

# **Prescribing of Oral Nutritional Supplements in Adults**

# NHS Ayrshire & Arran Best Practice Guidance for Adult ONS Formulary

Oral nutritional supplements (ONS) are 'Foods for Special Medical Purposes' which can be prescribed in the UK under indications as specified by the Advisory Committee for Borderline Substances (ACBS).

This best practice guidance should be used locally in NHS Ayrshire and Arran when considering prescription of ONS for adults. The aims are:

- To reduce variation in ONS formularies across Scotland and support a move towards a Single National Formulary
- To reduce variation in ONS prescribing across all settings within NHS Ayrshire & Arran
- To promote high quality, clinical and cost effective ONS prescribing

ONS should only be prescribed in the presence of specific indications as defined by the Advisory Committee on Borderline Substances (ACBS).

Those initiating ONS must also take into account an individual's medical history and special dietary requirements (including food allergies) when recommending an ONS product. Some products may not be appropriate for those with, for example, chronic kidney disease, diabetes or who are pregnant.

NHS Ayrshire & Arran's joint adult Oral Nutritional Supplements (ONS) formulary covers hospital and community settings (including Care Homes). It is recognised that ONS products may vary across these settings for practical and best value reasons but, where possible, aim to limit variation between settings.

It is recommended that those initiating ONS should be aware of product costs to aid decision making around the most clinically and cost effective product choice.

**In NHS Ayrshire & Arran, ONS should only be prescribed on the recommendation of a dietitian following a full dietetic assessment.**

ONS **samples** should only be prescribed/issued for patients once as these are for trial purposes only **following assessment by a Dietitian.**

The Ayrshire and Arran Adult ONS Formulary includes the following products:

Type	Local Formulary Product	
One standard ONS powdered product used as the <b>1st line product</b> .  This option should serve the required purpose for the majority of people.	<b>Fresubin Powder Extra</b>	
The following products can be considered as a <b>2nd line option</b> if required, and <b>ACBS prescribing criteria is adhered to</b> .	Higher energy powdered product	<b>Calshake</b>
	Ready-made milkshake style	<b>Fresubin Energy Drink</b> <b>Fresubin Energy Fibre</b>
	Yoghurt style	<b>Fresubin YoDrink</b>
	Juice style product	<b>Fresubin Jucy</b>
Compact style product when a <b>low volume</b> is indicated	Compact style	<b>Fresubin 2Kcal Mini</b> <b>Fresubin 2kcal Fibre Mini</b>
A <b>higher energy &amp; protein style</b> product where additional kcal & protein is required and <b>ACBS prescribing criteria is adhered to</b> .	<b>Fresubin Protein Energy Drink</b> <b>Fresubin 2kcal</b> <b>Fresubin 2kcal Fibre</b> <b>Fresubin 3.2kcal</b>	
Where a standard ONS powdered product is the 1st line preferred option, a <b>Dysphagia, Pre-thickened ONS product</b> .  ONLY to be used where patients are unable to thicken the 1st line standard ONS powdered product.	<b>Fresubin Thickened Level 2</b> <b>Fresubin Thickened Level 3</b>	
<b>Thickening Agent</b>  Best used on the advice of a specialist such as a Speech and Language Therapist following a swallow assessment.	<b>Nutlis Clear</b>	

The following products **should not routinely be prescribed** and have therefore not been included in the local formulary;

Type	Product
ONS products providing 1.0kcal/ml	Fresubin Original Drink
Dessert products	Fresubin 2Kcal Crème Fresubin Yo Crème
Specialist products	e.g. Renilon, Nepro

It is recommended that all non-formulary products should be by dietitian initiation only. These include;

- High calorie powdered products
- Modular/ Low Volume products
- Specialist products

**Produced by the Dietetic Oral Nutritional Supplement Group, January 2020**