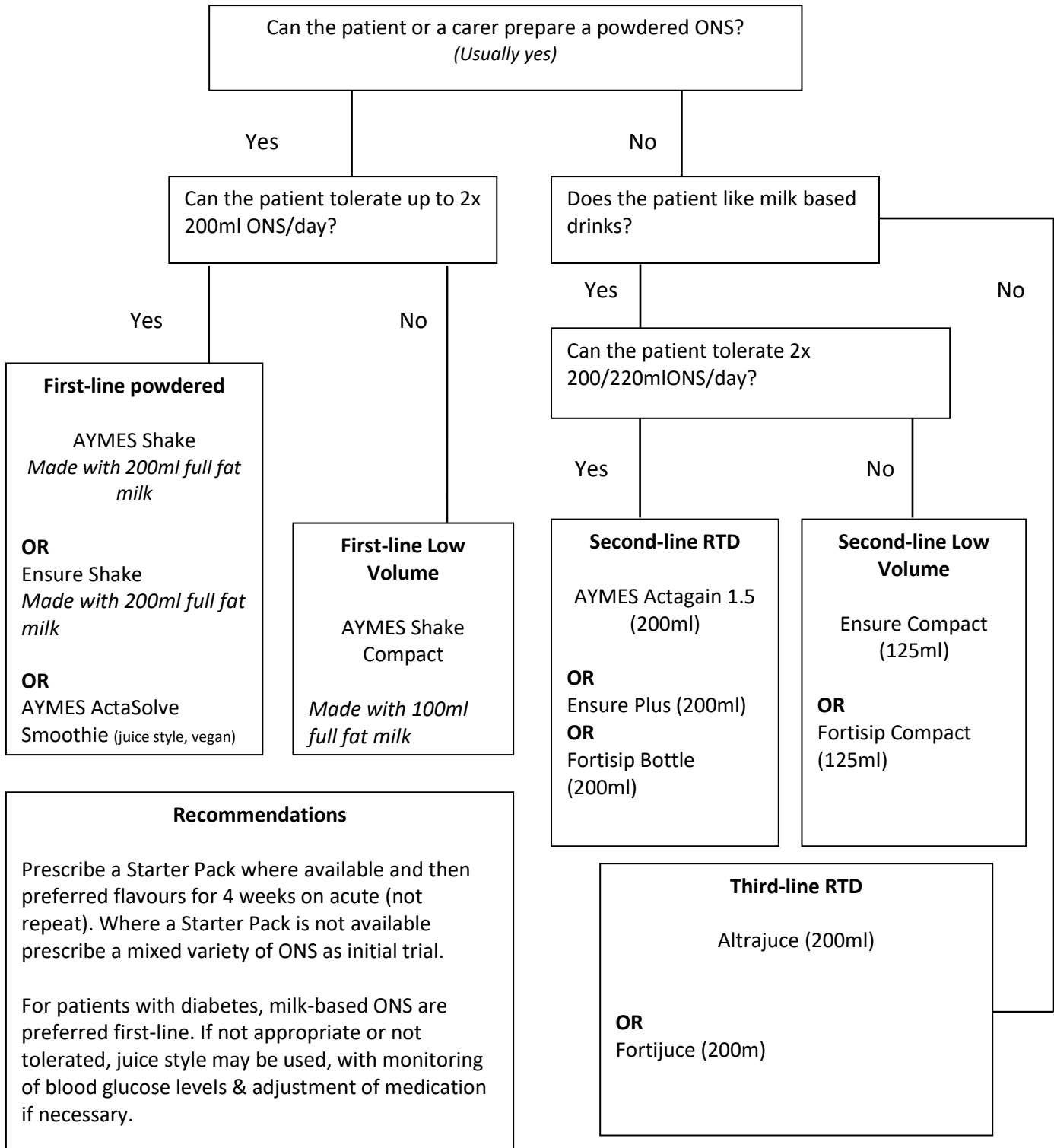


Quick Reference Guide: Oral Nutritional Supplements (ONS)

Please first complete a MUST score and give Food First advice. Prescribe only if patient at Higher Risk (MUST 2+) where Over the Counter supplements have been unsuccessful. If patient meets criteria for Advisory Committee on Borderline Substances (ACBS) use the below for initial one week prescription, followed by four weeks on acute. Document the rationale, treatment goals and confirm date for review.

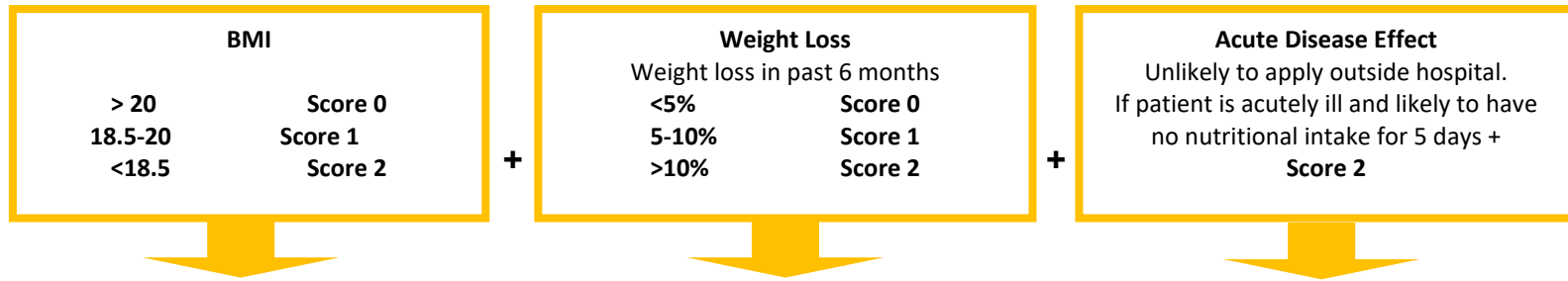


Recommendations

Prescribe a Starter Pack where available and then preferred flavours for 4 weeks on acute (not repeat). Where a Starter Pack is not available prescribe a mixed variety of ONS as initial trial.

For patients with diabetes, milk-based ONS are preferred first-line. If not appropriate or not tolerated, juice style may be used, with monitoring of blood glucose levels & adjustment of medication if necessary.

MUST



Add together the scores to give total of 0-6 www.bapen.org.uk/pdfs/must/must_full.pdf
If BMI or weight loss cannot be established state estimated risk of malnutrition = **Low, Medium or High**
 Consider underlying symptoms and cause of malnutrition e.g. nausea/vomiting, pain, infection, constipation/diarrhoea, ability to chew/swallow, medical prognosis/impact of medication, uncontrolled diabetes, psychological issues

| | | | | |
|---|------------------------------------|---|--|---|
| Agree Goals of Treatment ✓ Prevent further weight loss ✓ Promote weight gain ✓ Improve strength ✓ Increase nutritional intake ✓ Improve quality of life ✓ Promote wound healing | 0 Low Risk | ⇒ | Routine clinical care required. Unlikely to meet criteria for ONS prescription | Re-screen monthly in Care Homes and annually in the Community. Check progress if ONS discontinued |
| | 1 Medium Risk | ⇒ | Provide 'Food First' advice. Encourage purchase of Over the Counter supplements | Review within 3 months: If improving: continue dietary advice, review every 3 months until goals met No improvement: after dietary advice/ over the counter supplements; treat as 'Higher Risk' |
| | 2 / 3 Higher Risk | ⇒ | Provide 'Food First' advice as in 'Medium Risk'. Prescribe First line ONS if ACBS indicated on acute | Review at 4 weeks: If improving: consider treating as 'Medium Risk' No improvement: Refer to Dietitian for specialist advice |
| | 3 / 4 High Risk | ⇒ | Refer to Dietitian (Community or Secondary Care) for specialist advice | Dietitian to review and write rationale for ongoing monitoring |
| Confirm ACBS Indication (Advisory Committee on Borderline Substances) <ul style="list-style-type: none"> • Disease related malnutrition • Dysphagia • Short bowel syndrome • Intractable malabsorption • Pre-operative preparation of undernourished patients • Inflammatory bowel disease • Total gastrectomy • Bowel Fistulae | | | | |

Food First

- Use real food first, making snacks count, sipping milkshakes & fortified drinks
[Food First/Food Enrichment \(bapen.org.uk\)](https://www.bapen.org.uk)
- Food first leaflet
<https://www.nottsapc.nhs.uk/guidelines-formularies/>

Over the Counter supplements at pharmacies

- Powdered options
AYMES® Retail, Complan® or Meritene® shakes made with full fat milk or water
- Ready to drink options
Meritene®, Nurishment® Original, Nurishment Extra®

Prescribed Products

First Line ONS Products

AYMES® Shake (+ 200ml full fat milk)

Ensure® Shake (+ 200ml full fat milk)
AYMES ActaSolve Smoothie (Juice style + 150ml water, Vegan)

Second Line ONS Products

200-220ml Milkshake & Yoghurt Style (Lactose free)

AYMES® Actagain 1.5 Complete

Ensure® Plus
Fortisip® Bottle

125ml Milkshake Style (Low volume)

AYMES Shake Compact (100ml milk, powdered)

Ensure® Compact
Fortisip® Compact

Third Line ONS Products

200-220ml Juice style products

Altrajuce
Fortijuce®

Goals met with ONS

- Encourage 'making the most of your food' advice
- Consider over the counter nutritional supplements to help maximise nutritional intake
- Monitor progress against goals set. Treat as 'medium risk' and review every 3 months
- Document weight/BMI/MUST/Risk Score, update treatment goals and review

Goals not met with ONS

- Check ONS compliance, amend prescription as necessary
- Reassess clinical condition, consider more intensive nutrition support or seek advice from a Dietitian
- Review individuals on ONS every 3 months or upon change in clinical condition
- Document weight/BMI/MUST/Subjective Risk Score, updated treatment goals and review

When to stop ONS

- Goals of intervention have been met and individual is no longer at risk of malnutrition
- Individual is clinically stable/acute episode has resolved
- Individual is back to their normal eating and drinking pattern
- If no further clinical input would be appropriate or beneficial (e.g. end of life)
- If patient does not comply with reviews, supply should be paused as per all NHS prescribing

Summary Prescribing Guide

- Products listed below can be started on acute (not repeat) after ‘MUST’ screening & first line ‘Food First’ treatment
- Over the counter (OTC) supplements can be purchased from pharmacies
- All patients initiated on ONS should have their treatment reviewed regularly
- ONS should be discontinued when treatment goals are met

| 1 st line ONS products | Prescribe first line if patient or carer can prepare a powdered ONS | | | | | | |
|-----------------------------------|---|------------------------|-----------------------|---|---|-------------------------------------|----------------------------------|
| | Use one / two per day | | | | | | |
| | ONS name | Weight/ volume | Kcals/ servin g | Protein/ servin (g) | Flavours | Other information | Monthly volume for BD dose |
| | AYMES Shake | 57g | 384 | 19 | Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger | Starter pack with shaker | 3192g or 56 x 57g |
| AYMES Shake Compact | 57g | 320 | 15.4 | Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger | Low Volume Make up with 100mls Starter pack with shaker | 3192g 56 x 57g | |
| Ensure Shake | 57g sachet (x7/box) | 389 | 17 | Banana, Chocolate, Strawberry, Vanilla | Starter pack with shaker | 3192g or 56 x 57g | |
| 2 nd Line ONS products | Prescribe when no first line product is appropriate or tolerated | | | | | | |
| | 200ml milkshake or yoghurt style | | | | | | |
| | AYMES Actagain 1.5 | 200ml | 300 | 14 | Smooth Vanilla, Strawberry Burst, Banana Milkshake, Double Chocolate. | Starter pack 4 x 200ml available | 11200ml or 56 x 200ml |
| | Ensure Plus | 200ml | 330 | 13.8 | Banana, Chocolate, Coffee, Fruits of the forest, Neutral, Orange, Peach | 4 x 220ml | 56 x 220ml |
| | Fortisip Bottle | 200ml | 300 | 12 | Banana, Caramel, Chocolate Orange, Strawberry, Vanilla | 200ml | 56x 200ml |
| | Prescribe when no first line product is appropriate or tolerated and reduced volume RTD required 125ml | | | | | | |
| | AYMES ActaGain 2.4 | 200ml | 480 | 19.2 | Smooth Vanilla, Strawberry Burst, Banana Milkshake | One a day solution | 5600ml or 28 x 200ml |
| | Ensure Plus Compact | 125ml | 300 | 12.8 | Vanilla, Strawberry, Banana, Café Latte | 125ml | 56 x 125ml |
| | Fortisip Compact | 125ml | 300 | 12 | Banana, Chocolate, Mocha, Strawberry, Vanilla | 125ml | 56 x 125ml |
| If milk based ONS unsuitable | Prescribe when no first- or second-line products are suitable | | | | | | |
| | AYMES ActaSolve Smoothie | 66g 150 ml water | 298 | 10.7 | Mango, Peach, Pineapple, Strawberry & Cranberry | Vegan starter pack available | 56 x 66g |
| | Altrajuce | 200ml | 300 | 7.8 | Apple, Blackcurrant, Orange, Strawberry | 200ml | 6 x 200 |
| | Fortijuce | 200ml | 300 | 7.8 | Apple, Lemon, Orange, Strawberry | 200ml | 6 x 200 |