

SIMPLE SOLUTIONS TO ADDRESS THE CHALLENGING PROTEIN GAP IN PATIENTS WITH DISEASE-RELATED MALNUTRITION (DRM)



1.

**BE ASSERTIVE
- START EARLY**

Early and assertive provision of high-quality protein is an essential component of successful DRM intervention strategies¹⁻⁴

Latest guidelines recommend patients with DRM need significantly more protein compared to healthy populations;

High protein Oral Nutritional Supplements (ONS) play a key role in meeting nutritional demands²



Daily Guideline Recommendations:
(e.g. Polymorbid, Oncology, Geriatrics, Surgery)⁴⁻⁷
1-1.5g/kg/day

“High protein formulae contain 20% or more of total energy from protein”
ESPEN⁸



2.

**ADDRESS
ADHERENCE
BARRIERS**

Don't forget... Not all ONS are the same!

Before deciding on a suitable ONS prescription, first consider the common adherence barriers faced by patients with DRM²

Patients with DRM often struggle to finish a standard 200ml ONS⁹⁻¹¹ due to multiple barriers^{6,9};



- Poor appetite and early satiety
- Taste changes and nausea
- Fatigue and shortness of breath
- Limited variety of ONS flavours



Evidenced-based ONS specially designed to help meet the nutritional gap and overcome adherence barriers will lead to improved patient outcomes....



3.

**USE
EVIDENCE
BASED ONS**

Selecting a high protein, high energy, low volume ONS can drive better adherence, and ultimately, better patient outcomes⁹⁻¹¹

HIGH PROTEIN	ENERGY DENSE AND LOW VOLUME
<p>Improved clinical outcomes</p> <p>High protein</p> <p>High protein ONS result in improved outcomes such as increased grip strength, improved body composition, reduced complications (e.g. wound healing and infections) and length of hospital stay (LoS)²</p>	<p>Adherence</p> <p>125 ml: 90%</p> <p>200 ml: 78%</p> <p>Energy dense (≥2kcal/ml), low volume (125ml) ONS result in better adherence compared to standard 200 ml ONS⁹⁻¹¹</p>
<p>HIGH PROTEIN + HIGH ENERGY + LOW VOLUME = OPTIMUM ADHERENCE AND BETTER PATIENT OUTCOMES^{2,9-11}</p>	

Fortimel Compact Protein

Nutricia's recommended first-line choice for patients suffering from DRM

✓ **High protein content**
18g per serving, 24% energy from protein

✓ **High energy**
300kcal per serving (2.4kcal/ml)

✓ **High quality protein¹²**
100% cow's milk protein

Available in
12 flavours



✓ **Low volume**
125ml per serving

Fortimel Compact Protein is a food for special medical purposes, for the dietary management of disease related malnutrition. It must be used under medical supervision only.

Backed by direct evidence base demonstrating efficacy on key clinical and health economic outcomes



High acceptability (96%)¹³
and adherence (90%)¹³



Improves protein intake¹⁴⁻¹⁶



Improves energy intake¹⁴⁻¹⁶



Increases body weight^{15,17}



Improves nutritional status^{13,18}



Improves muscle mass¹⁹ and
supports improvement in strength
and function^{*17}

Fortimel Compact Protein does not impact negatively on food intake⁹



**Improves health
economic outcomes**

**>1000 Euro net saving per
high-risk patient over 6 months^{**13}**

- ✓ Hospital admissions reduced by 62% (P=.005)¹³
- ✓ Length of stay reduced by 67% (P=.004)¹³
- ✓ GP visits reduced by 25% (P=.006)¹³
- ✓ Antibiotic prescriptions reduced by 39% (P=.04)¹³

* Primary intervention was not met in full intervention group¹⁷. Sub-group analysis of those with higher adherence to the intervention (≥40% compliance to the combined intervention of ONS plus exercise) increased their fat free mass (↑2.12 kg, vs control (CG) P 0.007). Logistic regression analyses indicated that the odds ratio for maintained/improved 30-second Chair Stand Test was 3.5 (P 0.034) among the participants with higher adherence compared with the CG.

** Calculation based on Brown et al¹³. Implementation of the UK malnutrition pathway²⁰ including 2 Fortisip Compact Protein per day for patients at high risk of malnutrition. GBP converted to Euro and rounded down, £997.02 = approx. 1000 Euro.

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