Prescribing of Oral Nutritional Supplements (ONS) in Adults

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Prescribing of Oral Nutritional Supplements (ONS) in Adults

Executive Summary

- Healthcare professionals are advised to follow national guidance on nutritional assessment and follow management guidelines according to the degree of malnutrition risk based on MUST (Appendix 1).
- If patients are able to take oral diet, it is important to encourage high calorie ‘food first’ before starting supplements. These guidelines include appropriate advice to fortify ordinary foods and the use of over the counter supplements (Appendix 2).


- ONS should only be used with high risk patients as assessed by using the MUST tool and if indicated by the Advisory Committee on Borderline Substances (ACBS). ONS should be prescribed with reference to the Nottinghamshire Area Prescribing Committee Joint Formulary (Appendix 3)
- Patients discharged from hospital with ONS on prescription should only have these continued if the GP receives a care plan letter from the patient’s clinician/dietitian following discharge. This includes patients whose discharge summary states that ONS was commenced by a dietitian. Patients should be reassessed by the Practice within six months
- GP Practices should not prescribe ONS for care home residents simply on request and should be provided with all the information to justify a prescription (Appendix 5).
- If a patient fails to attend a review of their ONS prescription without reasonable rationale on multiple occasions, ONS should be discontinued until the prescriber has seen the patient to ensure safety
- Patients with complex nutritional needs (i.e. renal disease stage 4 and above and gastrointestinal disorders) may require specialist products and should be referred to Dietetic Services as required.
- Patients with swallowing problems should be referred to Speech and Language Therapy services (SALT) for assessment before ONS can be safely prescribed and before dietetic input.
- ONS should be used with caution in those with dysphagia to ensure the correct consistency is provided. Pre-thickened products are available but can be expensive – ask SALT for further information.
- For patients with diabetes, milk-based ONS are preferred offering some of the lowest carbohydrate contents compared to juice based ONS. If milk-based ONS are not appropriate or not tolerated, juice style ONS may be used, with monitoring of blood glucose levels and adjustment of medication if necessary.
- Care should be taken when prescribing supplements in substance misusers as once started, ONS can be difficult to stop. Supplements are often used to replace meals and therefore can be of negligible clinical benefit. Clear goals should be set for patients who meet prescribing criteria.
- It may be appropriate to recommend over the counter multivitamin and mineral supplement e.g. Centrum®, Sanatogen® A-Z or prescribe a supplement e.g. Forceval® capsules once daily instead of ONS for patients with pressure ulcers who are eating well and not malnourished in order to encourage wound healing.
- Not all ONS are kosher approved, halal certified, vegetarian, gluten free or lactose free. Individual ONS products should be checked for their suitability for these patients as well as those with specific food allergies or intolerances. Check the BNF/MIMS or company websites for product details.
Introduction

This document provides guidance on the appropriate prescribing of Oral Nutritional Supplements (ONS) for adults in the community, in line with national guidance from NICE and other Health Professional Organisations.

- Prevention of malnutrition is a complex process, best achieved through education, early intervention and food first approaches. ONS are commercially produced products to assist in the short term treatment of malnutrition. They should be prescribed for patients who have been identified as being at High Risk for malnutrition following a Malnutrition Universal Screening Tool (MUST) score and for those whose condition meets one of the Advisory Committee on Borderline Substances (ACBS) prescribing criteria.

- ONS are relatively expensive for the NHS and prescribing is sometimes deemed inappropriate, particularly when patients are on ONS prescriptions over long periods without adequate review. However, total exclusion or extreme restriction of ONS is equally not cost effective and limits optimal patient care for those who would benefit. There are alternative methods that can be used to supplement dietary intake before the prescribing of ONS or during their discontinuation.

- The ONS listed within these guidelines are formulary products for the prescription by authorised healthcare professionals within the community. All other ONS products are restricted to dietitian and specialist recommendation only and should not routinely be initiated in Primary Care.

- In July 2020, a Standard Operating Procedure (SOP) for Prescribing of ONS and review of patients at risk of malnutrition was produced and this document supports the SOP fully, should ONS be indicated.

Aims

- The aim of the guideline is to support all healthcare professionals in the management of ONS in the community and ensure consistency of care across Nottinghamshire. The guideline aims to provide support with clinical and cost effective prescribing to optimise patient care.

Scope

- This guideline is to provide advice and support on the prescribing of ONS for adults within Primary Care in Nottingham and Nottinghamshire and excludes prescribing of ONS for children and enteral tube feeding. Special advice for the prescription of ONS for patients receiving end of life care or drug or alcohol problems is given at the end of the document.

- It is not a remit of this guideline to cover all aspects of malnutrition.

Development

- Nottingham and Nottinghamshire Clinical Commissioning Group have updated these guidelines in accordance with the national evidence base alongside the involvement of GPs, dietitians, pharmacists and other healthcare professionals. The guideline has been reviewed by the Medicines Optimisation Team, Associate Chief Pharmacist and Area Prescribing Committee.
Indications for ONS prescribing

The Advisory Committee on Borderline Substances (ACBS) advises that ONS may be regarded as medicines for prescribing for the following approved indications:

- Short-bowel syndrome
- Intractable malabsorption
- Pre-operative preparation of undernourished patients
- Proven inflammatory bowel disease
- Following total gastrectomy
- Bowel fistulae
- Dysphagia
- Disease-related malnutrition

‘Disease-related malnutrition’ encompasses a wide range of conditions that may result in a requirement for nutritional support. The British National Formulary (BNF) definition of this includes cancer, neurological conditions, acute episodes of respiratory conditions, dysphagia, mental illness where all efforts to improve nutrition with diet manipulation have failed such as anorexia or dementia. The prescriber should therefore use their clinical judgement to determine when ONS is required and consider the individual circumstances of the patient.

Many supplements and food products are prescribable for those receiving continuous ambulatory peritoneal dialysis (CAPD) and haemodialysis, or are specifically prescribable for individual conditions. These products would normally be requested by a dietitian and should not be routinely started in primary care. Further details of these products can be found in the BNF and MIMS.
Nutritional supplements should usually only be initiated after stages 1-4 have been completed and nutritional intake is still inadequate.

1. Identification
2. Overall assessment
3. Goal setting
4. Initial treatment - ‘Food First’ and non-prescribable ‘over the counter’ (OTC) supplementation
5. Initiating prescribable ONS
6. Review
7. Discontinuation of ONS
8. Follow up review

Dietetic intervention may be appropriate in any of the following circumstances:

- To assist in appropriate planning and goal setting for nutritional support for individual patients.
- To advise on nutritional supplementation strategies and their appropriateness or otherwise of initiating of ONS.
- Deterioration in nutritional status despite supplementation after excluding other contributory pathology.
- Cultural, social or religious influences affecting dietary intake.
- The presence of co-existing medical conditions such as diabetes, renal failure, coeliac disease or high cardiovascular risk.
- Where swallowing difficulties or other indications for modified food texture exist.
- Unexplained weight loss and/or wound healing issues.

These guidelines recommend referral to a dietitian at MUST Score 3 or 4 initially, or MUST 2+ when there are no improvements on review after four weeks (See Appendix 1).

Patients already being treated for an underlying disorder by a Hospital Consultant can be seen by the hospital dietitians if their consultant refers them.

**Stage 1: Malnutrition Risk**

**Nutrition Screening:**
The Malnutrition Universal Screening Tool (MUST) developed by BAPEN is a validated screening tool for malnutrition and is used throughout the NHS in Primary and Secondary care. This tool should be used to help identify the risk of malnutrition where possible. Management plans should then be put in place according to the degree of malnutrition risk identified (Appendix 1).

MUST calculator App  [http://malnutritionpathway.co.uk/app](http://malnutritionpathway.co.uk/app).

As a minimum, the patient’s BMI (kg/m²) and recent weight loss should be calculated. Individuals in the following categories are likely to be at high risk of malnutrition and will require intervention:

- If BMI is < 18.5
If BMI is < 20 with unintentional weight loss of > 5% in the last 3-6 months
If BMI is > 20 with unintentional weight loss of > 10% in the last 3-6 months

NICE recommends that all patients are screened for malnutrition when they are registered with a new GP and at times when there are clinical concerns. Residents in care homes should be screened on admission and monthly thereafter. Screening should also occur on the transfer between care settings and an action plan and goal setting should be implemented in the new care environment. The malnutrition pathway provides downloadable care plans for residential and nursing home settings at: http://malnutritionpathway.co.uk/careplans.

Look for concerning signs such as unintentional weight loss, fragile skin, and poor wound healing, apathy, wasted muscles, poor appetite, altered taste sensation, impaired swallowing, altered bowel habit, loose fitting clothes or prolonged illness.

Alternative measurements to work out a Nutritional Risk Score
If height cannot be measured, use recently documented or self-reported height (if reliable and realistic). Use one of the alternative measurements to estimate height (ulna, knee height or demispan) if patient is unable to report their height or unable to stand. Refer to the MUST Explanatory Booklet for further guidance: http://www.bapen.org.uk/pdfs/must/must_explan.pdf

If weight cannot be measured, mid upper arm circumference (MUAC) may be used to estimate BMI category and can be used to help support an overall impression (subjective criteria) of a patient’s nutritional risk when an accurate BMI cannot be obtained. In this case, a patient maybe scored as low-high risk instead of being given a MUST score.

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<tr>
<th>Risk Score</th>
<th>Subjective Indicators</th>
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<tr>
<td>Low</td>
<td>Not thin, weight stable or gaining weight (no unplanned weight loss), no change to appetite</td>
</tr>
<tr>
<td>Medium</td>
<td>Thin as a result of disease/condition or history of unplanned weight loss in previous 3-6 months, reduced appetite/ability to eat</td>
</tr>
<tr>
<td>High</td>
<td>Thin/very thin and/or substantial unplanned weight loss in previous 3-6 months, no oral intake for 5 days in the presence of acute disease (unlikely to be seen in the community)</td>
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Table adapted from Managing Adult Malnutrition in the Community (BAPEN, 2019)
Stage 2: Assessment

Once nutritional risk has been established, the underlying cause of malnutrition and treatment options should be assessed and appropriate action taken.

Consider factors such as:

- Ability to chew (any issues with dentition) and swallowing issues
- Total food and drink intake
- Physical symptoms e.g. pain, vomiting, constipation, diarrhoea, oral thrush, wound healing
- Impact of medication (consider taste changes/any that may suppress appetite)
- Medical prognosis (appropriate intervention)
- Environmental and social issues
- Psychological issues
- Substance or alcohol misuse

Review the treatment plan in respect of these issues and if needed make appropriate referrals.

Stage 3: Goal Setting

Clear treatment goals and a care plan should be agreed with patients. These should be documented on the patient record and should include the aim of the nutritional support, ACBS indication for ONS if required, timescale for intervention and reviews. Consider disease stage and treatment, e.g. for palliative care, cancer treatments and those in advance stages of illness and adjust goals of intervention accordingly.

Goals should be realistic and measurable and may include:

- Target weight, target weight gain or target BMI over a period of time
- Weight maintenance where weight gain is unrealistic or undesirable
- Reduced rate of weight loss where weight maintenance is not realistic (e.g. cancer cachexia, end of life care)
- Improvement in oral nutritional intake
- Optimising nutritional intake during acute illness
- Wound healing if relevant

Goals can also be set to biochemical, functional, psychological or behavioural symptoms e.g. improvement in strength, physical appearance, appetite, ability to perform activities of daily living.
Stage 4: Initial treatment using ‘Food First’ advice an over the counter supplements

Goals can often be achieved by fortification of the normal diet and/or addition of over the counter (OTC) nutritional supplements.

Offering ‘Food First’ advice

- Eat ‘little and often’. Aim for three small nourishing meals and 2-3 additional snacks throughout the day. Aim to eat every 2-3 hours throughout the day.
- Fortify full fat milk (four heaped tablespoons of dried skimmed milk powder to one pint of full fat milk) and drink one pint each day
- If milk is not tolerated, try other calorific fluids e.g. fruit juice, carbonated drinks, soups
- Add or increase amounts of high-energy foods such as full cream milk, cheese, butter, cream, sugar etc. to maximise calorie and protein intake
- Choose foods that are enjoyed

Your Guide to making the most of your food can be downloaded at: https://www.malnutritionpathway.co.uk/library/pleaflet_yellow.pdf as a guide for healthcare professionals and/or a resource to be given to patients in support of advice.

Care homes should be encouraged to make ‘home made’, nourishing drinks, such as high calorie milkshakes using full fat milk, ice cream, cream and blended fruits or to purchase OTC nutritional products to make up with full fat milk. Care homes should be able to provide adequate quantities of good quality and fortified food and snacks so the use of unnecessary nutrition support is avoided. ONS should not be used as a substitute for the provision of food. Suitable snacks, food fortification as well as OTC products should be used to improve the nutritional intake of those at risk of malnutrition.

Over the Counter (OTC) Nutritional Supplements

Patients who have unplanned weight loss should be encouraged to increase their food intake by having regular meals and extra snacks as per ‘Food First’ and ‘Your Guide to Making the Most of your Food’. If there is no improvement after following this advice, the use of OTC may be considered.

These products may be useful provided they are not contraindicated by diabetes, renal disease, milk allergy or a vegan diet. Patients with these specialist dietary requirements should be referred to a dietitian.

OTC supplements are available to buy at pharmacies, convenience stores, larger supermarkets, cash and carry’s nationwide, as well as online retailers (Appendix 2).

Patients should be encouraged to check individual products for recommended servings/day, which range from 1-2 serves. Patients should consult their GP/Health Care Professional with any concerns.

Patients should be reviewed 1-3 months (or earlier) after being offered first/second-line treatment. All dietary advice/over the counter supplementation should be encouraged to continue with improvements and positive change towards meeting goals.
If first and second line approaches have failed to achieve a positive change towards meeting goals after 1-3 months, consider prescribing of ONS in addition to the food first changes which should be maintained.

The prescribing of ONS should not be considered for first line advice except when the patient is at high risk of malnutrition (MUST 2+) as defined by screening or when an individual with COPD has a BMI <18.5kg/m² as recommended by NICE COPD Guidelines (CG101).

Patients must meet at least one of the ACBS criteria to be eligible for prescribed ONS.

The formulary (Appendix 3) and supportive information (Appendix 4) should be used for guidance in choosing the most appropriate product. These products have been chosen for their optimum nutritional content and cost effectiveness. A choice of products has also been provided in order to meet patients’ needs in terms of taste and sensory preferences, which will help to achieve nutritional goals and improve patient outcomes.

**Key Recommendations on starting ONS prescriptions:**

- ONS should be advised between or after meals and not before meals or as a meal replacement. This helps to maximise effectiveness and not affect appetite for usual meals.
- To be clinically effective it is recommended ONS are usually prescribed twice daily. This ensures calorie and protein intake is sufficient to achieve weight gain.
- A one week prescription or starter pack should always be prescribed initially to avoid wastage, in case products are not well tolerated.
- ONS should not routinely be added to a repeat prescription to ensure regular review, both in terms of nutritional status and compliance with products and flavours.
- ONS products will contain varying amounts of vitamin K, alongside the vitamin K already consumed within the diet. Possible interactions of ONS should be considered for Warfarin resistant patients. INR should be monitored and treatment altered accordingly especially if ONS is commenced or changed after warfarin is started.
- Modular ONS that provide only one or two nutrients e.g. Calogen, Fresubin Shot should be used under dietetic supervision only. **The patient should be reviewed in four weeks to monitor weight and check compliance to ONS.**
Stage 6: How to review

ONS review

- Weight, BMI, MUST, how have they been eating/appetite
- Are they taking their ONS, which product? How they are currently taking their supplements?
- Ascertain if Build UP / Complan over the counter were tried before the prescribed supplements. Promote self-care, 321 Food First leaflet
- An assessment of the initial indication for the sip feed and to see if this is still appropriate now. Refer to ACBS indications on APC guideline
  - Disease related malnutrition including
    - Head, neck and oesophageal tumours
    - Severe COPD – FEV<30% and MUST score of 2 or more
    - Patients with a complex chronic condition requiring specialised feed
  - Dysphagia related to Stroke, MND, MS
  - Pre-operative preparation of malnourished patients
  - Following total gastrectomy, intractable malabsorption, proven IBD, short bowel syndrome, bowel fistulae
  - Renal failure on CAPD or haemodialysis
- Re-Calculate the MUST score²
  - For patients with a MUST score of 0, 1 or 2 recommend OTC Complan, Build Up with monitoring of overall dietary intake and usage of supplement.
- Review current eating habits and to re-enforce ‘little and often’ advice. Provide information sheets - see guidelines.
- Review of / or set some treatment goals such as
  - Prevent further weight loss
  - Promote weight gain
  - Improve nutritional status
  - Promote wound healing
  Record the goals and set timescales for review and / or weight monitoring.
- Change the prescription to an acute, the number of issues to 3 or set a review date, to prompt regular reviews.
- Review if a first line powdered supplement is appropriate (see below)
- Patients meeting the following criteria should be referred to the appropriate Nutrition and Dietetic Department.
  - Patients with Stage 3-4 Pressure Ulcers
  - Patients scoring 3+ or above on the Malnutrition Universal Screening Tool (‘MUST’)²
  - Patients scoring 2+ or above if there has been no significant improvement in condition, following the provision of Food First advice
  - Patients with complex medical conditions
Stage 7: Discontinuing ONS Prescriptions and Follow Up Review

ONS should be discontinued when treatment goals are met. Providing that an effective plan has been prepared at onset, it should be possible to clearly identify the point at which the prescription of supplements can be stopped, e.g. BMI within healthy range (18.5-25), patient has re-established a normal dietary intake (regular meals and snacks), appetite returned to normal, weight stabilised. The prescribing GP should end the prescription once goals are reached or on the advice of the dietitian.

Prescriptions may need to be reduced prior to stopping depending on the prescription amounts. Ideally, the patient should be reviewed 1-3 months after discontinuation to ensure there are no concerns. Consider relapsing remitting conditions e.g. COPD, IBD.

In all cases, justification for stopping the ONS prescription should be documented on the patient record, together with any relevant monitoring information including weight/BMI/MUST/Subjective Risk Score and initial goal of treatment.

Follow up Review:
Once goals are achieved, the patient should be reviewed again after three months to ensure there is no recurrence of the initial problem. If there are no further issues monitoring should continue as documented earlier in these guidelines. If there is future recurrence of malnutrition, the pathway should be re-started at stage 1.
Prescription of ONS in Special Cases

Palliative Care

Use of ONS in palliative care should be assessed on an individual basis. Appropriateness of ONS will be dependent upon the patient’s state and their treatment plan. Emphasis should always be on the enjoyment of nourishing food and drinks and maximising quality of life.

Patients may have many years to live and may be undergoing palliative treatment to improve quality of life. Therefore if a patient’s nutritional intake is compromised, ONS may be beneficial and may improve treatment outcomes; follow Appendix 1.

No MUST assessment recommended: Document rationale for care e.g. MUST tool not appropriate with end of life

Goals of End of Life intervention

- Nutritional support to help maximise quality of life, comfort, symptom relief & enjoyment of food
- Maximising enjoyment of food (if requesting and as able)
- Maximising quality of life in last days

Intervention

- Provide reassurance & support to patient & family that reduced appetite is a normal response
- Consider treating reversible symptoms
- Nourishing diet focussing on enjoyment of food & drink-without pressure for patient to eat
- Little and often-food & drink that the patient likes
- Consider food first approach by adding butter, cream, cheese, milk powder to enrich the nutritional value of food
- ONS may be beneficial in some patients on psychological grounds. If ONS felt to be beneficial and patient wishes to try these, OTC products should be the first line advice. If a patient is unlikely to consistently manage at least two ONS daily, they are unlikely to derive any significant benefit to the well-being or nutritional status.
- Artificial feeding is only indicated when it is in the patient’s best interests and when achievable goals can be established.
- Dietitian referral may not be appropriate, however the dietitian from end of life team, oncology or community should be contacted if a healthcare professional or the patient has any queries.

Last Days of Life

The patient is likely to be bed-bound, very weak and drowsy with little desire for food or fluid. Food and fluid administration beyond the specific requests of patients may play a minimal role in providing comfort in the last days of life.

Treatment decisions about end of life nutrition are difficult and rarely based on evidence alone. Many considerations factor into the decisions that families and providers make about end of life feeding, including provisions in advance directives or living wills, cultural, religious and ethical beliefs, legal and financial concerns and emotions. There is a role to engage in end of life discussions with the patient and family, to ensure that there are no unrealistic expectations associated with nutritional care.
Use of ONS for Substance Misuse (drug and alcohol misuse)

- Substance misuse is not a specified ACBS indication for ONS
- Substance misusers may have a range of nutrition related problems such as poor appetite (particularly with opioid use), weight loss, nutritionally inadequate diet, constipation, poor dental hygiene, chaotic social circumstances (leading to issues with food preparation) and related medical conditions such as Hepatitis C or liver disease
- Problems can be created by prescribing ONS e.g. once started on ONS it can be difficult to stop the individual having them. ONS may be taken instead of meals and therefore offer no additional benefit. They may be given to other members of the family and/or friends or sold and used as a source of income. Substance misusers can be poor clinic attendees, making it difficult to weigh them, monitor goals and re-assess need for ONS


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<tr>
<th>ONS should NOT routinely be prescribed for substance misuse unless the following criteria are met:</th>
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<td>• BMI &lt;18kg/m²</td>
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<td>• evidence of significant weight loss (&gt;10%)</td>
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<tr>
<td>• co-existing medical condition which could affect weight or food intake</td>
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<tr>
<td>• after nutritional advice has been given by a healthcare professional and tried by the patient</td>
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<tr>
<td>• the patient is in a rehabilitation programme e.g. methadone or alcohol programme or on the waiting list to enter a programme</td>
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<tr>
<th>Recommended monitoring if ONS is initiated:</th>
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<tr>
<td>• The patient should be weighed and measured and nutritional goals set and monitored as per other patients and these guidelines</td>
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<tr>
<td>• Maximum prescription should be for 600-800kcal/day e.g. a 300-400kcal ONS twice daily</td>
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<tr>
<td>• A first line ONS should be offered initially. These are cost effective, which the patient mixes with whole milk (see contraindications)</td>
</tr>
<tr>
<td>• Prescriptions should be on acute, not repeat prescriptions, to facilitate monitoring and review</td>
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<tr>
<td>• If a patient fails to attend on two consecutive occasions, ONS should be discontinued</td>
</tr>
<tr>
<td>• If weight gain occurs, continue until usual weight or acceptable weight is reached and commence a withdrawal plan by reducing one supplement per day initially for one month, then discontinue ONS.</td>
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Stopping malnutrition at source is best achieved by raising awareness

Leaflets promoting food first, making food count, milkshakes, fortified drinks. Care homes = ‘Nourishing Drinks’, ‘Making every mouthful count’ are useful for staff for their residents. [https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-project-leaflets](https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-project-leaflets)

Malnutrition Universal Screening Tool online calculator: [https://www.bapen.org.uk/screening-and-must/must-calculator](https://www.bapen.org.uk/screening-and-must/must-calculator)

Sip feed guidance, food first 123 leaflet (APC) website: [https://www.nottsapc.nhs.uk/guidelines/formularies/](https://www.nottsapc.nhs.uk/guidelines/formularies/)

Optimise Rx

Programmed “point of prescribing” alerts for GPs, advising that when initiating ONS, that they should be recording weight, BMI and MUST for patients

Information for Patients:

- **BDA** British Dietetic Association: [www.bda.uk.com](http://www.bda.uk.com). Information on food first approach and other Fact Sheets [https://www.bda.uk.com/foodfacts/home](https://www.bda.uk.com/foodfacts/home)
- **Malnutrition Pathway** [www.malnutritionpathway.co.uk](http://www.malnutritionpathway.co.uk): Key guidelines and resources for Healthcare Professionals and Patients
- **Malnutrition Task Force** [http://www.malnutritiontaskforce.org.uk/resources/](http://www.malnutritiontaskforce.org.uk/resources/): Resources and best practice examples for managing malnutrition

Information for Health Care Professionals:

- **BNF** British National Formulary: [www.bnf.org.uk](http://www.bnf.org.uk)
- **British Lung Foundation** [https://www.blf.org.uk/support-for-you/copd](https://www.blf.org.uk/support-for-you/copd): Health information about living with COPD
- **Malnutrition Pathway** [www.malnutritionpathway.co.uk](http://www.malnutritionpathway.co.uk): Key guidelines and resources for Healthcare Professionals and Patients
- **MIMS** MIMS monthly prescribing guide: [www.mims.co.uk](http://www.mims.co.uk)
- **NICE** National Institute for Health and Care Excellence: [www.nice.org.uk](http://www.nice.org.uk)
  Refer to Clinical Guidance CG32: [https://www.nice.org.uk/guidance/cg32](https://www.nice.org.uk/guidance/cg32) and associated QS24: [https://www.nice.org.uk/guidance trovare](https://www.nice.org.uk/guidance/ens) for Nutrition Support in Adults. Also CG101: [https://www.nice.org.uk/guidance/CG101](https://www.nice.org.uk/guidance/CG101) for Chronic Obstructive Pulmonary Disease in over 16s: Diagnosis & Management
- **PrescQIPP** [https://www.prescqipp.info/our-resources/webkits/nutrition/](https://www.prescqipp.info/our-resources/webkits/nutrition/) (requires subscription): Provides a Nutrition Webkit link for ONS Guidelines and other information on prescribing of Nutritional items. Including a resource; ‘Fabulous Fortified Feasts’, which is a collation of useful recipes, advice and ideas for increasing the calorie and protein intake of people with weight loss, small appetite or people with or at risk of malnutrition

Further Information

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Steering Group for Managing Malnutrition in the Community (2014). Staffordshire Nutrition Support Guidelines; 6 steps to Appropriate Nutritional Care for Adults and ‘Make every Mouthful Matter’ food first tool. Staffordshire and Stoke-on-Trent Partnership in collaboration with East Staffordshire Clinical Commissioning Group

Quick Reference Guide for prescribing ONS in adults

**MUST Score**

- **BMI**
  - > 20: Score 0
  - 18.5 - 20: Score 1
  - < 18.5: Score 2

- **Weight Loss**
  - Weight loss in past 6 months
    - < 5%: Score 0
    - 5 - 10%: Score 1
    - > 10%: Score 2

- **Acute Disease Effect**
  - Unlikely to apply outside hospital.
  - If patient is acutely ill and is likely to be no nutritional intake for 5 days + Score 2

Add together the scores to give total of 0-6 for overall risk of malnutrition [www.bapen.org.uk/pdfs/must/must_full.pdf](http://www.bapen.org.uk/pdfs/must/must_full.pdf)

If BMI or weight loss can’t 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, social or psychological issues

**Agree Goals of Treatment**
- Prevent further weight loss
- Promote weight gain
- Improve strength
- Increase nutritional intake
- Ability to undertake daily activities
- Improve quality of life
- Promote wound healing

**Confirm ACBS Indication** (Advisory Committee on Borderline Substances)
- Disease related malnutrition
- Dysphagia
- Short bowel syndrome
- Intractable malabsorption
- Pre-operative preparation of undernourished patients
- Inflammatory bowel disease
- Total gastrectomy
- Bowel Fistulae

**MUST Score**

- **0** Low Risk
  - Routine clinical care required. Patients are unlikely to meet criteria for ONS prescription

- **1** Medium Risk
  - Provide ‘Food First’ advice & leaflet (p2)
  - Encourage purchase of Over the Counter Nutritional Supplements (p2). No prescribed ONS required unless COPD with BMI < 20kg/m²

- **2 / 2+** High Risk
  - Provide ‘Food First’ advice as in ‘Medium Risk’. Prescribe First line ONS if ACBS indicated (p2). Prescribe a ‘starter pack’ & then 56 preferred ONS on acute for one month

- **3 or 4** Very High Risk
  - Refer to dietician (community or hospital) for specialist advice

**Re-screen monthly in care homes and annually in the Community. Check progress if ONS discontinued**

**After 1-3 months review**
- If improving: continue dietary advice, review every 1-3 months until goals/targets met & ‘Low Risk’
- No improvement: after dietary advice/ over the counter nutritional supplements; treat as ‘High Risk’

**After 4-6 weeks review goals and compliance**
- If improving: consider treating as ‘Medium Risk’. Review ONS every 3-6 months
- No improvement: Patient now considered 2+, refer to Dietitian for specialist advice

**Dietitian to review and write care plan for ongoing monitoring as appropriate**
Prescribing of Oral Nutritional Supplements (ONS) in Adults

 Goals met/Good progress with ONS

- Encourage ‘making the most of your food’ advice
- Consider reducing by one ONS per day for 2-4 weeks before stopping
- Consider over the counter nutritional supplements to help maximise nutritional intake if required
- Monitor progress against goals set. Consider treating as ‘medium risk’ and review every 1-3 months
- Document weight/BMI/MUST/Subjective Risk Score, updated treatment goals and review date in patient record

 Goals not met/Limited progress with ONS

- Check ONS compliance; amend prescription as necessary, increase volume of ONS
- Reassess clinical condition, consider more intensive nutrition support or seek advice from a dietitian
- Consider goals of intervention, ONS may be provided as support for individuals with deteriorating conditions. Adjust treatment goals to support this e.g. to slow decline in weight and function. If no improvement, seek advice from a dietitian
- Review individuals on ONS every 3-6 months or upon change in clinical condition
- Document weight/BMI/MUST/Subjective Risk Score, updated treatment goals and review

When to stop ONS prescription

- 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 a patient does not comply with reviews; supply should be suspended until this takes place

ONS Products available on prescription

**First Line ONS Products**

If patient or carer can prepare a powdered ONS. Use up to 2/day

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

**Second Line ONS Products (when NO First Line product is appropriate or tolerated)**

- 200-220ml Milkshake & Yoghurt Style (Lactose free)
  - AYMES® Complete
  - Ensure® Plus
  - Fortisip® Bottle

- 125ml Milkshake Style (Low volume)
  - AYMES® Shake Compact (100ml milk powdered)
  - Ensure® Compact
  - Fortisip® Compact

**Third Line ONS Products (when NO First or Second Line products are suitable. Use with caution in Diabetes)**

- 200-220ml Juice style products (lactose free)
  - Altrajuce
  - Fortijuce®

Second-line Over the Counter Nutritional Supplements available to buy at pharmacies, convenience stores, larger supermarkets and online retailers

- Suitable for those patients whose condition does not meet ACBS prescribing criteria or
- For those who do not have the ability or desire to make homemade nourishing drinks

**Powdered options:** AYMES® Retail, Complan® and Meritene® (shakes and soups to be made with full fat milk or water)

**Ready to drink options:** Meritene®, Nurishment® Original, Nurishment® Extra, Nurishment® Active

‘Food First’

- Little & Often / Enriching your food / Nourishing Drinks
- Provide ‘Your Guide to Making the Most of your Food’: [https://www.malnutritionpathway.co.uk/library/pleaflet_yellow.pdf](https://www.malnutritionpathway.co.uk/library/pleaflet_yellow.pdf)
- Or ‘If you are losing weight’ (for older people) [https://www.milk.co.uk/hcp/wp-content/uploads/sites/2/woocommerce uploads/2016/12/](https://www.milk.co.uk/hcp/wp-content/uploads/sites/2/woocommerce_uploads/2016/12/)

[Back to contents page]
Over the counter food fortifying products should be encouraged initially as part of the overall food first approach.

### Powdered Products

<table>
<thead>
<tr>
<th>Powdered Products</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy/serving (kcal)</th>
<th>Protein/serving (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES® Retail</td>
<td>4 x 38g sachets</td>
<td>Banana, Chocolate, Strawberry, Vanilla</td>
<td>265-266 (using 200ml full fat milk)</td>
<td>14.9-15.1</td>
</tr>
<tr>
<td>Complan® Original</td>
<td>425g tub</td>
<td>Neutral</td>
<td>24 (x1 serving = 8 scoops or approx. 55g)</td>
<td>8.5</td>
</tr>
<tr>
<td>Complan®</td>
<td>4 x55g sachets</td>
<td>Delicious Banana, Rich Chocolate, Summer Strawberry, Velvety Vanilla</td>
<td>241-245 (using 200ml water)</td>
<td>8.5-8.6</td>
</tr>
<tr>
<td>Meritene®</td>
<td>7 x 30g</td>
<td>Chocolate, Strawberry</td>
<td>107 (using 200ml water)</td>
<td>9.3</td>
</tr>
</tbody>
</table>

### Soups

<table>
<thead>
<tr>
<th>Soups</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complan®</td>
<td>4 x55g sachets</td>
<td>Tasty Chicken</td>
<td>243 (using 150ml water)</td>
<td>8.7</td>
</tr>
<tr>
<td>Meritene® Soup</td>
<td>4 x 50g</td>
<td>Chicken, Vegetable</td>
<td>207 (using 150ml water)</td>
<td>7.0</td>
</tr>
</tbody>
</table>

### Ready to drink shakes

<table>
<thead>
<tr>
<th>Ready to drink shakes</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meritene® Ready to Drink</td>
<td>200ml bottle</td>
<td>Chocolate, Strawberry</td>
<td>250</td>
<td>18.8</td>
</tr>
<tr>
<td>Nurishment® Original</td>
<td>400g can</td>
<td>Banana, Chocolate, Mango, Peanut, Raspberry, Strawberry, Vanilla</td>
<td>380-424</td>
<td>20</td>
</tr>
<tr>
<td>Nurishment® Active</td>
<td>500ml bottle</td>
<td>Chocolate, Strawberry, Vanilla</td>
<td>463-465</td>
<td>35</td>
</tr>
<tr>
<td>Nurishment® Extra</td>
<td>310ml bottle</td>
<td>Banana, Chocolate, Strawberry, Vanilla</td>
<td>289-335</td>
<td>12-13</td>
</tr>
</tbody>
</table>
Appendix 3: Nottinghamshire ONS Formulary

ONS should only be prescribed after first line dietary advice (including food fortification and over the counter nutritional supplements) have been tried.

First-line ONS Products

Powders which require mixing with 200mls full fat milk (use with caution in diabetics and patients with CKD. Not suitable for lactose intolerance or galactosaemia). These products are not suitable as a sole source of nutrition.

<table>
<thead>
<tr>
<th>Product</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
<th>Sample Pack available from</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES® Shake</td>
<td>57g sachet (x7/box)</td>
<td>Banana, Chocolate, Neutral, Strawberry, Vanilla, Ginger</td>
<td>388</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>AYMES Shake Compact 100ml milk</td>
<td>57g</td>
<td>Banana, Chocolate, Strawberry, Vanilla, Neutral</td>
<td>320</td>
<td>12</td>
<td>Make up with 100mls full fat milk for lower volume. Starter pack with shaker available</td>
</tr>
<tr>
<td>AYMES ActaSolve Smoothie 150ml water</td>
<td>7 x 66g sachets</td>
<td>Mango, Peach, Pineapple, Strawberry &amp; Cranberry</td>
<td>297</td>
<td>10.7</td>
<td>3696g (56 x 66g)</td>
</tr>
<tr>
<td>Ensure® Shake</td>
<td>57g sachet (x7/box)</td>
<td>Banana, Chocolate, Strawberry, Vanilla</td>
<td>389</td>
<td>17.0</td>
<td></td>
</tr>
</tbody>
</table>

- Prescribe a Starter Pack
- If ONS is tolerated and patient is compliant after the first week: issue a monthly acute prescription of 1-2 sachets daily of the patient’s preferred flavours
  = 1,596-3,192g for 57g sachets and 1,764-3,528g for 63g sachets
- If the patient does not like the flavours or tolerate first-line ONS, consider second-line products
Second-line ONS Products

200ml Milkshake and Yoghurt style products

Prescribe one of the following:

<table>
<thead>
<tr>
<th>Product</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
<th>Sample Pack available from</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES® Complete</td>
<td>200ml</td>
<td>Banana, Chocolate, Strawberry, Vanilla</td>
<td>300</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Ensure® Plus Milkshake style</td>
<td>200ml</td>
<td>Banana, Chocolate, Coffee, Fruits of the forest, Neutral, Orange, Peach, Raspberry, Strawberry, Vanilla</td>
<td>330</td>
<td>13.8</td>
<td></td>
</tr>
<tr>
<td>Fortisip® Bottle</td>
<td>200ml</td>
<td>Banana, Caramel, Chocolate, Neutral, Orange, Strawberry, Tropical Fruit, Vanilla</td>
<td>300</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>AYMES ActaGain 2.4 Complete Maxi</td>
<td>200ml</td>
<td>Vanilla, Strawberry</td>
<td>480</td>
<td>19.2</td>
<td>5600ml or 28 x 200ml</td>
</tr>
</tbody>
</table>

- Prescribe a Starter Pack OR a small selection of patients preferred flavours on acute for 1 week
- If ONS is tolerated and patient is compliant after the first week: issue a monthly acute prescription of two bottles daily of the patient’s preferred flavours = 11,200-12,320mls)

Ready to drink milkshake style liquid 125ml bottle with straw (check suitability of product for lactose intolerant individuals)

If a patient is able to tolerate milk, but a smaller volume is more preferable; prescribe one of the following:

<table>
<thead>
<tr>
<th>Product</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
<th>Sample Pack available from</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure® Compact</td>
<td>125ml</td>
<td>Banana, Café Latte, Strawberry, Vanilla</td>
<td>300</td>
<td>12.8</td>
<td></td>
</tr>
<tr>
<td>Fortisip® Compact</td>
<td>125ml</td>
<td>Apricot, Banana, Chocolate, Forest Fruit, Mocha, Neutral, Strawberry, Vanilla</td>
<td>300</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Fortisip® Compact Starter Pack</td>
<td>125ml</td>
<td>Mixed pack of 6 assorted flavours above</td>
<td>300</td>
<td>12</td>
<td><a href="https://www.nutriciahcp.com/adult/Samples/">https://www.nutriciahcp.com/adult/Samples/</a></td>
</tr>
</tbody>
</table>
• Prescribe a Starter Pack OR a small selection of patients preferred flavours on acute for 1 week
• If ONS is tolerated and patient is compliant after the first week; issue a monthly acute prescription for two bottles daily of the patient’s preferred flavours (56 bottles = 7000mls)
• If the patient is unable to tolerate first-line or second-line ONS, consider third-line Products

### Third-line Products

200ml Juice style products (clinically lactose free) Use with caution in Diabetics who cannot tolerate alternative supplements. Contain Cow’s milk.

<table>
<thead>
<tr>
<th>Product</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
<th>Sample Pack available from</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altrajuce</td>
<td>200ml</td>
<td>Apple, Blackcurrant, Orange, Strawberry</td>
<td>300</td>
<td>7.8</td>
<td></td>
</tr>
<tr>
<td>Fortijuce®</td>
<td>200ml</td>
<td>Apple, Blackcurrant, Forest Fruit, Lemon, Orange, Strawberry, Tropical</td>
<td>300</td>
<td>7.8</td>
<td></td>
</tr>
<tr>
<td>Fortijuce® Starter Pack</td>
<td>200ml</td>
<td>Mixed pack of 6 assorted flavours above NOT FOR REPEAT PRESCRIPTION</td>
<td>300</td>
<td>7.8</td>
<td><a href="https://www.nutriciahcp.com/adult/Samples/">https://www.nutriciahcp.com/adult/Samples/</a></td>
</tr>
</tbody>
</table>

• Prescribe a Starter Pack OR a small selection of patients preferred flavours on acute for 1 week
Appendix 4: Choosing which Oral Nutritional Supplement (ONS) to prescribe

Prior to prescribing, screen with MUST. Confirm patient at High Risk (MUST 2+) and ‘Food First’ and/or Over the Counter supplements have been unsuccessful. If patient meets criteria for Advisory Committee on Borderline Substances (ACBS) use the Formulary below to prescribe initial one week prescription, followed by one month on acute. Document the nutritional treatment goal on initiation of the prescription and review.

Can the patient or a carer prepare a powdered ONS? (Usually yes if patient is a care home resident)

Yes

Can the patient tolerate up to 2x 200ml ONS/day?

Yes

First-line powdered

AYMES Shake
OR
Ensure Shake

*Made with 200ml full fat milk*

OR

AYMES ActaSolve Smoothie (juice style)

*Made with 150ml water*

No

Does the patient like milky/yoghurt style drinks?

Yes

Can the patient tolerate 2x 200/220ml ONS/day?

Yes

Second-line RTD

AYMES Complete (200ml)
OR
Ensure Plus (200ml)
OR
Fortisip Bottle (200ml)

No

Second-line Low Volume

Ensure Compact (125ml)
OR
Fortisip Compact (125ml)

No

No

No

Can the patient tolerate up to 2x 200ml ONS/day?

Yes

First-line Low Volume

AYMES Shake Compact

*Made with 100ml full fat milk*

No

No

No

Can the patient tolerate 2x 200/220ml ONS/day?

Yes

Third-line RTD

Altrajuce (200ml)
OR

Fortijuce (200ml)

No

No

No

No

Recommended prescription = two servings/day for ONS

Key Recommendations

Prescribe a Starter Pack where available and then preferred flavours for twice daily for 4 weeks on acute. 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 ONS may be used, with monitoring of blood glucose levels & adjustment of medication if necessary.
APPENDIX 5 Care Home ONS Prescription Request Form

To:

From Care Home (Referrer & Signature):

Date:

Resident (Service user) Name:

D.O.B:

NHS Number:

Resident Address (Care Home):

Please select ONE of the following:

- Initial request for GP to start
- Repeat / further supplies from GP
- Under Community Dietitian (ongoing request)
- On discharge summary from hospital

<table>
<thead>
<tr>
<th>Current Height (m) or alternative measure e.g. ulna (cm)</th>
<th>Current Weight (kg)</th>
<th>Previous (usual weight) (3-6 months ago)</th>
<th>BMI (kg/m²) score</th>
<th>% Weight Loss Score</th>
<th>Overall MUST score</th>
</tr>
</thead>
<tbody>
<tr>
<td>(State 'Unsure' if appropriate)</td>
<td>(State 'Unsure' if appropriate)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date taken:</td>
<td>Date taken:</td>
<td>Date taken:</td>
<td>&gt;20kg/m²</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>18.5 – 20kg/m²</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>&lt;18.5kg/m²</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

Care home staff / nurse to complete the following:

First Line 'Food First' Treatment should be offered to ALL residents who are losing / have lost weight unintentionally or have a small appetite. (Refer to ‘Your Guide To Making The Most Of Your Food’ http://www.malnutritionselfscreening.org/pdfs/advice-sheet.pdf)

- Eat ‘little & often’. Aim for three small nourishing meals and 2-3 additional snacks throughout the day. Aim to eat every 2-3 hours throughout the day.
- Fortify full fat milk and aim to drink one pint each day. If not tolerated, try other calorific fluids.
- Fortified food. Add or increase amounts of high-energy foods (full cream milk, cheese, butter, cream) to maximise calorie and protein intake.

Is a ‘Food First’ approach being offered to the resident (e.g. fortifying food, nourishing snacks)

- Yes   [ ]  No   [ ]

If Yes, please give 2-3 examples of the additional snacks offered AND state the quantity usually taken

1.
2.
3.

If No, please commence (Refer to ‘Your Guide To Making The Most Of Your Food’ http://www.malnutritionselfscreening.org/pdfs/advice-sheet.pdf)

If INITIAL request for GP to start ONS, complete the following:

| Reason for request to start ONS:
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident can tolerate milk?</td>
</tr>
<tr>
<td>If No, please explain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Resident is likely to tolerate 200ml twice daily?</th>
</tr>
</thead>
<tbody>
<tr>
<td>If No, please explain</td>
</tr>
</tbody>
</table>

If REPEAT / ONGOING request for GP to continue ONS, complete the following:

<table>
<thead>
<tr>
<th>Resident can tolerate current ONS prescription?</th>
</tr>
</thead>
<tbody>
<tr>
<td>If No, please explain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Resident takes full ONS in the amounts prescribed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>If No, please explain</td>
</tr>
</tbody>
</table>

Barriers to nutritional well-being: nausea / vomiting, pain, infection, difficulty chewing / swallowing (Refer to SLT services for assessment before ONS prescribed / dietetic referral), constipation / diarrhoea, sore mouth / dental concerns, pressure area (Refer to dietitian if stage 3 or 4), mental health issues

Special dietary needs: Diabetes, Vegan, Vegetarian, Coeliac, Food Allergy, Cultural/Religious, Other (please state):

---

*For GP Use only

<table>
<thead>
<tr>
<th>ACBS Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disease related malnutrition</td>
</tr>
<tr>
<td>Short bowel syndrome</td>
</tr>
<tr>
<td>Intractable malabsorption</td>
</tr>
<tr>
<td>Pre-op preparation of undernourished patients</td>
</tr>
<tr>
<td>Inflammatory bowel disease</td>
</tr>
<tr>
<td>Total gastrectomy</td>
</tr>
<tr>
<td>Dysphagia</td>
</tr>
<tr>
<td>Bowel Fistulae</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goals of treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevent further weight loss</td>
</tr>
<tr>
<td>Promote weight gain (target weight/BMI)</td>
</tr>
<tr>
<td>Improve oral nutritional intake</td>
</tr>
<tr>
<td>Improve ability to undertake activities of daily living</td>
</tr>
<tr>
<td>Improve quality of life</td>
</tr>
<tr>
<td>Promote wound healing</td>
</tr>
<tr>
<td>Improve strength</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Action Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommend over the counter ONS</td>
</tr>
<tr>
<td>Start prescriptions for ONS &amp; review</td>
</tr>
<tr>
<td>Continue prescription &amp; review monthly</td>
</tr>
<tr>
<td>Continue / start prescription &amp; refer to community dietitian</td>
</tr>
<tr>
<td>Refer to community dietitian</td>
</tr>
<tr>
<td>Reduce/stop &amp; review after one month</td>
</tr>
</tbody>
</table>
GUIDANCE FOR PRESCRIBING ONS

<table>
<thead>
<tr>
<th>Overall MUST score</th>
<th>Action (unless under dietitian)</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 (Low Risk)</td>
<td>Patients do not meet criteria for ONS. Review and discontinue any current prescriptions</td>
<td>If ONS has been discontinued: screen in one month If no concerns: screen monthly in care home, annually in community If no improvement: treat as 'Medium Risk'</td>
</tr>
<tr>
<td>1 (Medium Risk)</td>
<td>Ensure first line Food First treatment is being offered and Recommend OTC nutritional supplements be provided for at least four weeks. NO prescribed ONS required unless COPD with BMI&lt;20kg/m²</td>
<td>After 1-3 months review: If improving: continue dietary advice, review every 1-3 months until goals/targets met &amp; ‘Low Risk’ No improvement: after dietary advice/ over the counter nutritional supplements; treat as ‘High Risk’</td>
</tr>
<tr>
<td>2 / 2+ (High Risk)</td>
<td>Offer first line Food First treatment as in ‘Medium Risk’ Prescribe First Line ONS twice daily if AEBSS indicated. Prescribe a ‘starter pack’ &amp; then 56 preferred ONS on acute for one month (see below for more details).</td>
<td>After 4-6 weeks review goals and compliance: If improving: consider treating as ‘Medium Risk’. Review ONS every 3-6 months No improvement: Patient now considered 2+, refer to dietitian for specialist advice</td>
</tr>
<tr>
<td>3 or 4 (Very High Risk)</td>
<td>Refer to dietitian for specialist advice.</td>
<td>Dietitian to review and discharge back to GP for monitoring as appropriate.</td>
</tr>
</tbody>
</table>

ACUTE Prescription only to initiate ONS:
- 1 – 2 week’s supply initially to establish patient preference and to avoid wastage
  - Prescribe starter packs (4 boxes of powder) of varied flavours or 14 sachets/bottles of preferred flavour

ONGOING Prescription to continue ONS:
- If ONS is tolerated and patient is compliant, issue a monthly prescription of 2 daily (1 BD between meals) of the patients’ preferred flavours (ideally 2 flavours to reduce taste fatigue)
  - Prescribe x 56 sachets (4-8 boxes) / bottles (7000 – 11,200mls) depending on preparation

<table>
<thead>
<tr>
<th>Product</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES® Shake Starter Pack</td>
<td>57g sachet (x5/box with shaker)</td>
<td>Mixed box of 5 flavours vanilla, strawberry, chocolate, banana, neutral. NOT FOR REPEAT PRESCRIPTION</td>
<td>388</td>
<td>19</td>
</tr>
<tr>
<td>AYMES Compact Shake 100ml milk</td>
<td>57g sachet (x5/box with shaker)</td>
<td>Mixed box of 5 flavours as above. NOT FOR REPEAT PRESCRIPTION</td>
<td>320</td>
<td>12</td>
</tr>
<tr>
<td>AYMES® Shake</td>
<td>57g sachet (x7/box)</td>
<td>Vanilla, Strawberry, Chocolate, Banana, Neutra</td>
<td>384 – 389</td>
<td>15.6 - 16</td>
</tr>
<tr>
<td>Ensure® Shake</td>
<td>57g sachet (x7/box)</td>
<td>Vanilla, Strawberry, Chocolate, Banana</td>
<td>389</td>
<td>17</td>
</tr>
</tbody>
</table>

Second Line ONS Products (when NO First Line product is appropriate or tolerated) (if patient unable to tolerate lactose)

<table>
<thead>
<tr>
<th>Product</th>
<th>Presentation</th>
<th>Flavours</th>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES® Complete</td>
<td>200ml</td>
<td>Banana, chocolate, strawberry, vanilla</td>
<td>300</td>
<td>12</td>
</tr>
<tr>
<td>AYMES ActaSolve Smoothie Juice style powder</td>
<td>150ml water</td>
<td>Strawberry, vanilla, banana, hazel chocolate</td>
<td>297</td>
<td>10.7</td>
</tr>
<tr>
<td>Fortisip® Bottle</td>
<td>200ml</td>
<td>Vanilla, Strawberry, Chocolate, Banana, Neutral, Toffee, Orange, Tropical Fruits</td>
<td>300</td>
<td>12</td>
</tr>
<tr>
<td>Ensure® Compact</td>
<td>125ml (reduced volume)</td>
<td>Banana, Strawberry, Vanilla, Café latte</td>
<td>300</td>
<td>13</td>
</tr>
<tr>
<td>Fortisip® Compact</td>
<td>125ml (reduced volume)</td>
<td>Strawberry, Vanilla, Apricot, Banana, Mocha, Forest Fruits, Chocolate</td>
<td>300</td>
<td>12</td>
</tr>
</tbody>
</table>

If deteriorating with ONS after 4-6 weeks (i.e. MUST score ≥3): Treat as Very High Risk
- Refer to dietitian for specialist advice

If no improvement / goals not met and/or limited progress with ONS (MUST score = 2 for 3 months in succession):
- Check ONS compliance
- Re-assess clinical condition, seek advice from a dietitian
- Consider goals of intervention; ONS may be provided as support for individuals with deteriorating conditions. Adjust goals as required. If no improvement, seek advice from a dietitian.

If improving / goals met with ONS after 4-6 weeks (i.e. MUST score = 1): Treat as Medium risk
- Encourage oral intake and dietary advice
- Consider reducing by one ONS per day for 2-4 weeks before stopping
- Maximise nutritional intake, consider OTC nutritional supplements as required
- Monitor progress and review every 1-3 months

When to stop ONS prescription:
- 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 a patient does not comply with reviews; supply should be suspended until this takes place
- Document and justify stopping of ONS in medical notes
Practice Oral Nutritional Supplement (ONS) Protocol for Care Homes

1) Monthly Request for ONS Prescription Form (NEW request for ONS prescription), to be completed by senior nursing staff at care home, community matron, district nurse, who identify ONS is indicated according to Nottinghamshire ONS Guidelines.

2) Form to be securely emailed to the GP and reviewed by the reception staff initially, to check all details on the form have been completed. Telephone care home/matron/nurse if ONS request form is incomplete.

3) ONS request form to be passed on to GP who is required to review against Nottinghamshire ONS guidelines for appropriateness to prescribe.

4) Prescription of a trial pack or one week’s supply of chosen ONS if request is appropriate (Refer to ONS Formulary and choosing which ONS to prescribe). Prescribe one month of ONS once patient’s tolerances, including preferred flavours are identified.

5) Monthly Request for ONS prescription form (Request for repeat prescription of ONS) is to be completed after one month’s initial prescription for GP to decide on the appropriateness of continued prescription and future monitoring.

6) Reception staff should check whether a form has been completed on a monthly basis for each repeat prescription request. This will help to ensure that patients no longer taking ONS are identified and stock levels are appropriate for need.

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QUICK PRESCRIBING GUIDE to ORAL NUTRITIONAL SUPPLEMENTS IN PRIMARY CARE

- Products listed below can be initiated in primary care after ‘MUST’ screening & appropriate first line ‘Food First’ treatment in line with ONS guidance
- Over the counter (OTC) oral nutritional supplements can be purchased from pharmacies for those patients that do not meet ACBS prescribing criteria
- All patients initiated on ONS should have their treatment reviewed in line with local guidance.
- ONS should be discontinued when treatment goals are met and/or the patient no longer meets the ACBS prescribing criteria

### 1st line ONS products

<table>
<thead>
<tr>
<th>ONS name</th>
<th>Weight/volume</th>
<th>Kcals/serving</th>
<th>Protein/serving (g)</th>
<th>Flavours</th>
<th>Other information</th>
<th>Monthly volume for BD dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES Shake</td>
<td>57g</td>
<td>388</td>
<td>19</td>
<td>Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger</td>
<td>Starter pack with shaker</td>
<td>3192g or 56 x 57g</td>
</tr>
<tr>
<td>Low Volume AYMES Shake Compact</td>
<td>57g</td>
<td>320</td>
<td>12</td>
<td>Banana, Chocolate, Strawberry, Vanilla, Neutral</td>
<td>Make up with 100mls milk for lower volume. Starter pack with shaker available</td>
<td>3192g or 56 x 57g</td>
</tr>
<tr>
<td>Ensure Shake</td>
<td>57g sachet (x7/box)</td>
<td>389</td>
<td>17</td>
<td>Banana, Chocolate, Strawberry, Vanilla</td>
<td>Starter pack with shaker</td>
<td>3192g or 56 x 57g</td>
</tr>
</tbody>
</table>

### 2nd Line ONS products

<table>
<thead>
<tr>
<th>ONS name</th>
<th>Weight/volume</th>
<th>Kcals/serving</th>
<th>Protein/serving (g)</th>
<th>Flavours</th>
<th>Other information</th>
<th>Monthly volume for BD dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES Complete</td>
<td>200ml</td>
<td>300</td>
<td>12</td>
<td>Banana, Chocolate, Strawberry, Vanilla</td>
<td>Starter pack 4 x 200ml available</td>
<td>11200ml or 56 x 200ml</td>
</tr>
<tr>
<td>Ensure Plus</td>
<td>200ml</td>
<td>330</td>
<td>13.8</td>
<td>Banana, Chocolate, Coffee, Fruits of the forest, Neutral, Orange, Peach</td>
<td>4 x 220ml</td>
<td>56 x 220ml</td>
</tr>
<tr>
<td>Fortisip Bottle</td>
<td>200ml</td>
<td>300</td>
<td>12</td>
<td>Banana, Caramel, Chocolate, Neutral, Orange, Strawberry, Tropical Fruit, Vanilla</td>
<td></td>
<td>200ml</td>
</tr>
</tbody>
</table>

### 3rd Line ONS products

<table>
<thead>
<tr>
<th>ONS name</th>
<th>Weight/volume</th>
<th>Kcals/serving</th>
<th>Protein/serving (g)</th>
<th>Flavours</th>
<th>Other information</th>
<th>Monthly volume for BD dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure Plus Compact</td>
<td>125ml</td>
<td>300</td>
<td>12.8</td>
<td>Vanilla, Strawberry, Banana, Café Latte</td>
<td>Vanilla, Strawberry, Banana, Café Latte</td>
<td>56 x 125ml</td>
</tr>
<tr>
<td>Fortisip Compact</td>
<td>125ml</td>
<td>300</td>
<td>12</td>
<td>Apricot, Banana, Chocolate, Forest Fruit, Mocha Neutral, Strawberry, Vanilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AYMES ActaGain 2.4 Complete Maxi</td>
<td>200ml</td>
<td>480</td>
<td>19.2</td>
<td>Vanilla, Strawberry</td>
<td>One a day solution</td>
<td>5600ml or 28 x 200ml</td>
</tr>
</tbody>
</table>

### If milk based ONS unsuitable

<table>
<thead>
<tr>
<th>ONS name</th>
<th>Weight/volume</th>
<th>Kcals/serving</th>
<th>Protein/serving (g)</th>
<th>Flavours</th>
<th>Other information</th>
<th>Monthly volume for BD dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>AYMES ActaSolve Smoothie</td>
<td>66g 150 ml water</td>
<td>297</td>
<td>10.7</td>
<td>Mango, Peach, Pineapple, Strawberry &amp; Cranberry</td>
<td>Starter pack with shaker available</td>
<td>3696g (56 x 66g)</td>
</tr>
<tr>
<td>Altrajuce</td>
<td>200ml</td>
<td>300</td>
<td>7.8</td>
<td>Apple, Blackcurrant, Orange, Strawberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fortijuce</td>
<td>200ml</td>
<td>300</td>
<td>7.8</td>
<td>Apple, Blackcurrant, Forest Fruit, Lemon, Orange, Strawberry, Tropical</td>
<td></td>
<td>6 x RTD starter pack</td>
</tr>
</tbody>
</table>