

Oral Nutritional Supplements (Adults) Commissioning Policy

September 2017

This policy applies to patients for whom the following Clinical Commissioning Groups are responsible:

- NHS South Worcestershire Clinical Commissioning Group (CCG)
- NHS Redditch & Bromsgrove Clinical Commissioning Group (CCG)
- NHS Wyre Forest Clinical Commissioning Group (CCG)

Collectively referred to as the Worcestershire CCGs

COMMISSIONING STATEMENT:

- The Worcestershire CCGs expect that dietary intervention should be first line for patients identified as being at risk from malnutrition using the MUST score.
- Oral nutritional supplements (ONS) are not normally funded in Worcestershire except in the specific circumstances detailed in this policy.
- The CCGs do not support the prescribing of pudding or soup ONS preparations and they should not be prescribed.
- Oral nutritional supplements should not be prescribed for residents within catered care and nursing homes with the exception of patients meeting the circumstances detailed in this policy.
- This policy applies to:
 - All patients registered with or attending a healthcare appointment in Worcestershire.
 - All patients, whether or not they pay for their prescriptions. **Exemption from prescription charges does not exempt an individual from this policy.**

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Document Details:

Version:	1.0
Ratified by (name and date of Committee):	3 CCGs FRP Board 6 th September
Date issued:	September 2017
Internal Review Date:	Documents will be reviewed as a minimum every 3 years. However, earlier revisions to the policy may be made in light of published updates to local and national evidence of effectiveness and cost effectiveness, recommendations and guidelines from local, national and international clinical professional bodies or local prioritisation requirements. Date to Initiate Review: July 2020
Lead Executive/Director:	Mari Gay
Name of originator/author:	Anne Kingham, Primary Care Medicines Commissioning Lead
Target audience:	Patients, GPs, Secondary Care and Primary Care (Community) Providers, Independent Sector Providers
Distribution:	GPs, Secondary Care and Primary Care (Community) Providers, Independent Sector Providers, CCG Internet Pages
Equality & Diversity Impact Assessment	

Key individuals consulted in developing this document

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Version Control:

Version No	Type of Change	Date	Description of change

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1. Definitions & Abbreviations

- 1.1 Policy: A policy is a plan of action which is then applied as concrete programmes and actions. Policy documents will be prescriptive by nature and will detail expectations for the actions of individuals in a particular subject area, setting the parameters within which individuals will operate.
- 1.2 ONS: Oral nutritional supplements (this includes liquid "sip feed" and powder preparations). Examples include Aymes® Shakes, Fortisip® Liquid, Complian® Shakes
- 1.3 OTC: Over the counter
- 1.4 MUST: Malnutrition Universal Screening Tool

2. Scope of policy

- 2.1 This policy applies to all services contracted by or delivered by the NHS in Worcestershire including:
- GP practices
 - Out of hours and extended hours providers
 - Acute Hospitals
 - Outpatient clinics
 - NHS community providers
 - Independent providers
 - Community pharmacies
- 2.2 This policy applies to all prescribers within the contracted services; general practitioners, locum and junior doctors, trainees and community practitioners, supplementary and independent non-medical prescribers within Worcestershire.
- 2.3 This policy applies to:
- 2.3.1 All patients registered with or attending a healthcare appointment in Worcestershire.
- 2.3.2 All patients, whether or not they pay for their prescriptions. **Exemption from prescription charges does not exempt an individual from this policy.**
- 2.3 Patients who are not eligible for treatment under this policy may be considered on an individual basis where their GP or consultant believes exceptional clinical circumstances exist that warrant deviation from the rule of this policy.
- 2.4 The policy should be read in conjunction with the Prescribing Guidelines for Oral Nutritional Supplements (ONS) for adults.

3. Introduction and Purpose

- 3.1 The purpose of this policy is to outline the specific recommendations for the prescribing of oral nutritional supplements in Worcestershire.

4. Oral nutritional supplements (adults)

- 4.1 The Worcestershire CCGs expect that dietary intervention using a Food Boosting approach is first line for patients identified as being at risk from malnutrition using the MUST score.
- 4.2 Worcestershire CCGs do not support the prescribing of ONS except for the specific circumstances listed in section 6.
- 4.3 Patients who are discharged from hospital with ONS in the absence of any written correspondence from the hospital dietitians, should not be given nutritional supplements post-discharge. The letter from the dietitian should identify the aims of nutrition support. The GP should then identify and refer to the most appropriate health care professional to re-assess nutritional status within four weeks following discharge using 'MUST', this will indicate whether a further supply is required.
- 4.4 If patients or carers do not have the ability, or do not wish to make their own products, they can purchase a range of over the counter foods supplements and products such as Complian® (Nutricia), Nurishment® (Dunn's River).

5. Residents of catered care/ nursing homes

- 5.1 Worcestershire CCGs do not support the prescribing of ONS to residents of catered care and nursing homes, with the exception of patients who meet one of the criteria listed in 6.1 below.
- 5.2 [Regulation 14](#) of the Care Quality Commission (CQC) Guidance for Providers is very clear that homes are responsible for assessing and making the necessary arrangements for the provision of suitable nutrition and hydration for all residents.
- 5.3 All care and nursing homes have facilities to prepare fortified meals and high energy snacks where disease related malnutrition is present, as well as liquidised diets for residents with swallowing difficulties. Homes also have the option of purchasing "over the counter" supplements such as Complian® (Nutricia), Nurishment® (Dunn's River).

6. Situations where ONS will be considered

Funding for ONS will be considered if a patient meets one of the criteria in 6.1 or all of the criteria in 6.2.

- 6.1 Patients who have specific nutritional requirements that cannot be met by a fortified diet. This would include patients in any of the following categories:
- Patients requiring bolus feeds via an enteral feeding tube (PEG tube).
 - Patients with acute inflammatory bowel disease (IBD) where a liquid/ elemental diet is required.
 - Patients with stage 5 Chronic Kidney Disease (CKD) or those unable to meet their nutritional requirements due to renal dietary restrictions.
- 6.2. Patients who meet all of the following criteria (a-c):
- meet the Advisory Committee on Borderline Substances (ACBS) criteria **AND**
 - are at high risk of malnutrition (MUST score ≥ 2) **AND**
 - cannot get enough additional calories after one month of a fortified diet including either homemade or over the counter supplements.

7. Prescribing information

- 7.1 Where ONS are deemed appropriate a powdered shake should be prescribed unless there is a clinical reason why this is not appropriate. E.g. the patient is fed via an enteral feeding tube, has CKD stages 4 or 5 or has lactose intolerance.
- 7.2 Ready to drink milk and juice based products are restricted to second and third line only where there is clinical reason.
- 7.3 The CCGs do not support the prescribing of pudding or soup ONS preparations and they should not be prescribed. Homemade or bought products are readily available which can also be fortified.

8. Equality Statement

- 8.1 All public bodies have a statutory duty under the Equality Act 2010 to set out arrangements to assess and consult on how their policies and functions impact on race equality. This obligation has been increased to include equality and human rights with regard to disability, age, gender, sexual orientation, gender reassignment and religion.
- 8.2 South Worcestershire, Redditch and Bromsgrove and Wyre Forest CCGs endeavour to challenge discrimination, promote equality, respect human rights, and aim to design and implement services, policies and measures that meet the diverse needs of our service, and population, ensuring that none are placed at a disadvantage over others.
- 8.3 All staff are expected to deliver services and provide care in a manner which respects the individuality of patients and their Carer's and as such treat them and members of the workforce respectfully, regardless of age, gender, race, ethnicity, religion/belief, disability and sexual orientation.
- 8.4 Providers and Commissioners are expected to use the appropriate interpreting, translating or preferred method of communication for those who have language and/or other communication needs. Practitioners will need to assess that prescribing practice is fair and equitable for all groups covered under the Equality Act 2010 and that they are implementing the Accessible Information Standard.

9. References

Prescqiipp: Guidelines for the appropriate prescribing of oral nutritional supplements (ONS) for adults in primary care. April 2017. Accessed at: <https://www.prescqiipp.info/send/106-ons-guidelines/3406-bulletin-145-ons-guidelines>

10. Acknowledgements

Oxfordshire CCG

11. **quality Impact Assessment**

An Equality Impact and Risk Assessment has been completed for this project. Please click on the following icon for the document



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