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

1. **REMAINS HIGH RISK** of undernutrition **AFTER ONE MONTH** and **LOST WEIGHT**
   - Issue an initial prescription of a **Powdered Nutritional Supplement** (Table 1) x 2 daily (14 sachets = 2 boxes) of preferred or varied flavours (chocolate, strawberry, banana, vanilla and neutral).
   - Alternatively order a free sample to be delivered to the patient’s home (see overleaf)
   - If patient is likely to have difficulties preparing product or dislikes/intolerant to milk, prescribe an alternative listed below
   - Issue as **ACUTE** prescription
   - Record weight and risk of undernutrition (‘MUST’ score)

2. If compliant with **Powdered Nutritional Supplement** x 2 daily, issue a **MONTHLY (ACUTE)** prescription of 2 sachets/flavours (56 sachets)

3. If a **Powdered Nutritional Supplement** is unacceptable, prescribe an alternative.
   - Issue as **ACUTE** prescription

After **ONE MONTH** review:
   - **IMPROVEMENT**, either:
     - Risk of undernutrition reduced from high to moderate
     - Weight has increased by >2kg/month and appetite returned to normal
   - **NO IMPROVEMENT**, either:
     - Weight declined
     - Weight stable/increased but <2kg/month and appetite still poor

   - Stop nutritional supplements
   - Continue with a fortified diet until low risk of undernutrition
   - Check compliance

   - **Compliant**
     - Taking 2 nutritional supplements each day
     - Weight increased but <2kg or weight stable

   - **Non compliant**
     - Taking <2 nutritional supplements each day
     - Determine the reasons for poor compliance

   - **Compliant**
     - Weight declined by >2kg in one month
     - Issue **MONTHLY** prescription of preferred product x 2 daily (56 items)
     - Issue as **ACUTE** prescription
     - Monthly review. Follow from step 4

   - **Non compliant**
     - Prescribe alternative supplement (Refer to table overleaf)
     - Issue a one week prescription or order a sample pack (see overleaf)
     - If compliant issue 1 month **ACUTE** prescription
     - If non compliant trial another product from list
     - If problems infindinga suitable supplement, refer to the dietitian

   - **Refer to the dietitian**

This care pathway is not intended to go against clinical reasoning. If there are any concerns refer the patient to a dietitian, such as renal and liver disease.

1. **Difficulties with preparation**: Prescribe a ready to drink nutritional supplement (refer to table overleaf)
2. **Dislike milk**: Prepare a powdered nutritional supplement with fruit juice or a fizzy drink; or prescribe a fruit juice supplement (see overleaf)
3. **Referral to dietitian**: Ensure any other factors related to weight loss (depression, nausea, dementia, refusal to eat), are investigated and treated appropriately (medical, mental health, social reasons) BEFORE referring to the dietitian. Refer to the local nutrition and dietetic service by the local procedures.

Table 1: Powdered nutritional supplement

<table>
<thead>
<tr>
<th>Nutritional Supplement</th>
<th>Price per sachet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aymes Shake</td>
<td>£0.49</td>
</tr>
<tr>
<td>Ensure Shake</td>
<td>£0.49</td>
</tr>
<tr>
<td>Foodlink Complete</td>
<td>£0.49</td>
</tr>
</tbody>
</table>

Table 2: Compact ready to drink nutritional supplement

<table>
<thead>
<tr>
<th>Nutritional Supplement</th>
<th>Price per bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altraplen Compact</td>
<td>£1.33</td>
</tr>
<tr>
<td>Ensure Compact</td>
<td>£1.33</td>
</tr>
<tr>
<td>Fortisip Compact</td>
<td>£1.33</td>
</tr>
</tbody>
</table>

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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’ 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.

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

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, Compan Shake, Foodlink Complete or another powdered nutritional supplement.
- Energy and/or protein modules: e.g. Calogen Extra, Procal Shot/Powder, Maxijul Powder, Polyclal 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.

<table>
<thead>
<tr>
<th>Company</th>
<th>Which nutritional supplement samples</th>
<th>Sample order weblink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbott</td>
<td>Ensure Shake, Ensure Compact, Ensure Plus Juce, Ensure Plus</td>
<td><a href="https://samples.nutrition.abott/">https://samples.nutrition.abott/</a> After registering you will receive an email. Once logged on the password is: samples</td>
</tr>
<tr>
<td>Braun</td>
<td>Nutricomp Drink Plus</td>
<td>Email from an NHS email the patient name, address and samples required to: <a href="mailto:ddl.group@nhs.net">ddl.group@nhs.net</a></td>
</tr>
<tr>
<td>Fresenius</td>
<td>Fresenius Powder Extra, Fresenius Juicy, Fresenius Energy</td>
<td>No patient sample service available.</td>
</tr>
<tr>
<td>Nestle</td>
<td>Resource Fruit, Resource Energy</td>
<td><a href="https://www.nualtra.com/uk-direct-patient-samples">https://www.nualtra.com/uk-direct-patient-samples</a></td>
</tr>
<tr>
<td>Nualtra</td>
<td>Foodlink Complete, Altraplen</td>
<td><a href="https://www.nutricia.co.uk/fortisip/samples">https://www.nutricia.co.uk/fortisip/samples</a></td>
</tr>
<tr>
<td>Nutricia</td>
<td>Complan Shake, Fortisip Compact, Fortisip Bottle, Fortijuce</td>
<td><a href="https://www.nestlehealthscience.co.uk/vitaflo/how%20to%20orderhome">https://www.nestlehealthscience.co.uk/vitaflo/how%20to%20orderhome</a></td>
</tr>
<tr>
<td>Vitafla</td>
<td>Vitasavoury</td>
<td></td>
</tr>
</tbody>
</table>

Further information: contact Focus on Undernutrition: focusonundernutritionuk@gmail.com or www.focusonundernutrition.co.uk
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