 teaspoon of oil	Main course, soups, vegetables, starchy foods
1 level tablespoon of double cream	Porridge, desserts, with cakes, with fruit
½ level tablespoon of mayonnaise	Sandwiches, mash, vegetables
½ heaped tablespoon of cream cheese	Sandwiches, mash, pasta, rice, soups, vegetables, omelettes, potatoes
½ oz of cheddar cheese	Mash, potatoes, soups, vegetables
3 heaped teaspoons of skimmed milk powder	Milk, and therefore cereals, in custard, white sauces, milk puddings, soups (<i>see fortified milk recipe</i>)

Establish the individual's preference, document the goal in the care plan and record the actual intake.

Think food for individuals with Diabetes

Suitable snacks for individuals with diabetes

100 – 150
kcal per
snack

Dairy

1 scoop of ice cream
1 pot of full fat yoghurt
Medium slice of cheese
30mls of condensed milk
High protein yoghurt

Nuts

1 small handful of
peanuts
5 Brazil nuts
2 – 3 walnuts
7 almonds
1 small handful of
cashew nuts

Savoury

Bag of crisps
Crumpet
Mini pork pie
Small sausage roll
Crackers and cheese
Small sandwich
Toast and butter
Cheese scone with butter

Biscuits/cakes/breads and crackers

Plain biscuits
Plain sponge cakes
Toast and butter
Crackers and butter
Small sandwich
Tea cake
Plain scone
Malt loaf
Crumpet
Pikelet

Suitable bed-time snacks

200 – 300 mls of milk
Horlicks/hot chocolate
1 slice of toast
Breakfast cereal and milk
1 plain biscuit
1 cracker or crisp bread
1 packet of crisps
1 packet of rice cake snacks
1 rice cake

Sample 'think food' menu for individuals with diabetes

Breakfast: Unsweetened porridge made with suitable milk option, add chopped banana or raisins plus a tablespoon of double cream

Snack: Glass of milk (suitable milk option) and toast and butter

Lunchtime: Fortify all elements of individual's cooked meal + fruit with double cream

Snack: Cup of tea with suitable milk and a slice of plain sponge cake

Teatime: Fortify all elements of individual's teatime meal + a full fat yoghurt

Before bed: Cheese and biscuits with a cup of Horlicks made with suitable milk

Think Food Treatment Plan – worked example

Benefits of using the Treatment Plan Template:

- You can record individual preferences.
- To monitor progress.
- Identifies an aim that all staff are aware of.
- You can provide the kitchen with a copy.
- All health care professionals clearly see an intervention.

Please see Treatment Plan Template Appendix 3 on page 24 which can be used to record your intervention and put into your individual's care plan. See example worked document below:

Think food treatment plan (worked example)

Individual's name: **Sample Individual**

Date of Birth:

NHS Number:

Date:

BMI: 16

MUST: 3

Weight: 45.9kg

Aim of intervention to:

1. Prevent further weight loss
2. Aim for a MUST of 0 leading to discontinuation of ONS
3. Ensure continual monitoring to prevent future risk of malnutrition

Plan below to be implemented alongside usual dietary intake

Snacks	Quantity: 3	Can use the small volume recipes as snacks or full fat yoghurt. (see skimmed milk powder below).
Nourishing Drinks	Quantity: 2	Use the 1 pint of milk to make hot chocolate, Horlicks or Ovaltine as a bedtime drink.
Milk	Quantity: At least 1 pint	Use in all cereals and use to make up 2 nourishing drinks. See above.
Fortified milk		
Small volume puddings		
Plan in individual's notes	Y	N
Think food recipes supplied to kitchen	Y	N

Review date:
Please complete referral form for request of Dietitian input. For PCNs without dietitians/dietetic support: Referral requests are reviewed by the GP and onward referrals are sent to sth-tr.therapiesadminrsh@nhs.net .
For PCNs with a dietitian/in house dietetic support this request will be reviewed and screened for appropriateness for Primary Care management or onward referral to SaTH via sth-tr.therapiesadminrsh@nhs.net

The treatment plan should be implemented and followed for a minimum of five days. If aims of intervention e.g. treatment goal not met, or there is a deterioration in the patient's intake/weight, please request dietitian input via patient's GP (see pages 16 & 17).

PLEASE COMPLETE THIS PART OF THE REFERRAL page 2 of 2

Food Diary

Individual's name:

NHS number:

Days:

1	Breakfast	Snack	Lunch	Snack	Teatime	Before bed
Fluids						
2						
Fluids						
3						
Fluids						

Please send Please send completed form to GP for review and specialist dietetic input (Primary/Secondary Care) as appropriate. Incomplete forms will be rejected.

Appendix 1

EXAMPLE RECIPES



Think Food – Recipe Sheets

You have been given these recipe sheets by your Healthcare Professional as a way of increasing your nutritional intake to help you maintain or gain weight.

If you have diabetes and a poor appetite, increase your sugar intake cautiously and aim to return to your usual diet once your appetite has returned. If you are following dietary restrictions linked to kidney disease, please discuss with your healthcare professional before making dietary changes. If you are following a low-fat diet, increasing fat intake may be appropriate for short term use until appetite has returned. Lower fat options (e.g. semi-skimmed milk) can be used in recipes if required although available nutrition may vary from stated values. Please discuss with your healthcare professional if you are concerned about making any changes to your diet.

This leaflet provides easy to follow recipes and suggestions which will give you a minimum of an additional 500kcal per day.

Based on a '1 2 3' approach every day to increasing your nutrition:

1 PINT OF ENRICHED MILK 2 MILKSHAKES/SMOOTHIES 3 SNACKS

Continue to eat regular 'meals' during the day. You may wish to reduce the portion size if your appetite is reduced. We also advise to add 'toppers' to your meals to further boost the nutritional value. If your appetite is reduced, remember to eat little and often throughout the day and choose the most calorie dense options.

1 PINT PER DAY Enriched Milk

Add four tablespoons (2oz) of milk powder to one pint milk (preferably full fat, blue top or silver top).

1. Add 4 tablespoons of skimmed milk powder to a jug
2. Add a small amount of full fat milk from the pint
3. Mix well to form a paste with no lumps
4. Add the remains of the pint of milk
5. Stir well and enjoy

One pint of enriched milk provides around 550 kcals, 38 grams protein

The milk can be made up and stored in the fridge for use throughout the day in the following:

- Breakfast cereals and porridge
- Mashed potato
- Savoury sauces (e.g. cheese sauce)
- Soups (add to an instant soup mix for a quick and easy snack)
- Tea and coffee/hot chocolate/malted drinks/milkshakes



Enriched Milk PLANT BASED

A pint of fortified plant-based milk can provide 450kcal and 50g protein depending on the chosen milk alternative and plant-based protein powder (60g of protein powder is recommended to fortify a pint of dairy-free milk).

Add 60g of plant-based protein powder to one pint of chosen milk alternative.

1. Add 60 grams of plant-based protein powder to a jug
2. Add a small amount of the chosen milk alternative from the pint
3. Mix well to form a paste with no lumps
4. Add the remains of the pint of milk alternative
5. Stir well and enjoy

One pint of enriched milk provides around 450 kcal, 50 grams protein (depending on the chosen milk alternative).

The fortified plant-based milk alternative, can be made up and stored in the fridge for use throughout the day in the following:

- ✓ Breakfast cereals and porridge
- ✓ Mashed potato
- ✓ Savoury sauces
- ✓ Soups (add to an instant soup mix for a quick and easy snack)
- ✓ Tea and coffee/hot chocolate etc.

To boost the protein content of the **vegan nourishing drink recipe (page 3 – Fruit Boost recipe)**

10grams of pea/hemp/soya protein powder could be added providing:

Pea – 35kcal; 8.2g protein
Hemp – 35kcal; 5.09g protein
Soya – 37kcal; 9g protein

2
PER DAY

Savoury Drinks

If you prefer savoury items or want to try a variety of tastes, then savoury drinks/soups can also be a great way of increasing your nutritional intake. Remember to have these as well as meals and not as meal replacements.

'Pack it in' Soup

- 1 sachet packet soup
- 200mls whole milk (warmed to taste)
- 1 tablespoon skimmed milk powder

Method:

1. Warm milk gently in a pan or microwave.
2. Mix the skimmed milk powder into a packet soup mix in a cup or bowl as preferred.
3. Add a splash of cold milk to the powder and mix into a paste
4. Carefully stir in the warmed milk and stir well

Calories: 325 Protein: 14 grams

Soup can be paired with ½ crumpet and butter for an additional 100 calories

You could also purchase savoury or sweet flavours of Complian®, Meretine® Energis or AYMES® from your supermarket or local pharmacy.

You may prefer to make a homemade soup – remember to add calories by using cream/crème fraîche and skimmed milk powder to maximise its nutritional value.



2
PER DAY

Milkshake and Smoothie Recipes

Aim to have 2 drinks from the following recipe sheets every day. If you prefer a smaller volume, store it in the fridge and serve another portion later (stir well before serving).

Blend up recipes until smooth (unless otherwise directed).

Nutritional values are approximate.

Alternatively, you could buy
Complan[®], Meretine[®] or
AYMES[®] Retail shakes/soups
from
supermarkets/pharmacies

SUPER SHAKE

- 200mls whole milk
- 1 scoop ice cream (flavour of your choice)
- 30g skimmed milk powder (approx. 1.5 tablespoons)
- ✓ 20g milkshake powder (if possible, use vitamin fortified option e.g. Nesquik or Tesco Milkshake mix)

Energy: 390 kcals Protein: 20 grams

YOGURT & BERRY SMOOTHIE

- 150mls whole milk
- 1 pot (150g) full fat plain yogurt
- 4 teaspoons skimmed milk powder
- 1 banana
- 1 handful of berries of your choice (frozen berries can be more cost-effective)
- 1 teaspoon honey or sugar

Energy: 410 kcals Protein: 22 grams

BANANA AND PEANUT BUTTER SMOOTHIE

- ✓ 150mls whole milk
- ✓ 1 scoop ice cream (flavour of your choice)
- ✓ 4 teaspoons skimmed milk powder
- ✓ 1 banana
- ✓ 1 tbsp peanut butter
- ✓ 1 teaspoon honey/sugar

Energy: 490 kcals Protein: 19 grams

FRUIT BLAST

- ✓ 100mls fresh fruit juice
- ✓ 100mls lemonade (non - diet)
- ✓ 1 scoop vanilla ice cream
- ✓ 1 tablespoon sugar

We would recommend for you to avoid using this recipe if you are diagnosed with diabetes

Energy: 273 – 387 kcals Protein: 0.5 – 2.5 grams

APPLE AND ELDERFLOWER JUICE DRINK

- ✓ 180ml apple juice
- ✓ 40ml undiluted elderflower cordial (e.g. Bottlegreen or Belvoir)
- ✓ 10g (2 x 5g) egg white powder sachets

Method

1. Put egg white powder in a glass
2. Using a spoon to mix (not fork or whisk) add in undiluted squash/cordial
3. Gradually add in apple juice

Energy: 230 – 250 kcals Protein: 8.6 grams

We would recommend for you to avoid using this recipe if you are diagnosed with diabetes

FRUIT BOOST

VEGAN/DAIRY FREE OPTION

- ✓ 150mls orange juice
- ✓ 50mls pineapple juice
- ✓ 1 banana
- ✓ 1 handful strawberries
- ✓ 1 handful raspberries

We would recommend for you to avoid using this recipe if you are diagnosed with diabetes

Energy: 190 kcals Protein: 3 grams

3 **SNACKS**

Nourishing Snacks

100kcal
per snack

The following snack suggestions contain around 100kcal each. Aim to have three per day between mealtimes. These should be eaten as well as having two drinks from the suggested recipes per day.

Savoury Snacks

- **2 falafels**
- **Small portion of dalma**
- **1 large piece of beef jerky**
- **1 slice of sourdough**
- **1 slice of rye bread**
- **1 small handful (30g) peanuts**
- **1 small handful (30g) cashews**
- **1 small handful (30g) pistachios**
- **1 small samosa**
- **1 small handful (30g) pretzels**
- 1 small bag of crisps
- 2 tablespoons of hummus
- ½ a crumpet and butter
- ½ a mini pork pie
- 1 small sausage roll
- Crackers and cheese
- 3 rice cakes
- 2-3 walnuts
- 7 almonds
- 5 Brazil nuts
- 1 medium slice of cheese

****Bold snack ideas – new additions****

Sweet Snacks

- **2 Jaffa cakes**
- **1 slice of malt loaf**
- **1 Mathri biscuit**
- 1 scoop of ice cream
- 1 pot of full fat/creamy yoghurt
- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped tablespoon of sultanas/raisins
- 3 squares of milk chocolate
- 5 jelly babies
- 2 kit kat fingers
- 1 fudge bar
- ½ crunchie
- 2 digestives
- 2 custard creams
- 2 bourbons
- ½ croissant
- 1 jam tart
- ½ doughnut

If you are able, you can combine 100kcal snacks (e.g. whole crumpet with butter). Snacks are a great way of optimising your calorie intake through the day and there is no right or wrong way to eat these. These can be paired with nourishing drinks between meal times and for supper.

Appendix 2


Oral Nutritional Supplement (ONS) Request and Monitoring Form

This form should be completed when oral nutritional supplements are requested on behalf of an individual living in a care home **if this is the preferred method of ordering by the GP practice**. In any case, the following information should be communicated to the GP practice so that a clinical record can be maintained and the individual monitored.

ONS may be declined unless a form has been completed.

Please note – prescriptions for ONS should not be routinely issued without a clear clinical goal and a monthly review.

The Think Food approach encourages recipes, snacks and fortification techniques to support nutritional intake. Nutritional supplements are therefore only required in exceptional circumstances and requests may be declined if deemed inappropriate or if a Think Food approach has not been implemented.

 Treatment goals should be reviewed at least monthly to ensure the goals are still appropriate.

Individual's name: Click or tap here to enter text.	Date of birth: Click or tap to enter a date.
Care Home: Click or tap here to enter text.	
Please state the specific treatment goal and any additional information to support the request: Click or tap here to enter text.	
Please document any flavour preferences here: Click or tap here to enter text.	
Has the treatment goal been recorded in the individual's care plan? <input type="checkbox"/> YES <input type="checkbox"/> NO	
Does the individual continue to be supported with a Think Food approach? <input type="checkbox"/> YES <input type="checkbox"/> NO	
*898451000000108 Compliant with food fortification regimen (finding)	YES <input type="checkbox"/>
*898411000000109 Noncompliance with food fortification regimen (finding)	NO <input type="checkbox"/>
*27113001	Current weight (kg): Click or tap here to enter text.
*60621009	Current BMI (kg/m2): Click or tap here to enter text.
*414648004	Current MUST Score: Click or tap here to enter text.
Request made by (please print): Click or tap here to enter text. Job Title/Role: Click or tap here to enter text.	
Signature: Click or tap here to enter text.	
Date: Click or tap to enter a date.	

Oral Nutritional Supplement Prescribing Advice

ONS should only be prescribed for individuals who meet the following Advisory Committee on Borderline Substances (ACBS) criteria:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Disease related malnutrition • Intractable malabsorption • Following total gastrectomy • Short bowel syndrome | <ul style="list-style-type: none"> • Proven inflammatory bowel disease • Bowel fistula • Pre-operative preparation of undernourished patients • Dysphagia |
|--|---|

If none of these conditions apply, home-made or over the counter alternatives are available.

Think Food Approach in Care Homes - A practical guide, recipe ideas and additional information can be found on the Medicines Management - Clinical Guidelines and Resources (CGR) section on the NHS Shropshire, Telford & Wrekin [website](#)

If prescribing is declined, then please communicate this decision with the care home

***Snomed codes for practice use. Please save this document to the clinical record and code appropriately.**

Appendix 3

Think food treatment plan template

Individual's name:

Date of Birth:

NHS Number:

Date:

BMI:

MUST:

Weight:

Aim of intervention to:

1. Prevent further weight loss
2. Aim for a MUST of 0 leading to discontinuation of ONS
3. Ensure continual monitoring to prevent future risk of malnutrition

Plan below to be implemented alongside usual dietary intake

Snacks	Quantity:	
Nourishing Drinks	Quantity:	
Milk	Quantity:	
Fortified milk		
Small volume puddings		
Plan in individual's notes		
Think food recipes supplied to kitchen		

Review date:

Please complete referral form for request of Dietitian input. For PCNs without dietitians/dietetic support: Referral requests are reviewed by the GP and onward referrals are sent to sth-tr.therapiesadminrsh@nhs.net.

For PCNs with a dietitian/in house dietetic support this request will be reviewed and screened for appropriateness for Primary Care management or onward referral to SaTH via sth-tr.therapiesadminrsh@nhs.net