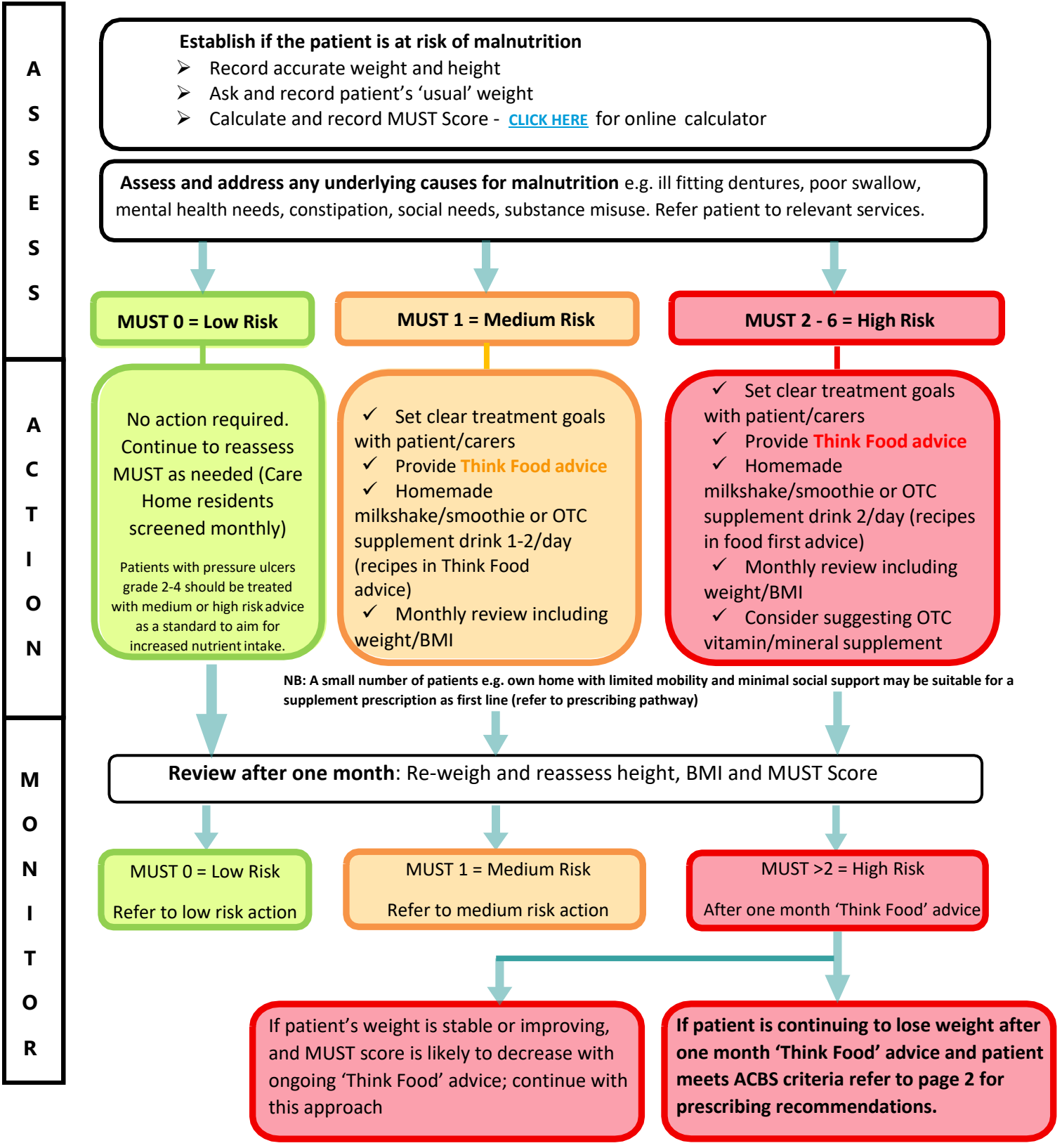


TREATING ADULT MALNUTRITION IN PRIMARY CARE



Treatment goal examples

1. To increase weight and BMI to within a healthy range (aim BMI 18.5 minimum as a general rule, patients with COPD aim BMI 20). Weight targets will be specific to each patient taking into account their 'usual' weight.
2. Weight maintenance (may be suitable for patients unlikely to gain significant weight e.g. advanced dementia).

3. Optimise nutritional intake during acute period (e.g. if pt. has reduced intake as a result of medication/illness that is likely to improve).
4. Facilitate wound healing (e.g. for patients with pressure ulcers)

TREATING ADULT MALNUTRITION IN PRIMARY CARE

<u>When to prescribe a sip feed</u>	<u>When to stop a sip feed prescription</u>
<p>✓ Patient meets ACBS criteria</p> <p>AND one of the following is applicable:</p> <ol style="list-style-type: none"> 1. Pt. is at high risk malnutrition AND treatment goals not met after 1 month 'Think Food' advice with 2 nourishing milkshakes/smoothies per day 2. Pt. is at high risk of malnutrition and pt. or carer is unable to prepare homemade or OTC supplements 3. Dietitian has requested a prescription with adequate justification plus clear treatment goal and monitoring plan. Tube fed patients do not apply to this pathway. <p>Patients with dysphagia who require thickened fluids and supplement drinks have been deemed unsafe (after SaLT assessment) are not suitable for this pathway.</p>	<ul style="list-style-type: none"> ✓ When treatment goals have been met (unless Think Food approach alone is insufficient to support ongoing nutritional intake) ✓ If requested to do so by a dietitian or specialist ✓ If clinically indicated (e.g. erratic blood sugars) ✓ If patient is not taking the supplements regularly or in therapeutic dose (usually bd) ✓ If patient is at the end of life and supplement prescription is not enhancing their quality of life <p><u>Care home patients</u> For patients in Care Homes, the emphasis should be on the home to provide nourishing fluids and food items as the treatment of malnutrition as per the 'Think Food in Care Homes' pathway. Nutritional Supplements should only be prescribed if there is clear clinical need and should be regularly reviewed.</p>

All items to be prescribed on a **one month acute prescription only**, and then reviewed against treatment goal. **Check flavour preferences** and specify on prescription (avoid requesting mixed flavours). We suggest **two flavours should be selected** which can be altered at monthly review.

<p>Approximate price per item</p> <div style="text-align: center;"> <p>£0.60 - £0.70</p> </div> <div style="text-align: center;"> <p>£1.12 - £1.35</p> </div> <div style="text-align: center;"> <p>£1.97</p> </div>	<p>First line – <u>Powder Based Option</u> Suitable when patients or carers are able to prepare powdered drink</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; background-color: #d9ead3; padding: 5px; vertical-align: top;"> <p style="text-align: center;">Ensure® Shake bd</p> <p>Can be served in reduced doses (e.g. 4 x 100mls/day). Once reconstituted, store in the fridge for up to 24 hours</p> </td> <td style="width: 50%; background-color: #d9ead3; padding: 5px; vertical-align: top;"> <p style="text-align: center;">AYMES® Shake Chicken bd</p> <p style="text-align: center;">Savoury option*</p> <p style="text-align: center;">*not as meal replacement (Chicken only available flavour)</p> </td> </tr> </table> <p>Second line options If patient or carers are not able to prepare powdered drink</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; background-color: #d9ead3; padding: 5px; vertical-align: top;"> <p style="text-align: center;">Ensure® Plus Milkshake*</p> <p style="text-align: center;">bd</p> <p>*clinically lactose free</p> </td> <td style="width: 50%; background-color: #d9ead3; padding: 5px; vertical-align: top;"> <p style="text-align: center;">For patients with a reduced volume tolerance</p> <p style="text-align: center;">Ensure® Compact</p> <p style="text-align: center;">bd</p> </td> </tr> </table> <p>Third line option If patient dislikes milk type drinks</p> <div style="background-color: #d9ead3; padding: 5px; text-align: center;"> <p>Ensure® Plus 'Juce' bd (220ml)</p> </div>	<p style="text-align: center;">Ensure® Shake bd</p> <p>Can be served in reduced doses (e.g. 4 x 100mls/day). Once reconstituted, store in the fridge for up to 24 hours</p>	<p style="text-align: center;">AYMES® Shake Chicken bd</p> <p style="text-align: center;">Savoury option*</p> <p style="text-align: center;">*not as meal replacement (Chicken only available flavour)</p>	<p style="text-align: center;">Ensure® Plus Milkshake*</p> <p style="text-align: center;">bd</p> <p>*clinically lactose free</p>	<p style="text-align: center;">For patients with a reduced volume tolerance</p> <p style="text-align: center;">Ensure® Compact</p> <p style="text-align: center;">bd</p>	<p>Patients should continue to follow elements of the 'Think Food' approach whilst ONS prescription is utilised to support with self-management of nutritional needs.</p> <p>Dietitians may request alternative products to those listed in this guidance. Requests must include adequate justification, clear aim and plan for monitoring.</p>
<p style="text-align: center;">Ensure® Shake bd</p> <p>Can be served in reduced doses (e.g. 4 x 100mls/day). Once reconstituted, store in the fridge for up to 24 hours</p>	<p style="text-align: center;">AYMES® Shake Chicken bd</p> <p style="text-align: center;">Savoury option*</p> <p style="text-align: center;">*not as meal replacement (Chicken only available flavour)</p>					
<p style="text-align: center;">Ensure® Plus Milkshake*</p> <p style="text-align: center;">bd</p> <p>*clinically lactose free</p>	<p style="text-align: center;">For patients with a reduced volume tolerance</p> <p style="text-align: center;">Ensure® Compact</p> <p style="text-align: center;">bd</p>					