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## **Prescribing of sip feeds in care and nursing homes**

From 1<sup>st</sup> December 2015 GP practices in Oxfordshire will no longer prescribe sip feeds such as Aymes Shake, Complan Shake and Ensure Plus for the majority of residents in care or nursing homes. This does not include sip feeds given via a PEG tube, which will still be prescribed in the usual way. The CCG has produced a range of information leaflets to support homes in providing a high energy diet for residents at risk of malnutrition (see link below)

OCCG has taken the decision that NHS funding should not be spent providing nutritional support to residents within homes. All care and nursing homes have facilities to prepare fortified meals and high energy snacks where disease-related malnutrition is present, as well as liquidised diets for residents with swallowing difficulties. There is also the option of purchasing “over the counter” supplements such as Complan<sup>®</sup> (Nutricia) or Nurishment<sup>®</sup> (Dunn’s River). [Regulation 14](#) of the Care Quality Commission (CQC) Guidance for Providers is clear that homes are responsible for assessing and making the necessary arrangements for the provision of suitable nutrition and hydration for all residents.

Resident’s nutritional status should continue to be monitored using MUST scores. Where a patient is identified to be at medium or high risk of malnutrition, their food should be fortified; this means adding ingredients to normal food to increase energy content without increasing the volume of food which needs to be eaten. Together with two or three snacks or milky drinks between meals the aim is to increase energy intake by around 500 kilocalories per day.

Residents currently having two sip feeds a day between meals could be given high energy snacks or homemade supplements in addition to a fortified diet. Leaflets giving information on fortifying food, recipes for supplements to replace sip feeds and snack options are available on the OCCG website:

<http://www.oxfordshireccg.nhs.uk/professional-resources/guidance-for-care-homes/>

For advice and support please contact the Care Home Support Service.

Further sources of information:

- The Care Home Support Service can provide The Special Diets Catering Manual written by Oxfordshire dietitians.
- [The Better Hospital Food website](#) may have useful information and recipe ideas.
- [The National Association of Care Catering](#)– have recipes, NVQ courses

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