Quick Reference Guide: 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

No

Does the patient like milky/yoghurt style drinks?

Yes

Second-line RTD

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

Second-line Low Volume

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

No

No

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

Yes

First-line Low Volume

AYMES Shake Compact

Made with 100ml full fat milk

No

No

Third-line RTD

Altrajuce (200ml)
OR
Fortijuce (200ml)

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.

Recommended prescription = two servings/day for ONS
**MUST Score**

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

**MUST Score 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

**MUST Score 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

**MUST Score 3 or 4**

Very High Risk

Refer to Dietitian (Community or Hospital) for specialist advice

**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

**Weight Loss**

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

**BMI**

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

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

**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’

Dietitian to review and write care plan for ongoing monitoring as appropriate

Re-screen monthly in Care Homes and annually in the Community.

Check progress if ONS discontinued

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

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)
**‘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
- Or ‘If you are losing weight’ (for older people)

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**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
  - Fortijuice®

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**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

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**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

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**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

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**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
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.

<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><strong>1st Line ONS products</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>
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<tr>
<td><strong>2nd Line ONS products</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>200ml</td>
<td>56x 200ml</td>
</tr>
</tbody>
</table>

Prescribe when no first line product is appropriate or tolerated

<table>
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<tr>
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<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></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>56 x 125ml</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>56000ml or 28 x 200ml</td>
</tr>
</tbody>
</table>

Prescribe when no first- or second-line products are suitable or patient dislikes milk-based ONS

<table>
<thead>
<tr>
<th>ONS name</th>
<th>Weight/volume</th>
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<th>Protein/serving (g)</th>
<th>Flavours</th>
<th>Other information</th>
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</tr>
</thead>
<tbody>
<tr>
<td>AYMES ActaSolve Smoothie</td>
<td>66g</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</td>
<td></td>
<td>6 x RTD starter pack</td>
</tr>
</tbody>
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