

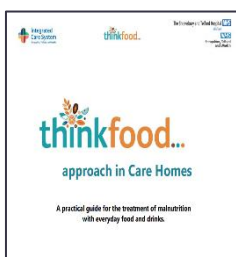


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Revitalising Nutritional Care: August 2025 Resource Re-launch

The [NICE Quality Standard for Nutrition Support in Adults](#) states that all care services must identify individuals at risk of malnutrition and provide appropriate nutrition support.

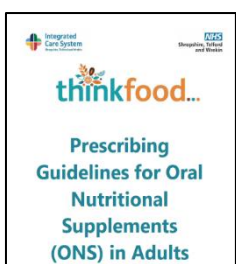
This month marks the re-launch across Shropshire, Telford & Wrekin of two key resources aimed at supporting improved nutritional care across care settings:



The [Think Food Approach in Care Homes](#) a practical guide for the treatment of malnutrition and associated resources has been reviewed and updated in collaboration with dietetic teams from both hospitals and Primary

Care Networks (PCNs). Notably, the example recipes now feature a broader selection of culturally inclusive recipes and snack ideas, reflecting the diverse needs of care home residents.

Shropshire, Telford and Wrekin ICB's Medicines Optimisation team encourages all care settings to have arrangements in place to support individuals at risk of malnutrition through everyday food and drink. We also recommend regular monitoring and review, with realistic and achievable treatment goals for each individual.



The [Prescribing Guidelines for Oral Nutritional Supplements \(ONS\) in Adults](#) provides advice on the appropriate prescribing of ONS for malnutrition in adults in primary care, and supports guidance from the National

Institute for Health and Care Excellence (NICE).

The *Prescribing Guidelines for Oral Nutritional Supplements (ONS) in Adults* are supported by a [Quick Reference Information Sheet](#) for easy use in Primary Care across Shropshire, Telford and Wrekin.

All of the above resource documents and tools can be found on the Shropshire Telford and Wrekin formulary page: [prescribing guidelines](#)

The local formulary offers the following recommendations:

- **First-line:** Use a **Food First / Think Food** approach as the initial treatment for malnutrition.
- **Second-line:** Consider *powdered ONS* **only** if:
 - The Food First approach does not meet treatment goals (e.g., weight gain or maintenance), or
 - The individual has not made progress toward treatment goals, or
 - They are at high risk of malnutrition.
- **Third-line:** *Ready-made ONS* should be prescribed **only** when powdered ONS is unsuitable - e.g., the individual is unable to prepare it and lacks appropriate support.



All documents have been developed in line with the [Care Quality Commission \(CQC\) Regulation 14: Meeting Nutritional and Hydration Needs](#) and are designed to improve how malnutrition is identified, treated, and managed in the community - whether in a person's own home or in a care setting. They intend to support best practice, promote clinically and cost-effective prescribing, and ensure a consistent, joined-up approach across primary care in Shropshire, Telford and Wrekin.

For advice, support, or questions about the Think Food or Oral Nutritional guidance and tools, please contact the Medicines Optimisation Care Settings team: stw.carehomeenquiries@nhs.net