

Prescribing and Medicines Optimisation Guidance

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Nutrition Bulletin

Welcome to this special nutrition edition of the Medicines Optimisation Bulletin written by your ICB medicines optimisation dietitians. Since becoming an ICB we have been working on a variety of resources, to support patients, carers, and health care professionals to provide appropriate, optimal nutritional care in a cost-effective way.

Our role is interesting because different localities within the ICB have contracts with specific nutrition companies. However, in the community we are not contracted to use specific products for patients, enabling us to advise you on a range of products which are nutritionally equivalent but cost-effective.

Meet your ICB dietitians



Michelle Sutcliffe: I've been part of the Southampton medicines management team since 2003, and more recently became part of the South West Hampshire medicines optimisation team too. Prior to this I was a community dietitian in Southampton and the local area. Alongside my work for the ICB I also lead the Southampton Home Enteral Nutrition Team.

Since the creation of the ICB, it has been great to be working collaboratively with Kirsty who's working in the same therapeutic area. I'm so proud of the resources that we've produced, the various teaching sessions that we're delivering and the exciting new ideas that we have in development to support all health care professionals and residents within the ICB.

You can e-mail me at: michelle.sutcliffe@nhs.net



Kirsty Wood: I joined the Isle of Wight NHS Trust and Isle of Wight medicines optimisation team as a community dietitian in 2019 – I now work three days a week for the ICB, as well as run a freelance dietetic business.

Michelle and I have worked collaboratively in the past, and even more so since the CCGs joined to become an ICB. It's been lovely to work together to combine our brain power, and strengths and see the impact of our project work carried out on a wider scale.

You can email me at: kirsty.wood3@nhs.net

Prescribing Resources

Your Quick Guide to ONS prescribing: Know what to prescribe quickly and easily in primary care.

The *Oral Nutritional Supplement (ONS) Quick Guide to Prescribing* resource is available for use in primary care settings. You can see a copy in the formulary section of the HIOW ICB website, simply search in the search bar, or download a copy here: [LINK](#)

It is suitable for all prescribers to use and is applicable across the whole of the ICB. The resource promotes a food-based approach, goal setting, and first-line recommended products with a handy reminder of the ACBS criteria that should be followed.

Patient Resources

Nutrition support – patient leaflets [LINK](#)

To support the *ONS Quick Guide to Prescribing*, there are also several patient leaflets that can be used or added to SystmOne or EMIS for use in primary care. These include *Nutrition Support*, *Nourishing Drinks* and *Vegan Nutrition Support*. These leaflets are patient-focused and have simple, practical tips and recipes on how to: minimise weight loss; and regain weight if they have been affected by malnutrition.

Following the advice can add an additional 1200kcal to a person's diet (for reference a 'standard' sip feed/ONS is 300kcal per bottle). The leaflets are easy to read and include everyday ingredients.

There is also a patient information leaflet for *Wound Healing* - feel free to share this link above with your local tissue viability specialists and community nursing teams.

Care Home Resources

Care home nutrition booklet [LINK](#)

Our '*Nutrition Support - Tools and Advice for Care Providers*' booklet was launched in February 2023 – and has been presented at various care home forums across the ICB.

This document serves as a tool for care providers to support their residents by firstly identifying malnutrition and secondly empowering them to treat it using simple food-based approaches.

The resource includes: a malnutrition prevention pathway, example food charts and nutrition care plans, ways to address barriers to eating and drinking, as well as easy-to-complete action plans based on a person's risk of malnutrition.

The resource will be updated regularly, so if there are nutritional challenges that you are coming across in care settings that you feel would be helpful to include in future editions, please do get in touch. If you have a care home near you that would benefit from this resource, be sure to share it with them. See link above.

Future Plans

Intervention Briefs

To support savings across the whole of the ICB and to help move the ICB back into a more financially stable position, we have developed several intervention briefs (IBs). These IBs promote cost-effective and appropriate prescribing for specific ONS where significant cost savings have been identified. These IBs are on the ICB website and can be found here: [LINK](#)

Formulary (coming soon)

A draft adult ONS formulary has been created and is awaiting review at the ICB formulary meeting. Once this formulary is approved and in place, this will contribute towards the savings plan across the ICB through aligning prescribing practice across all sectors.

Optimise Rx Messages

Optimise Rx messages have been created to accompany the suggested HIOW.net formulary. Once the formulary is approved, we will seek approval from the Optimise Rx panel and update the messaging to align all regions within the ICB. Again, this piece of work will have a positive impact on the savings work for medicines optimisation.

Please do get in touch if you have any questions or if you require help with anything nutrition related.

Best wishes,

Michelle and Kirsty

Your ICB Medicines Management Dietitians

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On behalf of Hampshire and Isle of Wight ICB Medicines Optimisation Teams

Local medicines optimisation teams can be contacted via their generic team mailbox: See [LINK](#)

Previous bulletins can be found hosted on the ICS website here: [link](#)