

# AN 83 YEAR OLD INDIVIDUAL WITH COPD, RHEUMATOID AND OSTEOARTHRITIS, AND BASAL CELL CARCINOMA

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## BACKGROUND

Dietetic nutritional assessment was provided to an 83 year old patient, diagnosed with COPD, rheumatoid and osteoarthritis, and basal cell carcinoma. They were also suffering from intractable joint pain and were awaiting knee/hip surgery. They had been referred for dietetic assessment by their GP who had already started oral nutritional supplements (ONS) to support the patient in the community while awaiting dietetic input.

They presented with weight loss and through nutritional screening it was identified they were at high risk of malnutrition, as their 'MUST' score was 2.

The patient weight at the point of first contact was 40 kg giving a BMI of 17.3 kg/m<sup>2</sup>. They reported that their usual weight was around 44-45kg.

Through further discussions with the patient, it was identified that they lived alone and were self-caring. They reported to enjoy cooking on 3-4 days a week for themselves and a neighbour. They found cooking every day too tiring and as a result of this they were using a combination of ready meals, take away options, or eating out with family or friends at least once a week.

The aim of the dietetic intervention was to support their weight maintenance and to optimise nutritional status in community prior to surgery.

The patient was already prescribed ONS, however they were not aware of the reasons as to why the ONS were prescribed for them, and what role they play in supporting their health. Further discussion revealed that they were able to take a maximum of 70% of the prescribed ONS, and they reported lack of enjoyment from taking them.

This was reported to be mainly due to knowledge that they contained milk, and the patient generally disliked milk or milky drinks.

With the use of current ONS, the patient was meeting their baseline nutrition requirements.

For energy: The energy requirements for maintaining stable weight were ~1200kcal/day and those that met as baseline energy intake were estimated to be ~1544kcal/day (with use of current ONS)

For protein: The baseline protein requirements of 42g/day were met as the baseline protein intake was estimated at ~66g/day (with ONS - Ensure Plus Milkshake) and ~41g/day (without ONS)

Their GP prescribed the ONS that was aimed to provide 600 kcal and 25 g of protein in the amount of 400mls/day.

## RATIONALE AND USE OF FORTISIP PLANTBASED 1.5KCAL

Dietetic assessment and discussion revealed that the patient would benefit from continuing ONS as they were unlikely to change current dietary intake and meet nutritional requirements with diet alone.

With the patient a discussion around the reasoning to use ONS to support their nutrition took place. An explanation around a

plant-based ONS occurred which they could try, and the patient expressed great interest in having a plant-based supplement option. They reported that plant-based ONS would be their personal preference over the milk containing product.

The patient was happy to accept plant-based ONS in amounts of 2 bottles per day - Fortisip PlantBased 1.5kcal. Mocha and Mango Passionfruit flavours were trialled and chosen by the patient over their currently used milk containing supplement.

Dietetic aim was to prevent weight loss, supporting better adherence to oral supplement to support optimum nutritional status pre surgery.

## RESULTS & DISCUSSION

At the point of review the patient compliance to Fortisip PlantBased 1.5kcal was 100%. ONS compliance increased by 25% from previous milk-based supplement.

The patient body weight was maintained at 40kg over the 28-day intervention period and BMI was also subsequently maintained.

In addition to 100% oral supplement compliance the patients overall estimated energy intake has increased further by 456kcal/day. This increase was driven by the energy intake without accounting for the intake of Fortisip PlantBased 1.5kcal. This suggests that the patient's appetite and oral intake of food has increased when taking Fortisip Plant-Based 1.5kcal.

The estimated nutrient intake has shown that the patients protein intake increased by 4g/day (from total of 66g to 70g/day)

As a result the dietetic goal was met with maintenance of body weight.

The patient tolerated Fortisip PlantBased 1.5kcal very well, and it was a very positive experience to be able, as a clinician, to support the patients personal choice with plant-based ONS.

The trial of Fortisip PlantBased 1.5kcal has indicated that the patients quality of life has improved. They were able to increase oral intake from diet alone, and this has supported weight maintenance. They reported no GI symptoms whilst taking Fortisip PlantBased 1.5kcal.

## SUMMARY

The patient accepted and tolerated Fortisip PlantBased 1.5kcal very well. They were 100% compliant to Fortisip PlantBased 1.5kcal which has shown increased compliance in comparison to the previous milk containing product used. This, as a result, has helped with achieving a set goal of weight maintenance.

The patient overall nutrient intake also appears to have increased throughout the trial.

In clinical practice it is a positive experience to be able to support patient by being able to offer a choice of supplements, including plant-based supplements to support the patients preference and as a final result to support ONS compliance and to meet the patients dietary goal.