



Nutritional products on prescription update

The following information is intended to provide an update for clinicians on the prescribing of nutritional products and accessing dietetic support.

Adults

- **When prescribing an oral nutritional supplement please consider:**
 1. **Altraplen Compact Daily** - Is the preferred choice, since it has less packaging (equal to 2 bottles in 1 tetra-pack) and lowest cost. £1.60 for 2 drinks/day
 2. **Fortisip Compact** - For patients that require either one or three per day. £1.65 per bottle
 3. **Ensure Compact** – Is Dietetic led and to be used following discharge from hospital. £3.16 for 2 drinks/day.
- **Guidance on GP Portal** – the following support documents are available:
 - ONS and Thickener formulary ([link](#))
 - Guide to switch non formulary products ([link](#))
 - Ready reckoner guide to support accurate prescriptions ([link](#))

Paediatrics

➤ **Cow's Milk Protein Allergy (CMPA) - Product choice**

When compared to other healthcare systems Northamptonshire has a comparatively high proportion of prescribing for Amino Acid (AA) products. To support improvements:

- Extensively Hydrolysed formula (EHF) e.g. Aptamil Pepti 1 (under 6 months) or Aptamil Pepti 2 (over 6 months) should be prescribed first line. AA products should only be prescribed first line and in most situations on advice of the paediatrician or specialist paediatric dietitian, refer to formulary ([link](#))
- When food is being introduced the quantity of product should be reduced and discontinued after 1 year of age or per guidance from specialist.
- Make a note on the repeat prescription on date to end and review with parents.
- Home re-introduction is the gold standard to confirm diagnosis in mild to moderate cases.
- When initiating provide parents with the “*What to expect leaflet*” on the GP Portal ([link](#))

Referral to the dietitian

➤ **Care homes**

Care homes can refer directly to the dietitian using the electronic referral on the NHFT website, <https://www.nhft.nhs.uk/dietetics>

➤ **Independent living patients**

The referrals have been updated and the name has been changed to **Dietetic Adult Outpatient Referral Form including Tier 3 Weight Management** and available on SystemOne and Emis Web. To improve our efficiency, we are aiming to only accept referrals using this form over the next months.