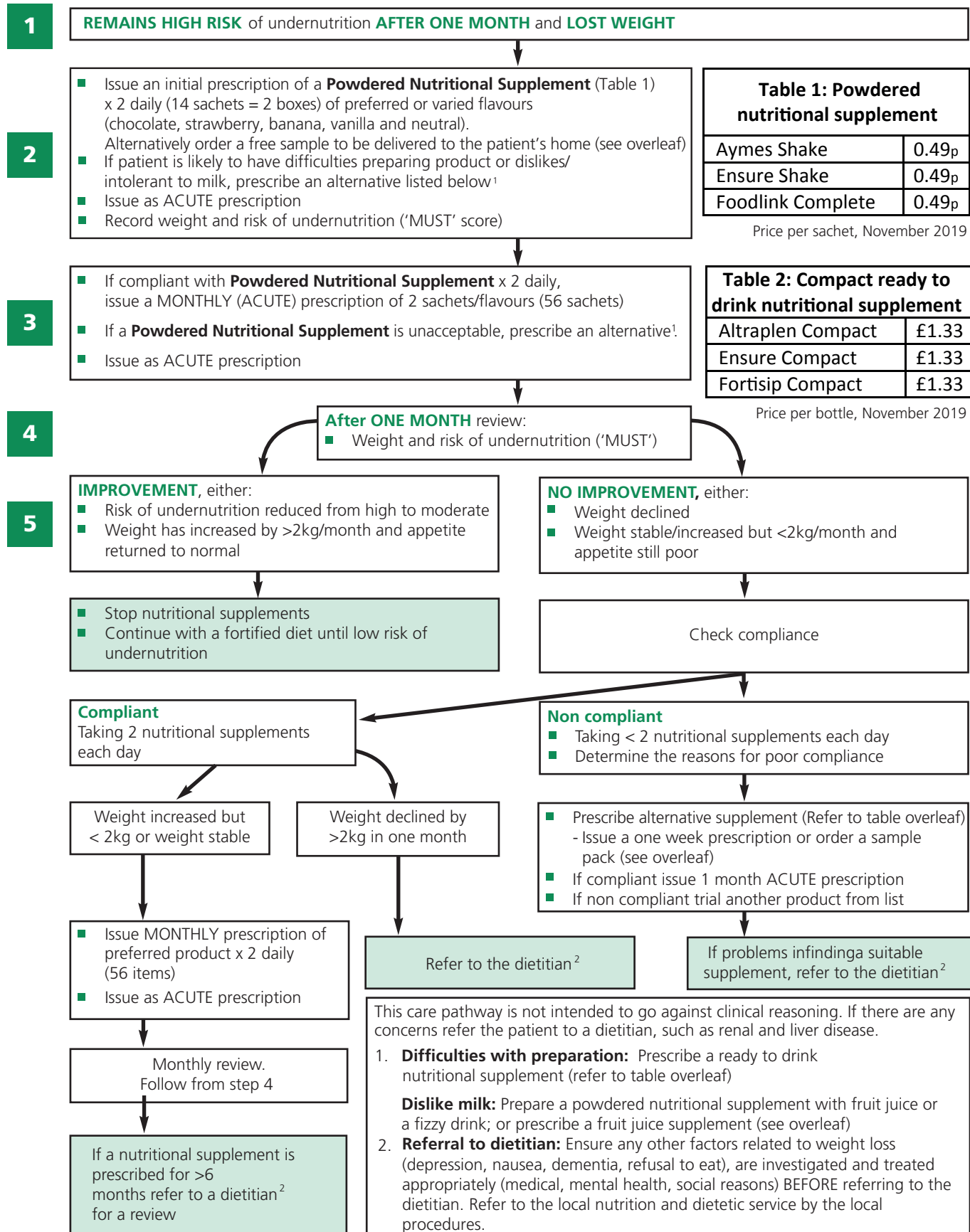


Care pathway for the prescribing of nutritional supplements for adults



Nutritional supplements should not be prescribed without:

- being identified as high risk of undernutrition according to 'MUST' (Malnutrition Universal Screening Tool) and having ongoing weight loss despite following a fortified diet (see overleaf) for one month
- after one month if still high risk and losing weight refer the individual for an assessment for a **Powdered Nutritional Supplement**



Guidelines for prescribing nutritional supplements for adults

Nutritional advice:

Before prescribing a nutritional supplement, a patient should be identified as high risk of undernutrition (see below) and advised on food first treatments for at least a month. This includes: **two nourishing snacks and drinks daily, fortified drinks and fortified food dishes**, or use 'Complan', 'Meritene' or 'Aymes Retail' available from pharmacies and supermarkets.

- Information on food first treatments is on www.focusonundernutrition.co.uk
- Nutritional supplements should only be prescribed for individuals identified at HIGH risk of undernutrition. To determine a person's risk of undernutrition use the self calculator at:

www.focusonundernutrition.co.uk/how-to/identify-undernutrition-using-must-self-calculator

Nutritional supplements

- Nutritional supplements are listed in price order, with the least expensive first.
- The amount to prescribe daily is stated in order to obtain around 600 calories. Refer to the BNF (appendix 2: borderline substances) for further information on cost, flavours and nutritional information.
- Non compliance:** Where an alternative to a powdered nutritional supplement is required, the following nutritional supplements may be prescribed.

Powdered nutritional supplements	Ready to drink reduced volume style	Fruit juice style supplements	Ready to drink milkshake style
* Aymes Shake x 2	* Altraplen Compact x 2	Aymes Smoothie x 2	Energieshake Complete 1.5kcal x2
* Ensure® Shake x 2	* Ensure® Compact x 2	Ensure® Plus Juice x 2	* Aymes Complete x 2
* Foodlink Complete x 2	* Fortisip® Compact x 2	* Fortijuice x 2	* Ensure® Plus x 2
Energieshake Powder x2		* Fresubin® Jucy x 2	^ Fortisip® Bottle x 2
^ Complan Shake x 2			^ Nutricomp Drink Plus x 2
^ Fresubin® Powder Extra x 2			Fresubin® Energy x 2
Vitasavoury x 2			Resource® Energy x 2
* same price ^ same price	* same price	* same price	* same price ^ same price

Any nutritional supplement not identified in the table should only be prescribed on the advice of a dietitian. Examples include:

- When a product is recommended by a dietitian it is **NOT SUITABLE** to be switched to Aymes Shake, Complan Shake, Foodlink Complete or another powdered nutritional supplement.
- Energy and/or protein modules:** e.g. Calogen Extra, Procal Shot/Powder, Maxijul Powder, Polycal Powder, Altrashot, Prosource Liquid, Fresubin 5 Kcal shot
- High energy supplements:** Fresubin 2 kcal, Ensure Twocal,
- High protein supplements:** Fortisip Extra, Resource Protein, Altraplen Protein, Aymes Actagain, Fortisip Compact Protein
- Desserts:** e.g. Forticreme, Ensure Plus Creme, Clinutren Dessert, Nutricrem, Prosource Jelly, Energieshake Dessert, Aymes Creme
- High calorie powdered nutritional supplements:** e.g. Calshake, Enshake, Scandishake,
- Pre thickened supplements for dysphagia:** Slo Milkshakes, Nutilis Complete Range, Fresubin Thickened Range

Practical guidance on using powdered nutritional supplements

- Prepare with a whisk or shaker (provided free when a sample pack ordered) by mixing with 200mls full cream milk.
- For flexibility and variety:
 - Reduce the volume of fluid to 100mls
 - Mix with fruit juice or fizzy drinks (banana with pineapple juice, vanilla with coke)
 - Mix with hot milk (mix neutral or vanilla with hot milk and 1 tsp coffee for a latte, chocolate with hot milk)
 - Mix one sachet with thick and creamy yoghurt or custard. Refrigerate for 30 minutes prior to eating.

Ordering free patient samples

Nutrition companies provide a free sample service direct to the patient's home. Most companies require you to register once before ordering the samples.

Company	Which nutritional supplement samples	Sample order weblink
Abbott	Ensure Shake, Ensure Compact, Ensure Plus Juice, Ensure Plus	https://samples.nutrition.abbott/ After registering you will receive an email. Once logged on the password is: samples
Aymes	Aymes Shake, Aymes Complete	https://aymes.com/pages/direct-to-patient-sample-service
Braun	Nutricomp Drink Plus	www.nutricomp.co.uk/order-sample.asp
Fresenius	Fresenius Powder Extra, Fresenius Jucy, Fresenius Energy	Email from an NHS email the patient name, address and samples required to: ddl.group@nhs.net
Nestle	Resource Fruit, Resource Energy	No patient sample service available.
Nualtra	Foodlink Complete, Altraplen	https://www.nualtra.com/uk-direct-patient-samples
Nutricia	Complan Shake, Fortisip Compact, Fortisip Bottle, Fortijuice	https://www.nutricia.co.uk/fortisip/samples