

## [NEW C&W Oral Nutritional Supplement \(ONS\) guidance for adults in the community GC036](#)

We are pleased to announce that the Coventry and Warwickshire ONS guidance has been updated in collaboration with Coventry and Warwickshire Community Adult Dietetics Teams and now is available on the [C&W APC net Formulary](#) ← [Click here to discover what's new](#)

- Spend on ONS across the ICB reached £4 million in the 12 months to November 25, an increase of 19% on the previous year.
- The updated guidance sets out a clear pathway to identify and manage malnutrition in adults in community.

### Step 1: Assess

- Complete a **MUST Score** using height, weight, & weight loss over last 3-6 months.
- Provide **“Food First”** advice for all patients, as needed. *For advice see [leaflet](#)*

### Step 2: When to prescribe

- Only when indicated for patient with a MUST score of 2 or more.
- Consider **first-line formulary options**:

Milk Based Powder Supplements <i>If patient can make up powder in shaker cup and tolerates milk</i>	Monthly Volume for BD dose
Aymes Shake *	56 x sachets (3192g)
Foodlink Complete powder*	56 x sachets (3192g)
Complan Shake *	56 x sachets (3192g)

Smoothie style Supplements (To mix with water) <i>If patient can make up powder in shaker cup but does not tolerate milk</i>	Monthly Volume for BD dose
Aymes Actasolve Smoothie powder*	56 x sachets (3696g)
Foodlink Smoothie powder*	56 x sachets (3696g)

- Consider ready to drink (**second line**) only when powdered supplements cannot be prepared.
- Prescribe **twice daily, between meals. DO NOT use as a food replacement.**
- Ensure the prescribed product aligns with the patient's **flavour preferences, allergies, intolerances, and cultural or dietary needs.**

### Step 3: Monitoring

- Refer those with a MUST of 2+ for dietetic review. See guidance for more information regarding referral process.
- Monitor regularly to ensure prescribing supplements are taken and remain appropriate.



### Step 4. When to stop

- When treatment goals are met or when no further intervention is needed.
- ONS for those patients under a dietitian should not be stopped unless advised by a dietitian
- When discharged by a dietitian, parameters will be provided for stopping the ONS and treatment goals, via the discharge letter or plan

### important

ONS on discharge should **NOT** be continued unless clinically indicated, please reassess using MUST.

### Required Actions for General Practices

- ✓ Complete a MUST score before prescribing any ONS
- ✓ Start with a 'Food First' approach
- ✓ Prescribe only first-line ONS unless clear exceptions apply
- ✓ Review all ONS items on repeat regularly
- ✓ Stop ONS when agreed goals are met.

*The guidance also includes helpful advice on: ONS in dysphagia, palliative care, and care home patients*

Contact The Medicines Optimisation Team:



[cwib.mot@nhs.net](mailto:cwib.mot@nhs.net)



[www.happyhealthylives.uk/integrated-care-board](http://www.happyhealthylives.uk/integrated-care-board)