

# Putting nutrition at the heart of patient care

## An Update on Specialist Nutrition

Specialist nutrition helps people to be healthy, survive and thrive at every stage of their lives. It supports positive health outcomes and reduces costs to the NHS

### Pathway for ONS use in the management of malnutrition in COPD

Malnutrition is estimated to be a risk factor for over 3 million people in the UK.<sup>1</sup> Patients with chronic obstructive pulmonary disease (COPD) are at risk of malnutrition as medication, increased nutritional requirements and psychological, social and environmental factors can all affect nutritional intake.<sup>2</sup>

It is estimated that around 21% of individuals with COPD are malnourished, which can lead to increased mortality, longer hospital stays and more frequent readmission, as well as reduced muscle strength and respiratory muscle strength.<sup>3</sup> COPD is the second largest cause of emergency admissions per year.<sup>4, 5</sup> Dietary advice is vital for the health outcomes of these patients; healthcare professionals must therefore be adequately equipped with the appropriate tools to identify and manage those patients with COPD who are most at risk of disease-related malnutrition. For COPD patients, NICE recommends routine nutritional risk screening with a validated screening tool.<sup>6</sup>

New guidance 'Managing Malnutrition in COPD' has been developed to provide a pathway for the management of malnutrition. The pathway (which has been widely endorsed by key professional and patient organisations) recommends specific strategies and practical advice for patients with COPD depending on their malnutrition risk category, along with placing emphasis on the importance of regular monitoring by healthcare professionals. Dietary advice, assistance with eating textured modified diets, and oral nutritional supplements (ONS) are all indicated as management options.<sup>6</sup> The 'Managing Malnutrition with Oral Nutritional Supplements (ONS) – advice for healthcare professionals' leaflet has also been updated, and provides information on the types of ONS available and patient suitability. Evidence from systematic

reviews, including NICE, demonstrates that ONS are a clinically and cost effective way to manage malnutrition, particularly amongst those with a low BMI (BMI <20 kg/m<sup>2</sup>).<sup>7, 8, 9</sup> For further information on 'The Value of Oral Nutritional Supplements' visit: <http://bit.ly/2dk9bJx>.

For further details on COPD, ONS and to view the pathway visit: [www.malnutritionpathway.co.uk/copd/](http://www.malnutritionpathway.co.uk/copd/) and <http://malnutritionpathway.co.uk/ons>.

### Standardisation of parenteral nutrition: Carter review

Earlier this year saw the publication of Lord Carter's review into productivity within hospitals across England. Containing a series of infrastructure reports, the review recommends that medicine optimisation should become more clinically focused. It also determines what should be defined as core services and what should be outsourced.

The review supports a standardised approach to prescribing: *"Opportunities for taking a national or regional approach to collaboration and re-design also exist in the manufacturing and preparation of bespoke medicines in hospitals. Aseptic preparation and supply can be more efficiently and cost effectively delivered through preparing standard doses. We therefore support the introduction of a national agreement to ensure chemotherapy doses are rounded up or down at the point of prescribing to support the delivery of standardised products, which the NHS England Medicines Optimisation Clinical Reference Group is currently developing. A similar standardisation approach should be developed for parenteral nutrition for both adults and children."*

### BSNA supports the standardisation of parenteral nutrition.

A number of regulations will follow the publication of this review. Link to review: [www.gov.uk/government/publications/productivity-in-nhs-hospitals](http://www.gov.uk/government/publications/productivity-in-nhs-hospitals).

### BAPEN 2016 Annual Conference - 8th and 9th November, 2016

BAPEN'S Malnutrition Matters Conference focuses on providing quality nutritional care. Some key areas covered this year include: Cost of Nutrition Support at Home; Blended Food and Feeding Tubes; Quality and Safety in Prescribing Nutrition Support. [www.bapen.org.uk](http://www.bapen.org.uk).

**BSNA will be at BAPEN this year, with our very own stand – we hope to see you there!**

References: 1. BAPEN, Advancing Clinical Nutrition. Nutrition Screening Survey in the UK and Republic of Ireland in 2011: A Report by the British Association for Parenteral and Enteral Nutrition (BAPEN). [www.bapen.org.uk/pdfs/nsw-2011-report.pdf](http://www.bapen.org.uk/pdfs/nsw-2011-report.pdf) 2. Cochrane WJ and Afolabi OA. Investigation into the nutritional status, dietary intake and smoking habits of patients with chronic obstructive pulmonary disease. *J Hum Nutr Diet* 2004; 17(1):3-11 3. Managing Malnutrition in COP: Including a pathway for the appropriate use of ONS to support community healthcare professionals. [www.malnutritionpathway.co.uk/COPD/](http://www.malnutritionpathway.co.uk/COPD/) 4. Collins PF et al. Prevalence of malnutrition in outpatients with chronic obstructive pulmonary disease. *Proc Nut Soc*. 2010;69 (Issue OCE2): E148 5. National Institute for Health and Care Excellence (NICE). Health and social care directorate. Quality standards and indicators. Briefing paper. Chronic obstructive pulmonary disease (COPD) update. 2015 6. National Institute of Health and Clinical Excellence (NICE). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition. Clinical Guideline 32. 2006 7. Elia M et al. The cost of disease-related malnutrition in the UK and economic considerations for the use of oral nutritional supplements (ONS) in adults. A report by BAPEN. 2005. Redditch, UK, BAPEN. 8. National Institute for Health and Clinical Excellence (NICE). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition. Clinical Guideline 32. 2006. 9. Stratton RJ and Elia M. A review of reviews: A new look at the evidence for oral nutritional supplements in clinical practice. *Clinical Nutrition Supplements* 2, 5-23. 2007

### About the British Specialist Nutrition Association

BSNA is the trade association representing the manufacturers of products designed to meet the particular nutritional needs of individuals; these include specialist products for infants and young children (including infant formula, follow on formula and complementary weaning foods), medical nutrition products for diagnosed disorders and medical conditions, including parenteral nutrition, and gluten-free foods.