

Quick Reference Guidelines for GPs and Primary Care Clinicians

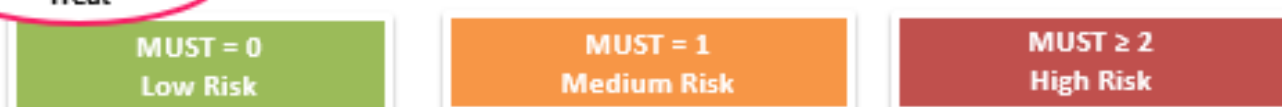
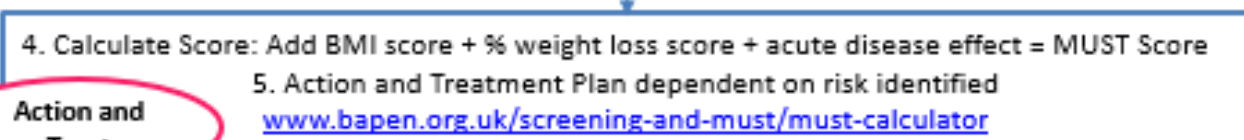
The Identification, Treatment and Management of Malnutrition in Adults, Including the Appropriate prescription of Oral Nutritional Supplements South West London Alliance

The following resources are available to support clinicians in the management of patients prescribed oral nutritional supplements. All resources are accessible via the SWL internet. <http://www.swlmcg.nhs.uk/Clinical/Pages/Oral-Nutritional-Supplements.aspx>

Resources to Support	
Guidelines	South West London Alliance Guidelines on the Identification, Treatment and Management of Malnutrition in adults, including the appropriate use of oral nutritional supplements
Diet Sheets	Freely reproducible diet sheets and resources available to download, print and provide to patients
Care Home Resources	Resources to support malnutrition management in care homes including MUST screening templates and strategies to support residents via food first and homemade nourishing drinks
EMIS Templates	Adult ONS Review Template for EMIS Step by Step guidance for reviewing ONS in line with guidelines
Oviva Malnutrition Digital Support Platform	Learning modules, webinars and tutorials which cover each section of the guidelines, and practical learning for primary care clinical teams and care home staff to implement care pathways into routine clinical care.
MUST Online Calculator	The 'MUST' screening tool and the 'MUST' online calculator is available on the British Association for Parenteral and Enteral Nutrition ('BAPEN') website www.bapen.org.uk/screening-for-malnutrition/must-calculator

Screen and Identify

**South West London MUST Management Guidelines
COMMUNITY DWELLING PATIENTS**



Does not meet criteria for ONS Prescription

- Routine clinical care
- Repeat Screening Annually

- ACTION AND TREAT**
- Food first and homemade nourishing drinks for one month
 - Increase calorie intake by 500-1000 calories per day
 - Assess and support underlying cause of malnutrition
- + Rescreen in 2-3 months**

- ACTION AND TREAT**
- Increase intake by 1000 calories per day
 - Recommend over the counter powder supplements
 - Food first and nourishing drinks for 1 month prior to issuing ONS
- + Rescreen monthly**

Monitor and Review

Resources to support patients including diet sheets are available via the South West London Medicines Committee Group website www.swlmcg.nhs.uk/Clinical/Pages/Oral-Nutritional-Supplements.aspx

- Remains at medium risk**
- Continue food and fluid based dietary strategies – reviewing and updating these to individual’s tastes and preferences
- Does not meet criteria for supplement prescription**

- Remains at high risk**
- Consider ONS if all above steps are completed & ACBS Indicator identified**
- Continue with food first and homemade nourishing drinks
 - Prescribe powder initially
 - Acute 4week prescription
 - Set realistic goals
 - Review goals in 1 month; if achieved stop ONS
 - If concerns remain refer to local dietitian

Continue to SCREEN & IDENTIFY, ACTION & TREAT, MONITOR & REVIEW following the above pathway

QUICK REFERENCE ORAL NUTRIITIONAL SUPPLEMENT PRODUCT GUIDANCE

FOR GENERAL PRACTITIONERS AND PRIMARY CARE CLINICIANS

ONS PRESCRIBING CRITERIA											
1. High Risk of Malnutrition e.g. MUST \geq 2 MUST Calculator 2. *ACBS Indicated 3. Food based methods trialled for one month including 'over the counter' supplements 4. Assess and support regarding the underlying cause of malnutrition											
Patient does not meet criteria for ONS Prescription: Recommend food first, homemade nourishing drinks and OTC supplements											
Commencing and Reviewing ONS Prescription	*Advisory Committee on Borderline Substances (ACBS) Indicators (BNF, 2017)										
<ul style="list-style-type: none"> Identify clear goals of ONS Prescription Acute 4-week prescription Review goals prior to re-issuing Goals met: discontinue ONS; review MUST score in one month Goals not met: Continue ONS and review in one month and, Refer to local dietitian if concerns continue	<table border="0"> <tr> <td><input type="checkbox"/> Disease Related Malnutrition</td> <td><input type="checkbox"/> Dysphagia</td> </tr> <tr> <td><input type="checkbox"/> Short Bowel Syndrome</td> <td><input type="checkbox"/> Proven inflammatory bowel disease</td> </tr> <tr> <td><input type="checkbox"/> Intractable malabsorption</td> <td><input type="checkbox"/> Haemodialysis</td> </tr> <tr> <td><input type="checkbox"/> Pre-operative preparation of undernourished patients</td> <td><input type="checkbox"/> CAPD</td> </tr> <tr> <td><input type="checkbox"/> Following total gastrectomy</td> <td><input type="checkbox"/> Bowel Fistulas</td> </tr> </table>	<input type="checkbox"/> Disease Related Malnutrition	<input type="checkbox"/> Dysphagia	<input type="checkbox"/> Short Bowel Syndrome	<input type="checkbox"/> Proven inflammatory bowel disease	<input type="checkbox"/> Intractable malabsorption	<input type="checkbox"/> Haemodialysis	<input type="checkbox"/> Pre-operative preparation of undernourished patients	<input type="checkbox"/> CAPD	<input type="checkbox"/> Following total gastrectomy	<input type="checkbox"/> Bowel Fistulas
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ONS not listed in this product guidance should only be prescribed if recommended by a dietitian following assessment Clear justification an alternative ONS is required should be communicated to the GP by the dietitian											

1 FIRST: Patient meets criteria for ONS prescription: Prescribe Powder ONS

ACUTE 28DAY PRESCRIPTION AND REVIEW PRIOR TO RE-ISSUING

Product Name	Kcal /serve	Protein (g) /serve	Unit Size	Pack Size	Volume to Prescribe
Powdered ONS - *when made with 200ml full fat milk					
<input type="checkbox"/> Foodlink Complete Powder	385*	18.3	<input type="checkbox"/> 57g	399g	57g Twice daily for 28days
<input type="checkbox"/> AYMES Shake	386*	16	<input type="checkbox"/> 57g	399g	Total volume 3,192g
<input type="checkbox"/> Complian	387*	15.6	<input type="checkbox"/> 57g	228g	No of packs: 8x399g or 14x228g



2 SECOND: If powder ONS is not tolerated or not suitable for the patient, trial a Milkshake Style ONS

Milkshake Style – nutritionally complete bottled ONS					
<input type="checkbox"/> Aymes Complete	300	12	<input type="checkbox"/> 200ml	800ml	200ml Twice daily for 28days
<input type="checkbox"/> Fortisip Bottle	300	12	<input type="checkbox"/> 200ml	800ml	Total volume: 11,200ml No of packs: 14x800ml



3 THIRD: If the patient is unable to complete the ~200ml volume of Milkshake Style ONS AND unable to prepare Foodlink Powder with 125ml full fat milk prescribe a compact bottle ONS

Compact Style – low volume/compact nutritionally complete ONS					
<input type="checkbox"/> Fortisip Compact	300	12	<input type="checkbox"/> 125ml	500ml	125ml Twice daily for 28days
<input type="checkbox"/> Altraplen Compact	300	13	<input type="checkbox"/> 125ml	500ml	Total volume 7000ml No of packs: 14x500ml

Additional Information for using Powdered/OTC Supplements

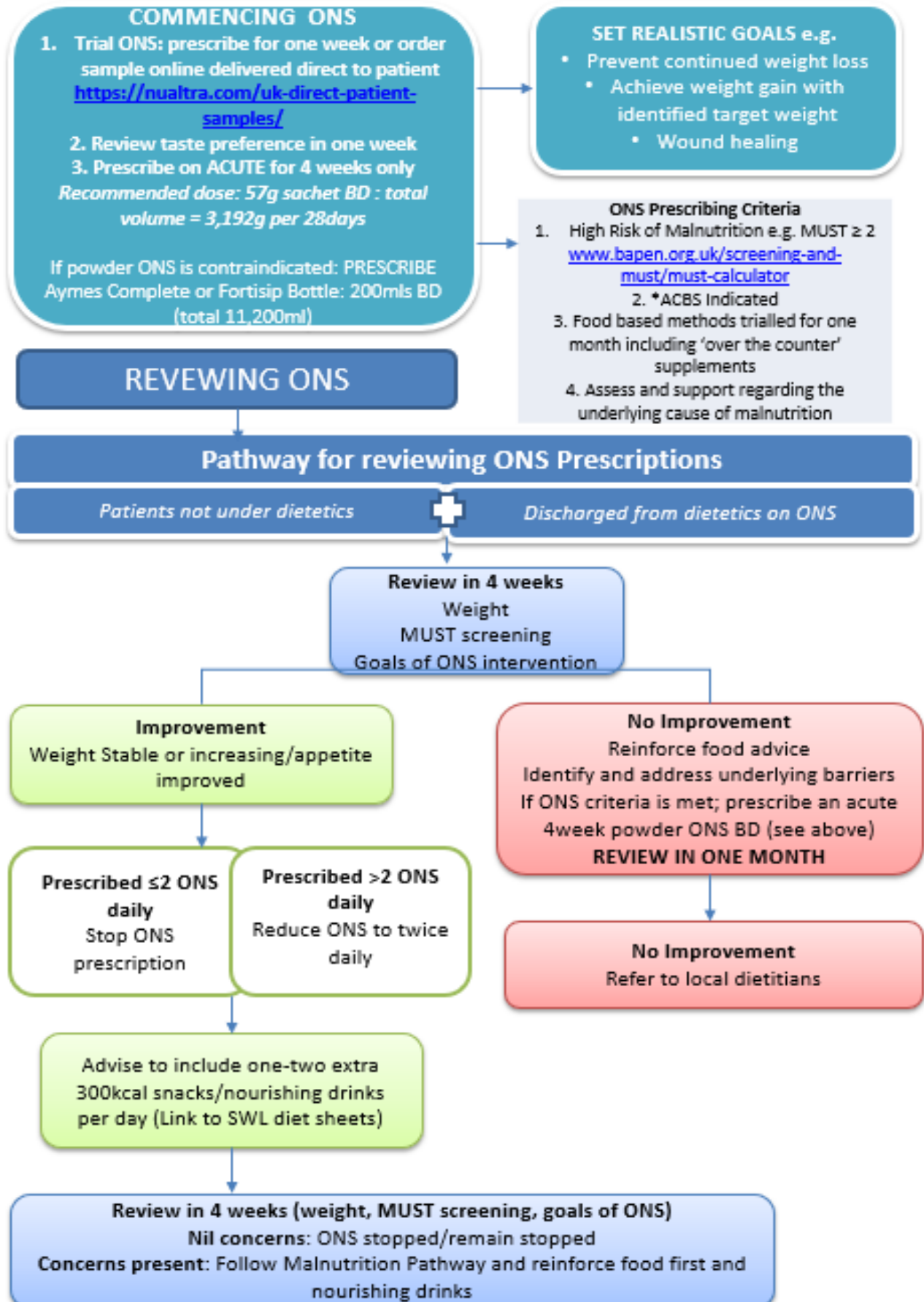
Foodlink Complete Powder may also be prescribed to provide; -

- A compact volume ONS:** Prepare with 125ml full fat milk (provides 335kcal, 15.8g protein)
- A fibre enriched/high protein ONS:** Foodlink Complete Powder Fibre also available (418kcal, 18.5g protein, 4.5g fibre)

Contraindications: Dysphagia • Limited dexterity & inability to prepare • Cow's milk allergy or intolerance (check company allergen information) • Under 6 years • Galactosaemia • Require thickened fluids • Not suitable for enteral feeding tubes • Patients with renal disease should be assessed by a dietitian prior to prescribing a powder ONS or OTC supplements

ONS Product Guidance to be utilised in conjunction with full guidelines: South West London Guidelines The Identification, Treatment and Management of Malnutrition, including the Appropriate Prescription of ONS. Review date: January 2021

Indicators to Support GP Review and Decision Making



Assessing the underlying cause of malnutrition

Factor affecting Eating and Drinking

Possible education

