

Medicines

Optimisation intervention brief

Medicines Optimisation Incentive Scheme 2018/19

Cost Saving Intervention

TITLE?
CS2.2.1 Sip feeds – patients in care homes on ready-made (non-specialised) preparations and not tube-fed
WHAT?
<ul style="list-style-type: none"> Review the use of ready-made ONS products (see appendix) in care homes patients. Review the use of low-calorie, non-preferred ONS products (e.g. providing less than 1.5Kcal per ml).
WHY?
<ul style="list-style-type: none"> Care homes are in a position to make nutritious milk shakes for residents who require food fortification. For residents requiring ONS, care homes can prepare shakes from the powdered ONS product Aymes Shake as opposed to using the considerably more expensive ready-made liquid ONS products. Low-calorie, non-preferred ONS products can be replaced with a food first approach which is more palatable and less expensive.
WHO?
<ul style="list-style-type: none"> Patients in care homes prescribed ready-made non-specialised liquid ONS and not being tube-fed Patients prescribed low-calorie/non-preferred ONS
TIPS?
<ul style="list-style-type: none"> Remember: an ONS prescription is deemed <i>inappropriate</i> in care homes if: <ul style="list-style-type: none"> ○ Patient does not meet at least one ACBS criteria ○ If ACBS criteria is ‘disease-related malnutrition’ and there is no MUST score, weight, and/or weight loss documented ○ Food first hasn’t been tried for at least 1 month ○ Malnutrition care pathway for care home resources have not been given or used ○ ONS are used as a meal replacement, not supplement unless strong rationale demonstrated ○ ONS prescription does not provide at least 400Kcal/d ○ Aims and goals of ONS therapy not stated/documentated ○ ONS therapy goals are not reviewed after one month
HOW?
<ul style="list-style-type: none"> Search GP clinical system to identify care home patients receiving ready-made milkshake-style ONS products, non-preferred lower nutritional value products and juice products. Review and recommend alternative Aymes Shake where appropriate.



- All requests for ready-made milkshake style ONS for patients residing in a care home should be reviewed for continuing need and if so matched to the equivalent Aymes Shake product.
- Any patient prescribed non-preferred ONS products (less than 1.5Kcal per ml) should be offered advice on the food first approach or switched to Aymes Shake.
- Juice-style supplements should be reserved for patients in whom milk-based alternatives are not tolerated.
- Contact the care home to inform them of:
 - patients to be switched from ready-made preferred ONS products to Aymes Shake
 - advice for the non-preferred ONS products - using fortified full-cream milk, fortifying food and choice of high energy desserts and puddings of similar nutritional value as appropriate (patient resources available, see link below) or a switch to Aymes Shake
 - resources on the WHCCG website, including the order form and hydration and nutrition guides.

SO WHAT?

- A reduction in the ratio of care home patients who have ready-made ONS products prescribed to the total proportion of all ONS products prescribed after the intervention.

FURTHER INFORMATION

- WHCCG ONS Nursing Home Order Form ([LINK](#))
- Care Home Malnutrition Care Pathway, with recipes, snack lists, food fortification advice, tips for improving intake and much more (click [here](#))
- Nutrition and Hydration Resource Pack for Care Home (click [here](#))



**Appendix: List of “switchable” ONS products –
specialised products should not be switched unless specified below**

type	Product	drink size	Price per unit	In Care Homes, and if ONS appropriate, and ONS not used via feeding tube, replace with:
powder	AYMES Shake +200mls whole milk	240	£0.60	This is the preferred product
powder	AYMES Shake +100mls whole milk	140	£0.60	This is the preferred product
compact	Altraplen Compact	125	£1.33	AYMES Shake +100mls whole milk
compact	Ensure compact	125	£1.33	AYMES Shake +100mls whole milk
compact	Fortisip Compact	125	£1.45	AYMES Shake +100mls whole milk
compact	Fortisip Compact Fibre	125	£2.09	AYMES Shake +100mls whole milk
powder	Ensure Shake	240	£0.60	AYMES Shake +200mls whole milk
powder	Foodlink Complete	240	£0.60	AYMES Shake +200mls whole milk
powder	Foodlink Complete with fibre	250	£0.71	AYMES Shake +200mls whole milk
powder	Fresubin Powder Extra	240	£0.70	AYMES Shake +200mls whole milk
powder	Complan Shake	240	£0.70	AYMES Shake +200mls whole milk
standard	Ensure Plus, milkshake style	200	£1.11	AYMES Shake +200mls whole milk
standard	AYMES Complete	200	£1.11	AYMES Shake +200mls whole milk
standard	Ensure Plus Yoghurt Style	200	£1.11	AYMES Shake +200mls whole milk
standard	Fortisip bottle	200	£1.12	AYMES Shake +200mls whole milk
standard	Nutricomp drink plus	200	£1.12	AYMES Shake +200mls whole milk
standard	Fresubin energy	200	£1.40	AYMES Shake +200mls whole milk
standard	Nutricomp drink plus fibre	200	£1.60	AYMES Shake +200mls whole milk
standard	Resource Energy	200	£1.92	AYMES Shake +200mls whole milk
standard	Ensure Plus Fibre	200	£2.07	AYMES Shake +200mls whole milk
standard	Fortisip Yoghurt Style	200	£2.14	AYMES Shake +200mls whole milk
standard	Fresubin energy Fibre	200	£2.17	AYMES Shake +200mls whole milk
juce	Ensure Plus Juce	220	£1.97	no equivalent
juce	Fresubin Jucy	200	£2.01	no equivalent
juce	Fortijuce	200	£2.02	no equivalent
NP	AYMES Shake Chicken	240	£0.7	fortified home-made soup/dish
NP	Ensure Plus Savoury	250	£1.11	fortified home-made soup/dish
NP	Altrashot	120	£2	use calorie toppers
NP	Altrashot	120	£2	use calorie toppers
NP	Calogen Extra	200	£4.98	use calorie toppers
NP	Vitasavoury	150	£2.01	fortified home-made soup/dish
NP	AYMES Creme	125	£1.26	replace with home-made pudding/dessert
NP	Nutricrem	125	£1.59	replace with home-made pudding/dessert
NP	Fresubin 2Kcal crème	125	£2.04	replace with home-made pudding/dessert
NP	Ensure	250	£2.31	replace with home-made drink
NP	Forticrème Complete	125	£1.96	replace with home-made pudding/dessert
NP	Fresubin Yocrème	125	£2.04	replace with home-made pudding/dessert



type	Product	drink size	Price per unit	In Care Homes, and if ONS appropriate, and ONS not used via feeding tube, replace with:
NP	Ensure Plus Crème	125	£1.93	replace with home-made pudding/dessert
NP	Fresubin Original	200	£2.28	replace with home-made drink
NP	Fortini creamy fruit multifibre	100	£1.77	replace with home-made pudding/dessert
NP	Paediasure	200	£2.37	replace with home-made drink
NP	Nutlis Fruit Stage 3	150	£2.45	replace with home-made pudding/dessert
NP	Paediasure Fibre	200	£2.6	replace with home-made drink
dysphagia	Nutlis Complete stage 1	125	£2.21	thicken Aymes shake with thickener
dysphagia	Nutlis Complete stage 2	125	£2.21	thicken Aymes shake with thickener
dysphagia	Fresubin Thickened stage 1	200	£2.35	thicken Aymes shake with thickener
dysphagia	Fresubin Thickened stage 2	200	£2.35	thicken Aymes shake with thickener
protein	Altraplen Protein	200	£1.59	specialised product
protein	Ensure Plus Advance	220	£2.08	specialised product
protein	Fortisip Compact Protein	125	£2.00	specialised product
protein	Fresubin Protein Energy Drink	200	£2.10	specialised product
protein	Fortisip Extra	200	£2.30	specialised product
2Kcal	Resource 2.0 Fibre	200	£1.95	specialised product
2Kcal	Fresubin 2 Kcal Mini Drink	125	£1.25	specialised product
2Kcal	Fresubin 2 Kcal Mini Fibre Drink	125	£1.25	specialised product
2Kcal	Fresubin 2 Kcal Drink	200	£2.02	specialised product
2Kcal	Fresubin 2 Kcal Fibre Drink	200	£2.02	specialised product
2Kcal	Fortisip 2Kcal	200	£2.14	specialised product
2Kcal	Ensure twocal	200	£2.22	specialised product
paeds	Paediasure Plus Juce	200	£2.88	specialised product
paeds	Paediasure Plus	200	£2.89	specialised product
paeds	Frebini Energy	200	£2.97	specialised product
paeds	Frebini Energy Fibre	200	£3.03	specialised product
paeds	Paediasure Plus Fibre	200	£3.14	specialised product
paeds	Fortini	200	£3.33	specialised product
paeds	Fortini Compact Multifibre	125	£3.48	specialised product
paeds	Fortini Multifibre	200	£3.5	specialised product
paeds	Fortini Smoothie	200	£3.5	specialised product
compact	Fresubin 3.2 Kcal drink	125	£2.35	specialised product
powder	Aymes shake Extra	300	£1.96	specialised product but consider Aymes shake b.d.
powder	Enshake	310	£2.45	specialised product but consider Aymes shake b.d.
powder	Calshake powder	310	£2.53	specialised product but consider Aymes shake b.d.
powder	Scandishake	310	£2.59	specialised product but consider Aymes shake b.d.

