



Guidelines for Managing Malnutrition in Adults in the Community

ASSESSMENT OF MALNUTRITION RISK

- > Use the Malnutrition Universal Screening Tool ('MUST') for screening patients (refer to **Appendix 1**)
- > Consider any underlying medical problems e.g. oedema
- > Potential swallowing problems should be taken into account [1]. Refer to Speech and Language Services if appropriate.

PATIENT IDENTIFIED WITH 'MUST' SCORE 1+

Patient identified at risk of malnutrition using 'MUST' tool and requiring oral nutrition support.

PATIENT DISCHARGED FROM HOSPITAL

Refer to guidance on **Appendix 2**

FIRST LINE NUTRITION SUPPORT: DIETARY ADVICE

Consider a 'Food First' approach

- > Provide Guide to Fortifying Meals and Store Cupboard Ideas (see Appendix 3)
- > Set realistic goals of nutritional treatment. These may be to improve nutritional status e.g. wound healing, or to reach or maintain agreed weight or to slow the rate of weight loss.
- > Tailor advice to individual patient taking into consideration any dietary restrictions e.g. patients with diabetes
- > Review between 1 and 3 months or sooner if condition requires.

ORAL NUTRITIONAL SUPPLEMENTS (ONS)

- > Consider further nutritional support for patients who require additional energy and protein after following the 'Food First' approach for a minimum of four weeks
- > Continue to **reinforce 'Food First' advice**

Medium risk patient ('MUST' SCORE 1) OR [Advisory Committee on Borderline Substances](#) (ACBS) criteria for supplements **NOT** met.

Over-the Counter (OTC) supplements are recommended e.g. Complian®, Meritene®, Nurishment®

Monitoring Monitor patients as recommended on Appendix 1.

When the agreed treatment goals are achieved OTC supplements should be discontinued.

High risk patient ('MUST' SCORE 2+) AND ACBS criteria met

Use Pan Mersey Area Prescribing Committee Formulary on **Appendix 4** when **prescribing sip feeds**.

Unless sip feeds have already been tried and patient preferences established, the initial prescription should be for **ONE WEEK supply** only.

If first trial isn't tolerated then offer alternative sip feed for further one week trial.

After one week, establish patient's preferred product choice/ flavours and prescribe 1-2 sip feeds per day for **ONE month** in addition to meals and food fortification advice.

Prescription should have clear directions for use.

Starter packs not recommended

REVIEW

Review patients as recommended on **Appendix 1** using 'MUST' tool and check compliance with sip feeds.

When target weight is achieved then reduce sip feeds gradually and continue monitoring the patient for at least 3 months after stopping.

Refer to Appendix 1 on when to refer to Community Dietetic Services.

For further information refer to the [malnutrition pathway](#)

REFERENCES

1. NICE CG 32. Nutrition support in adults. February 2006.

APC board date: 29 JUN 2017

Ref: G20 FINAL

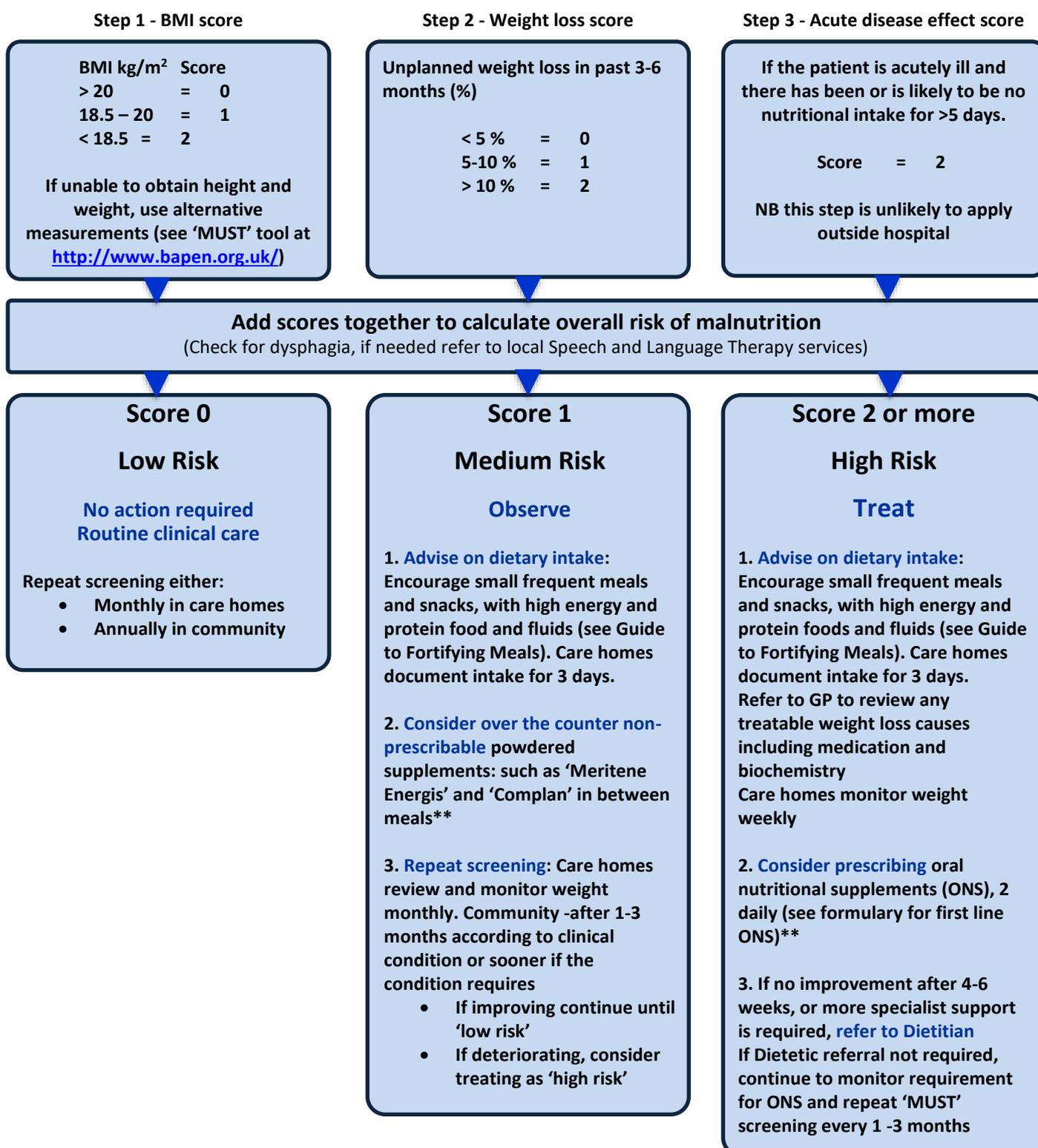
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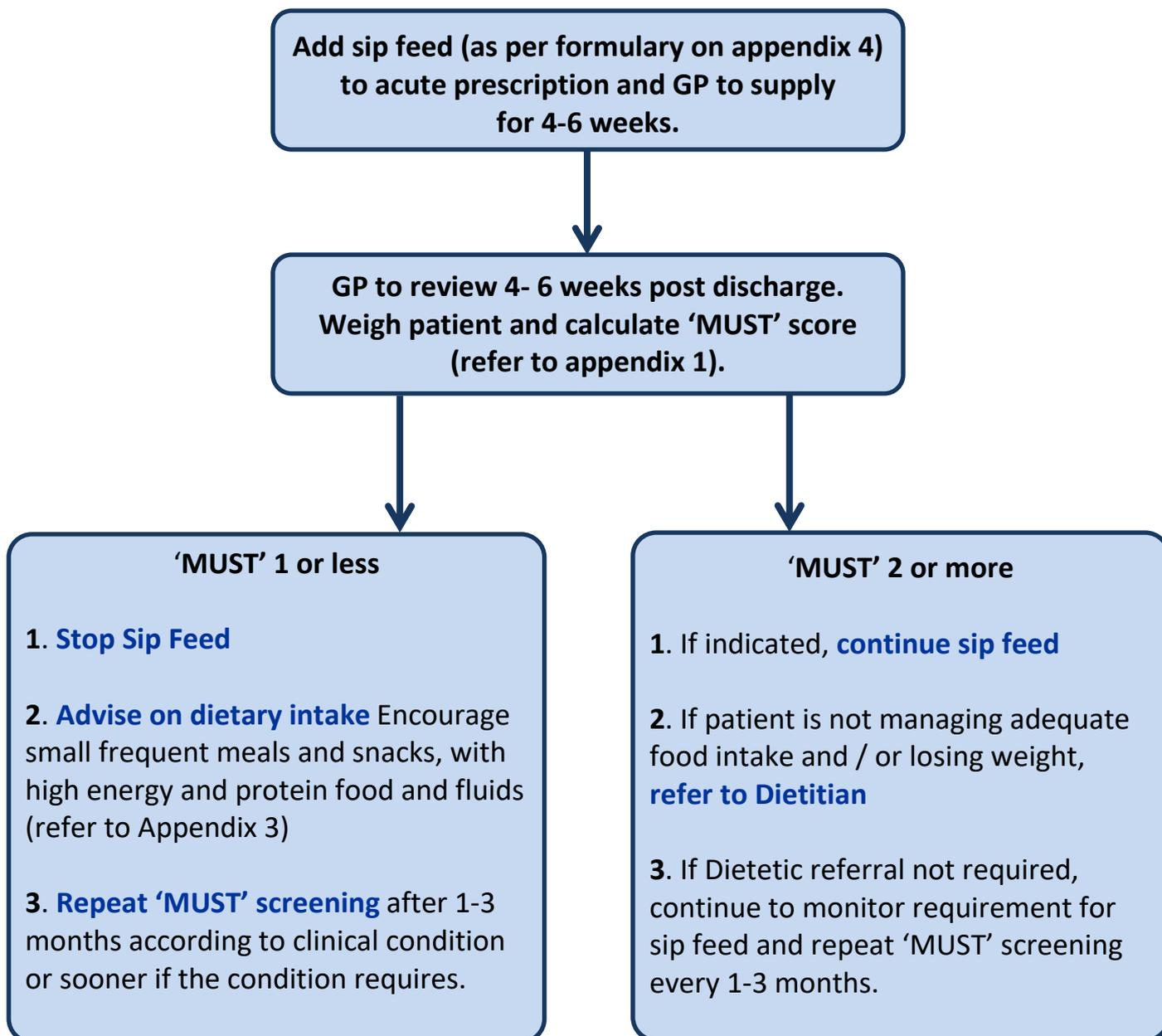
(or earlier if there is significant new evidence relating to this recommendation)

Managing malnutrition using the 'Malnutrition Universal Screening Tool' ('MUST') and guidance for initiation of sip feeds in adults

- This flow chart does not cover patients under the care of the Dietitian, tube fed or palliative care patients. Individual discussion is required with patient/carer.
- **If the patient has diabetes, ensure that blood sugar levels are managed and monitored accordingly.
- For more detailed information please see: <http://www.malnutritionpathway.co.uk/>
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GP GUIDANCE FOR PATIENTS DISCHARGED FROM HOSPITAL ON SIP FEEDS WITH NO PLANNED DIETETIC FOLLOW UP



A Guide to Fortifying Meals and Store Cupboard Ideas

Do you have a small appetite? Would you like to eat more nourishing foods but without increasing the volume of food that you have to eat?

This information sheet gives some ideas to try until your appetite improves

(Note - This advice may not be suitable for some medical conditions e.g. diabetes, coronary heart disease and kidney disease).

Simple changes can make all the difference:

- **Enriched Milk** - To a pint of full cream milk add: 2-4 tablespoons milk powder. Use in place of ordinary milk to make up coffee, packet soups, sauces, jelly, milk pudding, porridge and other breakfast cereals.
- **To milk-based sauces add:** cream / evaporated milk / grated cheese / butter / enriched milk / milk powder.
- **To puddings add:** cream / custard / margarine / butter / evaporated milk / condensed milk / ice cream / jam / honey / syrup / dried fruit / sugar / enriched milk / milk powder.
- **To soup add:** grated cheese / cream / evaporated milk / dumplings / croutons / pasta.
- **To breakfast cereals add:** enriched milk / evaporated milk / yoghurt / sugar / honey / chocolate chips / dried fruit.
- **To sandwiches add:** extra butter / margarine / mayonnaise / salad cream.
- **To potatoes and vegetables add:** mayonnaise / grated cheese / butter / margarine / fried onions / cream / salad cream / milk-based sauces.

Store Cupboard Ideas:

- Longlife, dried or evaporated milk
- Tinned milk puddings
- Tinned corned beef, ham, sardines, pilchards and tuna
- Cocoa, malted drinks, drinking chocolate
- Variety of tinned and dried fruit and vegetables e.g. baked beans, potatoes, dried fruits, longlife fruit juice, instant mashed potato, lentils and other dried beans and peas
- Breakfast cereals, oats, crackers, crispbread, biscuits, pasta and rice
- Tinned and dried soups
- Tinned meals e.g. macaroni cheese, ravioli, stewed steak

If you continue to have problems with your appetite, contact the person who provided this information for further advice or help.

Formulary for Prescribable FIRST LINE Oral Nutritional Supplements

Trial with food fortification before prescribing any sip feeds and ensure 'MUST' tool assessment and current weight recorded.
Monitor weight at least every 3 months.

					Per Unit			
	Supplement Type	ACBS Approved Product	Comments	Flavours	Size	Cost	kcal	Protein
FIRST LINE	Powdered Supplement	Aymes Shake mixed with 200mls whole milk	Choose as first line supplement with patients who are able to access milk supplies and mix their own shake (or has a carer who can). Generally they are not suitable for patients with diabetes due to high carbohydrate load. Please prescribe 1-2 per day.	Banana, Chocolate, Strawberry, Vanilla	57 g sachet	£0.61	388 kcal	15.8 g
		Foodlink Complete mixed with 200mls whole milk		Banana, Chocolate, Strawberry, Natural	57 g sachet	£0.61	383 kcal	18.9 g
		Complan Shake mixed with 200mls whole milk		Banana, Chocolate, Strawberry, Vanilla	57 g sachet	£0.70	387 kcal	15.6 g
		Ensure Shake mixed with 200mls whole milk		Banana, Chocolate, Strawberry, Vanilla	57 g sachet	£0.70	389 kcal	17 g
SECOND LINE		Aymes Complete	Wide variety of flavours (sweet and neutral). Nutritionally complete. Suitable for any patient who will tolerate milk based supplement drinks and not willing or able to mix a milkshake. Prescribe 2 per day.	Banana, Chocolate, Strawberry, Vanilla	200 ml bottle	£1.12	300 kcal	12 g
		Ensure Plus Milkshake Style		Banana, Chocolate, Strawberry, Vanilla	220 ml bottle	£1.12	300 kcal	12.5 g
		Nutricomp Drink Plus		Banana, chocolate, strawberry, Vanilla	200 ml bottle	£1.12	300 kcal	12 g
		Ensure Plus Juice	These are suitable for patients who are unable to tolerate milk based supplement drinks/prefer juices. Generally they are not suitable for patients with diabetes due to high carbohydrate load. Please prescribe 2 a day.	Apple, Fruit Punch, Lemon-Lime, Strawberry	220 ml bottle	£1.97	300 kcal	9.6 g
		Fresubin Jucy		Apple, Blackcurrant, Cherry, Orange	200 ml bottle	£1.99	300 kcal	8 g
		Fortijuce		Apple, Blackcurrant, Lemon-Lime, Strawberry	200 ml bottle	£2.02	300 kcal	8 g
		Ensure Plus Fibre	Suitable for any patient who will tolerate milk based supplement drinks. Nutritionally complete. Due to fibre content these may be preferable for patients with diabetes, raised cholesterol or altered bowel habit. Prescribe 2 per day.	Banana, Chocolate, Strawberry, Vanilla	200 ml bottle	£2.07	310 kcal	12.5 g
		Fresubin Energy Fibre		Banana, Chocolate, Strawberry, Vanilla	200 ml bottle	£2.09	300 kcal	11.2 g
		Nutrison Energy Multi fibre		Vanilla	200 ml	£2.19	308 kcal	12 g

Note: List of flavours is not exhaustive. Starter packs are not recommended. Limit to 2 flavours on prescription. All prices correct at the time of writing.

References: 1) BNF Accessed online www.bnf.org on 10.02.17; 2) NHS BSA dm+d browser accessed 10.02.17 and Abbott Laboratories Ltd correspondence