Oral Nutritional Supplements (ONS) Prescribing Audit

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Overview

- Background
- Aim and Objectives
- Method
- Measures and Outcomes
- Learning outcomes
- Conclusion
Background

- **Oral Nutritional Supplements (ONS)** are high calorie drinks or puddings that can be used to help treat malnutrition.

- **Prevalence of malnutrition** *(NPC 2012)*
  - More than 3 million people in UK
  - 93% malnourished living in the community
  - 5% care homes

1 in 3 admissions to hospital
Background

Financial impact of malnutrition on NHS

- Over £13 billion in UK (2007)

Actual Cost of ONS in Portsmouth City

- Between June and August 2014 cost per surgery
- Range: £410 and £16,378
Aims and objective

- **Aim:**
  - To ensure appropriate and cost effective prescribing of ONS in Portsmouth City

- **Objective:**
  - Baseline audit of prescribing of ONS in 3 GP practices
ONS Audit

Search carried out:

- Number of patients on ONS in practice
- Spend per year/per patient per year
- Background search
  - Male/female
  - Age
  - Supplement type
  - Last issue
  - Dosage
  - Start date
ONS Audit

- Background search:
  - Relevant diagnosis
  - Actual reason for script
  - Weight monitoring
  - BMI recorded
  - Person who initiated script
  - Preferred supplement

Time consuming: 10-15 mins per patient
ONS audit results

Inappropriate prescribing:

- 25 – 35% of total prescribing costs
- Reasons:
  - Inappropriate product prescribed
  - Patients prescribed ONS when not needed
  - Under or over-prescribing
ONS audit results

- 186 patients on ONS

<table>
<thead>
<tr>
<th>Gender</th>
<th>2014</th>
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<tbody>
<tr>
<td>Males</td>
<td>79 (42%)</td>
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<tr>
<td>Females</td>
<td>107 (58%)</td>
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<table>
<thead>
<tr>
<th>Age</th>
<th>2014</th>
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<tbody>
<tr>
<td>Under 75 yrs</td>
<td>104 (56%)</td>
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<tr>
<td>75 yrs +</td>
<td>82 (44%)</td>
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<table>
<thead>
<tr>
<th>Patients in NH</th>
<th>2014</th>
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<tbody>
<tr>
<td>Number</td>
<td>29</td>
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<tr>
<td>Percentage</td>
<td>16%</td>
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Initiation of Script

- GP: 31%
- Dietitian: 23%
- Not recorded: 17%
- Community nurse: 9%
- Hospital: 8%
- NH request: 4%
- Consultant: 3%
- Patient request: 3%
- SLT: 1%
- Specialist nurse: 1%
Diagnosis of Patient

- Cancer
- Dementia
- COPD
- None relevant
- Very old age
- PD
- Mental health/alcohol related
- Other conditions
ONS audit results

Actual reason for supplement script included:

- Weight loss, low BMI and poor intake
- Pressure ulcer
- Can’t afford food
- Dislikes NH food
- Self neglect
- Back pain
- Need to lose wt

Often no reason recorded
Recorded Weight and BMI

- Weight loss and/or low BMI main predictor of disease-related malnutrition

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<thead>
<tr>
<th>Weight recorded</th>
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<tr>
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<td>Percentage</td>
<td>60%</td>
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<thead>
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<th>BMI recorded</th>
<th>2014</th>
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<td>103</td>
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<tr>
<td>percentage</td>
<td>55%</td>
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Learning outcomes

• Practice audit showed up to 35% ONS prescriptions inappropriate

• Audit rolled out to further practices

• Training programme and basic guidelines for:
  • GPs
  • Practice nurses
  • Community nurses

• Training programme for care home cooks and nursing staff on ‘food first’
Any Questions?