

Pathway for Managing Adult Malnutrition in the Community

Screen patients by observation, weighing and monitoring dietary intake
(Use the [‘MUST’ tool](#) to screen for malnutrition)

1. Initial Assessment

Consider nutritional support for patients who are malnourished or at risk of malnutrition according to the following criteria:

- ❖ A BMI less than 18.5kg/m².
- ❖ A BMI of less than 20kg/m² and unintentional weight loss greater than 5% within the last 3-6 months.
- ❖ Unintentional weight loss greater than 10% (>3kg/7lb) within the last 3-6 months.
- ❖ Physiological stress (infection, pressure sores).
- ❖ Have eaten little or nothing for more than five days and unlikely to for the next five days.
- ❖ Have poor absorptive capacity and/or high nutrient losses and/or increased nutritional needs from causes such as catabolism.

- ❖ Assess underlying causes of malnutrition e.g. nausea, swallowing difficulty, prescribed and OTC medications, including diuretics and laxatives leading to dehydration, radiotherapy, some cancers, inflammatory bowel disease, dysphagia.
- ❖ Agree and document treatment goals e.g. target weight/BMI, wound healing, improved symptoms.

2. General Nutrition Support and Initial Prescribing for 7 days

- ❖ For the majority of patients encourage increase in nutritional intake by dietary measures and food fortification. Provide [“Food First” leaflet](#) and [“Nourishing Drinks” Leaflet](#).
- ❖ Suggest increase in menu options/provision of snacks or where appropriate assistance at mealtimes.
- ❖ Consider whether nutritional support is needed to *prevent* malnutrition and the likelihood of improvement e.g. end stage dementia
- ❖ If patient’s condition meets ACBS criteria consider prescribing a 7 day trial of oral nutritional supplements. (See “Prescribing of Oral Nutritional Supplements” overleaf)
- ❖ Supplements should not be prescribed unless the MUST Score is 2 or more.

Oral Nutritional Supplements (ONS) are classified as borderline substances and should only be prescribed where the indication meets Advisory Committee on Borderline Substances (ACBS) criteria. Prescriptions must be endorsed ‘ACBS’.

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| - Disease related Malnutrition | - Proven Inflammatory bowel disease |
| - Intractable malabsorption | - Following total gastrectomy |
| - Pre-operative preparation of undernourished patients | - Short bowel syndrome |
| - Dysphagia | - Bowel Fistula |

3. Review after Week 1. Prescribe for 4 weeks thereafter only if:

1. The patient is taking the ONS. If not, try another ONS/Stop
2. Treatment goals e.g. target weight/BMI, wound healing, symptomatic improvement are improving and are reviewed.
3. Re-assess oral nutritional supplements every 4 weeks (continually assess compliance and outcomes).

4. Review patient every 4 weeks:

Treatment goals met








- Stop oral nutritional supplements.
- Or Step Down
 - from TWO to ONE supplement for 4 weeks
 - and then ONE for 4 weeks then STOP
- Repeat BMI assessments at 3 monthly intervals if clinically indicated.
- May still require food fortification to prevent malnutrition. Provide [‘Food First & Nourishing Drinks’ leaflet](#)

Treatment goals not met / limited progress

- Re-evaluate treatment goals where appropriate i.e.
- If individual is clinically stable/acute episode of illness has abated.
 - Individual is back to their normal eating and drinking patterns.
 - If no further clinical input would be appropriate.
 - If no improvement or patient’s condition deteriorates refer or consult [dietitian](#).

Prescribing of Oral Nutritional Supplements (ONS)

- ❖ Oral nutritional supplements should NOT be used as general supplements for poor appetite.
- ❖ Only prescribe ONS when dietary advice and food fortification for 4 weeks have failed to improve weight/food intake.
- ❖ Patients discharged from hospital on oral nutritional supplements **should not** automatically be issued with further supplies unless there is a clear treatment plan/ review date (meets ACBS criteria). If supplements are continued review at monthly intervals.
- ❖ **Record the patient BMI/Weight and Treatment Goal in Patient's Notes using [Patient MUST record form](#).**
- ❖ Patients in Care Homes should be assessed for malnutrition on admission.
- ❖ Care Homes must complete the [Herefordshire CCG ONS Request Form](#).

1st option for Prescribing in Primary Care <i>Oral Nutritional Supplements should not be used as a substitute for food as they are not nutritionally complete.</i>						
Prescribe on an ACUTE prescription to facilitate 28 day / monthly review. Prescribe starter pack /supply for one week and ask patient to inform practice of preferred flavours.						
PRODUCT	STARTER PACK	CALORIES/ PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	PRESCRIBE/ COST (May 2019)
READY TO DRINK						
NEW Aymes® ActaGain 2.4 Complete Maxi 200mls MILKSHAKE	Aymes ActaGain Complete Starter Pack 2 x 200ml Starter Pack	480 calories 19.2g protein	1	Ready to Drink ONE BOTTLE A DAY	Strawberry, Vanilla 200mls Take 100ml X 2 times a day Or 50mls x 4 times a day. (Once opened, consume within 4 hours, or store in a refrigerator for up to 24 hours)	£1.33 per bottle ONE BOTTLE A DAY Cost for 28 days £37.24
POWDERED SUPPLEMENTS <i>Ensure patient is able to mix up powdered formulations. Powdered Supplements are not suitable for tube fed patients.</i>						
Ensure® Shake Powder  200mls MILKSHAKE	Ensure Shake Prescribe 7 days of preferred flavour(s)	389kcal with whole milk 17g protein	0	Mix the contents of one sachet with 200mls whole milk.	Ensure flavours: Strawberry Banana Chocolate Vanilla	60p per sachet 7 x 57g = 399g £4.20 ONE TWICE A DAY Cost for 28 days £33.60
Aymes® Shake Powder  200mls MILKSHAKE	Aymes Shake Sample Pack (Compact Sample Pack) 5 x 57g sachets & Shaker Banana Strawberry Chocolate Neutral Vanilla Cost per Sachet 96p when prescribed as starter pack.	250kcal with water 384 - 389kcal with whole milk 15.6 - 16g protein	1		Aymes flavours: Banana Strawberry Chocolate Neutral Vanilla	
NEW Aymes® Shake Compact Powder  100mls MILKSHAKE		250kcal with water 316-321 kcal with whole milk 12 - 12.6g protein	1	Mix the contents of one sachet with 100mls whole milk.	Prescribe in packs of 7 7 x 57g = 399g	
JUICE DRINK						
NEW Aymes® Shake Smoothie Powder  150ml JUICE STYLE	4 x 66g sachets & Shaker Pineapple Mango Peach Strawberry & Cranberry	297 calories 10.7 g protein	2	Mix the contents of one sachet with 150mls water.	Pineapple Mango Peach Strawberry & Cranberry 7 x 66g = 462g	£1.00 per sachet 7 x 66g = £7.00 ONE TWICE A DAY Cost for 28 days £56.00
SUPPLEMENT WITH FIBRE						
Foodlink Complete with fibre™ Powder  200mls MILKSHAKE	5 x 63g Sachets & Shaker Banana Strawberry Chocolate Neutral Vanilla	421 calories with whole milk 19g protein 4.5g fibre	0	Mix the contents of one sachet with 200mls whole milk.	Banana Strawberry Chocolate Natural Vanilla 7x57g = 399g	67p per sachet 7 x 57g = 399g £4.69 ONE TWICE A DAY Cost for 28 days £37.52
2nd option for Prescribing in Primary Care <i>ONLY consider if first line supplements are not suitable.</i>						
Ensure® Plus Liquid 200mls MILKSHAKE/ YOGHURT STYLE*	Prescribe 7 days supply of preferred flavour(s)	300 calories 12.5g protein	0	Ready to drink	Banana, Peach, Neutral, Strawberry, Vanilla, Coffee Raspbery, Chocolate, Fruits of Forest, Orchard Peach*, Strawberry Swirl*	£1.11 per bottle ONE TWICE A DAY Cost for 28 days £62.16
Fortisip 200mls MILKSHAKE	Prescribe 7 day supply of preferred flavours	300 calories 12g protein		Ready to drink	Neutral, Vanilla, Chocolate, Toffee, Banana, Orange, Strawberry, Tropical Fruits	£1.11 per bottle ONE TWICE A DAY Cost for 28 days £62.16
FOR DYSPHAGIA ONLY OR TO BE PRESCRIBED ON DIETITIAN / SALT TEAM RECOMMENDATION ONLY						
Slo™ Milkshake +  200ml POWDERED MILKSHAKE IDDSI Level 2 or 3	Prescribe 7 days supply of preferred flavour(s)	333 calories 24.2g protein	STAGE 1 IDDSI LEVEL 2 Syrup Mildly Thick STAGE 2 IDDSI LEVEL 3 Custard Moderately Thick	Mix the contents of one sachet with 200mls whole milk. Mix for 30 seconds. Leave to stand for 10 minutes. Mix again then serve	Strawberry Chocolate	£0.84p ONE TWICE A DAY Cost for 28 days £47.04
Nutricrem Dessert Style 125g 	Nutricrem 4 x 125g	225 calories 12.5g protein	4	Ready to Eat 125g	Vanilla, Strawberry, Chocolate Orange, Mint Chocolate	£1.59 ONE TWICE A DAY Cost for 28 days £89.04
ALL OTHER PRODUCTS ON DIETITIAN RECOMMENDATION ONLY <i>All tube fed patients are regularly reviewed by a Specialist Dietitian.</i>						
Aymes 2kcal, Aymes Complete, Aymes Savoury, Calshake®, Complan, Enshake, Ensure Plus Advance, Ensure Compact®, Ensure Plus Juce® Liquid, Ensure® Plus Fibre Liquid, Ensure Plus Crème, Ensure TwoCal, Forticreme Complete, Fortini, Fresubin 100 Complete, Fresubini 2kcal Crème, Fresubin 2kcal drink, Fresubin Energy, Fresubin Jucy, Fresubin Thickened, Nutrison Products, Optifibre, Paediasure, Procal, Prosource Jelly, Resource Energy, Scandishake, Seravit.						