

# Abbott Nutrition have been awarded the contract for Oral Nutritional Supplements across NHS Tayside

Following the award of the Oral Nutritional Supplement contract for NHS Tayside in May 2011, **Abbott Nutrition products are the first line oral nutritional supplements (ONS) of choice in both acute and community.**

This will lead to significant financial savings across NHS Tayside.

## **Adult Oral Nutritional Supplement**

Tayside Dietitians promote nutritional screening and the optimising of adult nutritional intake using the Food First approach. For some patients where food fortification has not been successful in improving nutritional status, an oral nutritional supplement maybe required. In this case an Abbott product should be considered as first line. (see Appendix 1 below for more detail)

If an Abbott Nutrition product is not clinically appropriate or is not tolerated by the patient, alternative oral nutritional supplements (ONS) may be considered.

## **Recommended actions**

- Adopt a Food First approach – refer to NHST 'Food Choices' available on Nutrition and dietetics website under dietary information section - When you appetite is poor

<http://staffnet.tayside.scot.nhs.uk/OurWebsites/NutritionDieteticServices/index.htm>

- If ONS is indicated, prescribe Abbott products first line as per Appendix one. Provide patient information leaflet available on nutrition and dietetics website under dietary information section - Nutritional supplement drink

<http://staffnet.tayside.scot.nhs.uk/OurWebsites/NutritionDieteticServices/index.htm>

- Review all adult ONS patients on a monthly basis.

- **If ONS remains indicated but your patient is not currently on an Abbott product, *consider* switch to an Abbott product unless dietetic advice to the contrary.**

## **Dysphagia Products**

(see Appendix 2 below for more details)

Food and Fluid Thickener – Nutilis Powder (Nutricia)

Nutilis Stage 1 – Syrup Consistency (Nutricia) -

Nutilis Stage 2 – Custard Consistency (Nutricia)

High Energy /High Protein Dessert – Forticreme Complete (Nutricia)

## **Paediatric Oral Nutritional Supplements**

(see Appendix 3 below for more detail)

The use of these supplements in NHS Tayside is small and usually requested directly by a Dietitian

NHS Tayside Contracts Group

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# Appendix 1- Abbott adult nutritional supplement range with guidance on usage

Picture of product	Product Name	Drink Style	Number per day	Other guidance
	Ensure Plus Milkshake style 1.5kcal/ml	Milkshake style drink (220ml bottle) <i>Flavours: Banana, Blackcurrant, Caramel, Chocolate, Coffee, Fruits of the Forest, Neutral, Orange, Peach, Raspberry, Strawberry, Vanilla</i>	1-2 per day	Neutral flavour is not usually taken as a drink but used to fortify other foods such as soups and puddings to increase nutritional value.
	Ensure Plus Yoghurt Style 1.5kcal/ml	Yoghurt style drink (220ml bottle) <i>Flavours: Orchard Peach, Strawberry Swirl</i>	1-2 per day	Suitable for patients with taste changes
	Ensure Plus Juice 1.5kcal/ml	Fruit juice style drink (220ml bottle) <i>Flavours : Apple, Fruit Punch, Lemon &amp; Lime, Orange, Peach, Strawberry</i>	1-2 per day	Suitable for those who do not like milk based drinks
	Ensure TwoCal 2kcal/ml	Milkshake 200ml <i>Flavours: Banana, Neutral, Strawberry, Vanilla</i>	1-2 per day	Suitable for patients with high requirements who can't drink large volumes. Can be dosed (50mls qds) and used <u>instead</u> of Procal shot
	Ensure Plus fibre 1.5kcal/m	Milkshake style high fibre drink (soluble and insoluble fibres) (200ml bottle) <i>Flavours: Banana, Chocolate, Fruits of the Forest, Raspberry, Strawberry, Vanilla</i>	1-2 per day	Suitable for patients with constipation
	Ensure Plus Savoury 1.5kcal/ml	(220ml bottle) <i>Flavours: Chicken, Mushroom</i>	1-2 per day	Suitable for patients who prefer the savoury option
	Ensure Compact 2.4kcal/ml	Small volume milkshake style drink <i>Flavours: Banana, strawberry, vanilla</i>	1-2 per day	Specially developed for people who have difficulty drinking larger volumes
	Enshake 2 kcal/ml	96.5g powder add milk to make 310ml <i>Flavours: Banana, Chocolate, Strawberry, Vanilla</i>	1 per day	Suitable for patients who are able to make up supplements. Can be used in place of Complan Shake, Scandishake and Calshake






Please supply TNN information sheet on nutritional supplement drinks from the dietary information section – Nutritional Supplement Drinks

<http://staffnet.tayside.scot.nhs.uk/OurWebsites/NutritionDieteticServices/index.htm>

## Appendix 2- Adult and Paediatric dysphagia range with guidance on usage

Picture of product	Product Name	Company	Number per day	Other guidance
	Nutilis Powder 300g tin	Nutricia	As recommended by SLT	This product is used in all hospital through out NHS Tayside and therefore for patient safety reason should also be used in the community. This product should <u>replace</u> <b>Thick and Easy</b> and <b>Multi Thick</b> . Not suitable for under one year of age.
	Nutilis Complete stage 1 125ml bottles	Nutricia <i>Flavours: Vanilla, Strawberry</i>	As required	Ready to use pre-thickened Oral Nutritional Supplement. Thickened to syrup consistency
	Nutilis Complete Stage 2 125g pots	Nutricia <i>Flavours: vanilla, strawberry and chocolate</i>	As required	Suitable for patients with swallowing difficulties requiring a Stage 2 (custard) consistency. It can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods, or as a sole source of nutrition.
	Forticreme Complete 125g 1.6kcal/g	Nutricia <i>Flavours: Banana, Chocolate, Forest Fruits, Vanilla</i>	1-2 per day	Pudding Style. This product can be used for patients who require a fortified pudding or thickened supplement.  Not suitable for child under 3 years; use with caution in child 3-5 years

## Appendix 3 – Abbott Paediatric nutritional supplement range with guidance on usage (age 1-10, 8-30kg)

Picture of product	Product Name	Drink Style	Other guidance
	Paediasure Plus (1.5kcal/ml)	Milkshake style drink (200ml bottle) <i>Flavours: banana, strawberry, vanilla</i>	Neutral flavour is not usually taken as a drink but used to fortify other foods such as soups and puddings to increase nutritional value.
	Paediasure plus fibre (1.5kcal/ml)	Milkshake style drink with fibre (200ml bottle) <i>Flavours: banana, strawberry, vanilla</i>	Suitable for patients with constipation
	Paediasure plus Juce (1.5kcal/ml)	Juice style drink (200ml bottle) <i>Flavours: apple, very berry</i>	Suitable for those who do not like milk based drinks
	Paediasure (1kcal/ml)	Milkshake style drink (200ml bottle)	Please be aware this is only 1kcal per ml and not routinely used in NHS Tayside
	Paediasure fibre (1kcal/ml)	Milkshake style drink (200ml bottle) <i>Flavours: banana, strawberry, vanilla</i>	Please be aware this is only 1kcal per ml and not routinely used in NHS Tayside