

ORAL NUTRITIONAL SUPPLEMENT (ONS) GUIDANCE FOR THE CLINICAL COMMISSIONING GROUP (CCG) FOR RENAL PATIENTS

Malnutrition is a significant problem in haemodialysis (HD) patients and estimated to be present in 30-60% of the renal population. A number of factors put this particular group of patients at risk of malnutrition;

- haemodialysis related protein losses,
- uraemia related taste changes and nausea,
- lethargy (anaemia),
- dietary and fluid restrictions,
- social issues,
- co-morbidities,
- polypharmacy,
- missed opportunities for food due to travel time and HD sessions (frequently 6 hours 3x/wk).

Protein Intake

In Somerset 33-35% of haemodialysis patients are at increased risk of malnutrition (2012-2018 annual audits). Subjective Global Assessment (validated and 'gold standard' method for renal patients) found 60% of our patients have signs of muscle/ protein energy wasting and our annual nutritional assessment programme has found most patients have inadequate protein intake.

Fluid Restriction

The majority of haemodialysis patients are anuric and advised to follow a maximum of 1 litre/d fluid restriction to prevent significant intra dialytic fluid gains, resulting in cardio-vascular instability.

The ideal nutritional supplement for haemodialysis patients is therefore low volume, high protein, and high energy.

First line treatment (low volume, high protein, high energy)				
Product	Manufacturer	Unit	Energy - kcals	Protein g
Fortisip compact protein	Nutricia	125mls	300	18
Alternative (low volume high energy plus protein)				
Product	Manufacturer	Unit	Energy - kcals	Protein g
Fortisip compact	Nutricia	125mls	300	12
Ensure compact	Abbott	125mls	300	13
Altraplen compact	Nualtra	125mls	300	12
Vitasavoury 300	Vitaflo	Made up to 100mls	300	6
High protein supplements				
Renapro Shot	Stanningley Pharma	60mls	90	20
Prosource Jelly	Nutrinovo	118mls	90	20
Prosource	Nutrinovo	30mls	100	10
Low volume, high energy, low potassium supplement				
Product	Manufacturer	Unit	Energy - kcals	Protein g
Fresubin 5kcal shot	Fresenius	3-4 x30mls/d	450-600	0
ProCal shot	Vitaflo	3-4 x 30mls/d	300-400	6-8

Constipation

Haemodialysis patients frequently suffer with constipation due to reduced fluid intake, dietary restrictions and inactivity. Regular constipation can contribute to raised potassium levels. Many prescribed laxatives can contribute additional fluid and potassium which can be detrimental to patients on haemodialysis. The soluble fibre supplements below have been designed to be used for haemodialysis patients as they are low in potassium and contribute minimal fluid.

First line high fibre supplement			
Product	Manufacturer	Unit	Soluble Fiber
HyFibre	Nutrinovo	30mls Sachet	12g
OptiFibre	Nestle Health Science	5g scoop	4.3g

Vitamin supplementation

Haemodialysis patients are at risk of micronutrient deficiencies. Unfortunately generic multivitamins are not appropriate for this patient group as fat-soluble vitamins can accumulate to toxic levels. Renavit® provides the best profile of water-soluble vitamins to meet renal patient needs.

First line Renal Vitamin supplement		
Product	Manufacturer	Unit
Renavit	Stanningley Pharma	1 tablet a day