

IMPROVEMENT OF NUTRITIONAL OUTCOMES WITH A WELL COMPLIED, ACCEPTED AND TOLERATED HIGH ENERGY AND PROTEIN PLANT BASED ORAL NUTRITIONAL SUPPLEMENT ALONGSIDE DIETARY ADVICE IN COMMUNITY-BASED PATIENTS AT RISK OF DISEASE-RELATED MALNUTRITION

AUTHORS

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Q BACKGROUND

High energy and protein oral nutritional supplements (ONS) may be required for a wide range of vulnerable patients with increased nutritional requirements. Availability and clinical evidence of plant based (PB) ONS is limited. This study aimed to evaluate the effects of a 2kcal/ml, 20%En protein PB ONS alongside dietary advice in community-based adults at risk of disease-related malnutrition (DRM).

METHODS

Prospective, longitudinal, single-arm multi-centre study

4-week intervention period

≥1bottle/day of a ready-to-drink 200ml PB ONS (Nutricia Ltd), containing 400kcal and 20g protein/bottle alongside dietary advice



PATIENT GROUP

24 PATIENTS

(7M:17F), aged 65.4±18.6 years. BMI: 19.8±4.6kg/m² at risk of DRM

REASONS WHY
ONS NEEDED

Low BMI (*n*=13); Weight loss (*n*=8); Unable to meet requirements through diet alone (*n*=3)
19/24 patients specifically required **plant-based** nutrition support due to:

PATIENTS
RECEIVED



Cultural/religious
42%



Health
37%



Veganism/reduce
animal-derived food
16%



Sustainability
5%



1 ONS/day (*n*=23)
3 ONS/day (*n*=1)



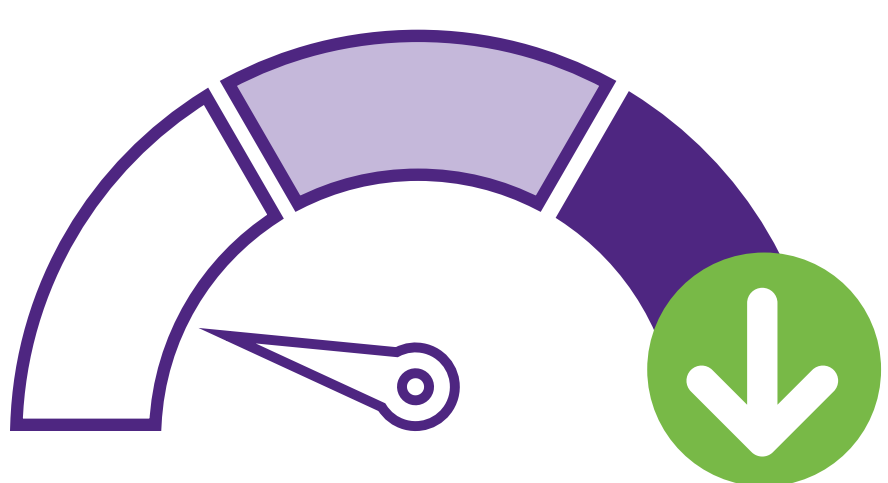
RESULTS

95%

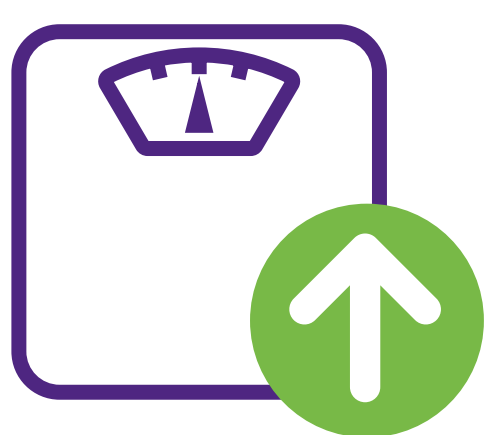
Mean compliance
(SD7, range:
75–100%).



Medium/high risk of
DRM (MUST score ≥1)
reduced from 24 to 18
patients (*p*=0.007).



Increase in body weight
(+0.9±1.8kg, *p*=0.027) and
BMI (+0.3±0.9kg/m²,
p=0.180) at end of intervention.



Increase in mean total
energy (+520±372kcal/d)
and protein (+19.9±18.9g/d)
intakes (*p*<0.001), as well
as appetite (SNAQ Score from
12.0±3.1 to 13.9±2.8, *p*=0.026).



Patients rated **ONS palatability** as **good** for taste (7.1), aftertaste (6.6), smell (7.2), appearance (7.1) and thickness (7.2).



Good gastro-intestinal (GI) tolerance. GI symptoms were stable, with healthcare professionals confirming patients (96%) tolerated the ONS as expected.



CONCLUSIONS

The intervention with a 2kcal/ml plant based oral nutritional supplement alongside dietary advice improved nutritional outcomes in a group of community-based adults at risk of DRM requiring a high energy and protein ONS, while being well complied with, accepted and tolerated.

AFFILIATIONS

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