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FORTISIP PLANTBASED 2KCAL CASE STUDY

In a Community Patient with Persistent Fatigue

Dr Rakshan Syed,
General Practitioner
Preston Hill Surgery

PATIENT OVERVIEW

Mrs. C is a 70-year-old retired lady of Indian origin with a past medical history of Type 2 diabetes and osteopenia. She is also a carer for her husband, who suffers from dementia. Her clinical presentation included a one-year history of suppressed appetite, general malaise, and unintentional weight loss of 5 kg. Mrs. C described feeling persistently fatigued, experiencing dizziness, and reporting that she wanted to just lie in her bed for most of the day. On one occasion, she collapsed when getting out of bed due to weakness.

Due to her presentation, she was referred urgently under the 2-week cancer pathway for further investigation.

INITIAL ASSESSMENT

Mrs C presented to the GP practice and was seen by her GP for both her initial assessment and the 4 week follow up.

On presentation, Mrs. C had the following clinical measurements:

- **Weight: 42 kg**
- **Height: 144 cm**
- **BMI: 20 kg/m^2**
- **MUST Score: 2 (High Risk of Malnutrition)**

Mrs. C's reduced appetite was adversely affecting both her physical and mental well-being, as well as her ability to effectively care for her husband. Her inability to maintain adequate nutrition was a concern, particularly in light of her osteopenia, which increased her risk of falls and fractures.

NUTRITIONAL REQUIREMENTS

Given the weight loss and current clinical presentation, Mrs. C's estimated daily nutritional needs were calculated. The ESPEN guidelines were used to calculate energy and protein requirements:

- **Energy Requirements:** 1470 kcal/day (35 kcal/kg body weight/day[1])
- **Protein Requirements:** 63 g/day (1.5 g/kg body weight/day[2])
- **Fluid Requirements:** 1470 ml/day (35 ml/kg body weight/day)

	Anthropometrics at initial assessment	Anthropometrics at 4 week review
Weight (kg)	42	45 (+3kg)
BMI (kg/m^2)	20	21.7
MUST	2 (high risk)	1 (medium risk)

	Nutritional requirements	Nutritional intake at initial assessment	Nutritional intake at 4 week review
Energy (kcal/day)	1470	746	1486
Protein (g/day)	63	13.8	51
Protein (g/kg/day)	1.5	0.6	1.2
Fluid (ml/day)	1470	-	-

Her initial management plan included dietary advice to consume small, frequent meals, and to fortify her food with high-calorie ingredients such as cream, cheese, butter, and puddings to increase her caloric intake.

Accurate at time of publication - December 2025

NUTRICIA Fortisip PlantBased 2kcal

INTERVENTION: FORTISIP PLANTBASED 2KCAL

Mrs. C was introduced to Fortisip PlantBased 2kcal, a high energy (2kcal/ml), high protein (20g/bottle, 20% energy from protein) plant-based oral nutritional supplement (ONS). The ONS was selected based on her specific dietary requirements, as well as her religious preference for plant-based products. NICE Clinical Guideline 32[3] was followed when considering ONS use in this patient, as the guidelines advise to target those as risk of malnutrition with a reduced oral intake.

The patient was prescribed two bottles of Fortisip PlantBased 2kcal daily. This formulation offered a high calorie density in a small volume, making it easier for Mrs. C to consume given her reduced appetite. Fortisip PlantBased 2kcal is also high in protein which helped the patient meet her protein requirements which was essential for her to maintain her muscle strength and prevent further falls.

PROGRESS AND FINDINGS

After 4 weeks, a reassessment of Mrs. C's nutritional status and health outcomes revealed significant improvements:

- **Weight: 45 kg (3 kg gain)**
- **BMI: 21.7 kg/m^2 (Increase in BMI)**
- **MUST Score: 1 (Medium Risk, reduction in MUST score)**

Mrs. C tolerated Fortisip PlantBased 2kcal exceptionally well. She reported that the product was palatable, and she appreciated the fact that the small volume allowed her to feel full without the discomfort of consuming large amounts of food. Furthermore, she did not experience any gastrointestinal side effects. The improvement in her nutritional intake had a profound effect on her overall health:

- **IMPROVED ENERGY LEVELS:** Mrs. C reported a noticeable increase in energy. She felt less fatigued and was able to resume more of her daily activities.
- **RESOLUTION OF DIZZINESS:** Her dizziness had resolved, which she attributed to the improved nutritional support.
- **WEIGHT GAIN:** The 3 kg weight gain indicated positive progress toward restoring her nutritional status.
- **IMPROVED MENTAL WELL-BEING:** Mrs. C expressed significant improvements in her mood, feeling less housebound and more capable of managing her caregiving responsibilities.

She was discharged from the care of the hospital as no cancer was detected and the patient felt much better and no further investigation was deemed necessary.

IMPACT OF INTERVENTION

The introduction of Fortisip PlantBased 2kcal proved to be a turning point in Mrs. C's recovery. By providing her with a calorie-dense, high protein and easy-to-consume product, she was able to maintain her nutritional intake despite her suppressed appetite. This not only supported her physical recovery but also had a profound impact on her mental health, as she felt more empowered to care for her husband and resume normal activities.

CONCLUSION

The use of Fortisip PlantBased 2kcal proved to be an effective intervention in the management of Mrs. C's weight loss, fatigue, and overall malnutrition. The product was well-tolerated, palatable, and provided the necessary caloric and nutritional support to help her regain weight, improve energy levels, and resolve symptoms of dizziness. Importantly, it helped restore Mrs. C's ability to function as a caregiver, enhancing her quality of life both physically and mentally.

This case highlights the importance of individualised nutritional management in community patients, particularly as more patients choose plant-based or dairy-free diets to align with cultural/religious practices or in an attempt to improve health outcomes. Traditional ONS products are typically animal-derived, which may conflict with patient preferences or beliefs, potentially leading to non-adherence. Plant-based ONS formulations provide a viable alternative, which are both palatable and well-tolerated while respecting patient values.

In addition to addressing her immediate nutritional needs, the intervention also played a critical role in mitigating the risk of further weight loss, which could have led to additional complications, particularly fractures related to her osteopenia.

References: 1. Volkert D, Beck AM, Cederholm T, et al. ESPEN practical guideline: Clinical nutrition and hydration in geriatrics. Clin Nutr. 2022;41(6)958-989 2. Deutz NEP, Bauer JM, Barazzoni R, et al. Protein intake and exercise for optimal muscle function with aging: Recommendations from the ESPEN Expert Group. Clin Nutr. 2014. 33(6):929-936. 3. National Institute for Health and Care Excellence (NICE). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition. London: NICE; 2006 [updated 2017 Aug].

NUTRICIA Fortisip PlantBased 2kcal