



Prescribing of oral nutrition supplements for residents in care and nursing homes

Patient Information Leaflet

Changes to sip feed prescribing?

East Lancashire Medicines Management Board (ELMMB) has supported the decision that, as of 1st April 2017, GPs should no longer prescribe oral nutritional supplements (sip feeds) for the majority of residents in catered care and nursing homes. This policy does NOT include residents fed via a percutaneous endoscopic gastrostomy tube (PEG tube).

Why have these recommendations been made?

Care and nursing homes are responsible for the provision of suitable food and drink for their residents; all homes are able to provide residents with appropriate meals and snacks. The homes will continue to weigh residents regularly. Any resident thought to be at risk of malnutrition will be offered options to increase their calorie and protein intake and their progress will be followed. The provision of sip feeds is not the best way to provide the extra calories and protein needed.

What are the alternatives to sip feeds?

Residents who are considered to be at risk of malnutrition will have their meals fortified. This involves adding extra ingredients to meals to increase the energy and protein content, without increasing the volume. This could include adding milk powder, grated cheese, butter, cream or sugar to recipes. Homes can also provide high calorie snacks and drinks for use between meals, as well as liquidised diets for residents with swallowing difficulties.

How are homes being supported?

Written information and documents including suggestions for meal fortification and examples of high calorie drinks and snacks have been produced. Recipes for high calorie homemade supplements are also available. Care staff have access to this information and are able to refer to dietitians for guidance and advice.