

# Supporting STEP 5 on adult oral nutritional supplements (ONS) preferred cost effective options in primary care

Cross check completed STEPS 1-4 & signposted as appropriate.

Is the service user currently under the care of a Dietitian?

**NO**

**Have you used the 6 STEPS nutritional management S1 template?**

1. Screen (MUST 2+ refer for assessment); 2. Assess underlying cause & treat;
3. Set goals; 4. Optimise Food First (as able). See recipes.
5. ACBS indicated ONS #; 6. Review & deprescribing.

Broadly there are a number of different ONS styles illustrated below.

**YES**

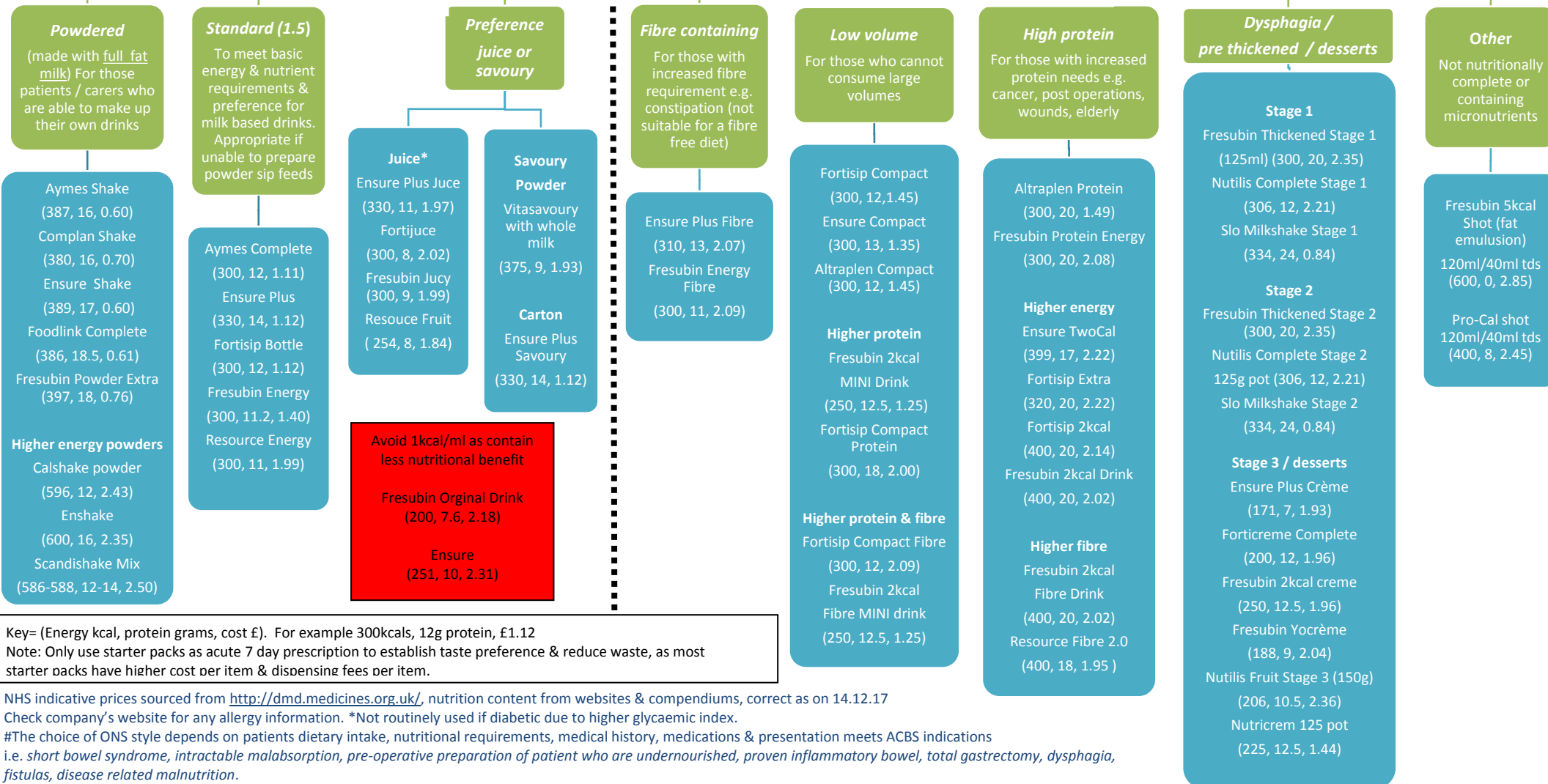
Liase directly with Dietitian if any clarification on ONS recommendation required. If in doubt ask.

MY Acute: 01924 543580 MY Comm: 01977 747471

SWYPFT: 01924 316023

## FIRST LINE

## SPECIALISED PRODUCTS



Key= (Energy kcal, protein grams, cost £). For example 300kcal, 12g protein, £1.12  
 Note: Only use starter packs as acute 7 day prescription to establish taste preference & reduce waste, as most starter packs have higher cost per item & dispensing fees per item.

NHS indicative prices sourced from <http://dmd.medicines.org.uk/>, nutrition content from websites & compendiums, correct as on 14.12.17

Check company's website for any allergy information. \*Not routinely used if diabetic due to higher glycaemic index.

#The choice of ONS style depends on patients dietary intake, nutritional requirements, medical history, medications & presentation meets ACBS indications i.e. short bowel syndrome, intractable malabsorption, pre-operative preparation of patient who are undernourished, proven inflammatory bowel, total gastrectomy, dysphagia, fistulas, disease related malnutrition.

Status: version2.0 dated: 18.12.17 Produced by: Medicine Optimisation Primary Care Dietitian Elaine Lane and Dietitians from local NHS Trusts. Review: January 2019