Flowchart for Prescribing of Oral Nutrition Supplements (ONS) in the Community

Identify risk of malnutrition (NICE CG 32)

Has the patient one or more of the following?
- BMI <18.5kg/m²
- Unintentional weight loss >10% in last 3-6 months.
- BMI < 20kg/m² AND unintentional weight loss >5% in last 3-6 months.
- Underlying disease AND eaten little/nothing for > 5 days.

No

Patient is at low/medium risk of malnutrition. Encourage healthy intake.
Monitor and reassess as necessary.

Yes

Have any underlying causes been addressed? E.g. Swallowing problems, dental problems, effects of medications, social care

No

Refer to appropriate service e.g. SALT, OT, Dentist, Social services.

Yes

Has “Food First” and Homemade Supplement advice been offered and trialled for 1 month without improvement?

No

Offer high energy/protein diet advice, homemade supplements, and enriching advice and monitor for 1 month:

Yes

Has a referral been made to a dietitian?

No

Refer into the dietetic service to assess need for ONS. See link above for referral form.

Yes

Are sip feeds urgently required (cannot wait until dietetic review), and Homemade Supplements have been trialled?

AND are ACBS prescribing criteria met (see link below)?
http://www.medicinescomplete.com/mc/bnf/current/PHP8853-borderline-substances.htm

No

Reinforce food first advice and/or recommend OTC products such as Build-up, Complan etc and monitor.

Yes

Does the patient live in their own home

No

Prescribe Fortisip Compact bd or Fortijuice bd if milky drinks not tolerated.

Yes

Are they able to mix powder with full cream milk?

No

Prescribe Complan Shake bd

Yes

Care home residents should be started on Homemade supplements.

Prescription supplements only in accordance with ONS and care home policy?

No

Prescribe Fortisip Compact bd or Fortijuice bd if milky drinks not tolerated.

Stopping supplements:
When agreed dietetic goals are met or if all the following are met:
• Food intake is satisfactory (eating >50% meals)  • BMI within healthy range (20 – 25kg/m²)  • Maintained current weight for last 2 months or is gaining weight