

A 51 YEAR OLD MALE WITH ULCERATIVE COLITIS

Provided by: Nick Bergin, Specialist Nutrition Support Dietitian
Airedale NHS Foundation Trust

BACKGROUND

A 51 year old male with Ulcerative Colitis was referred for nutrition support by his General Practitioner (GP) due to a long history of a low Body Mass Index (BMI) and struggling to gain weight. Ulcerative Colitis is a type of Inflammatory Bowel Disease which is often associated with malnutrition. The patient had a background of Osteoporosis, Asthma, and Hypothyroidism.

The patient was reviewed in an outpatient dietetic clinic. The patient's baseline body weight was 50kg (BMI 17.3 kg/m²). The Malnutrition Universal Score Tool ('MUST') was used to assess his risk of malnutrition and his score was calculated as "2". He was therefore identified as being at "high risk of malnutrition". A diet history was taken during his consultation and it revealed that the patient was following a vegan diet and was struggling to increase his weight despite reporting a good appetite and generally eating well.

The patient was already taking an Oral Nutritional Supplement (ONS) which was prescribed by his GP (Aymes Acta Solve Smoothie (200ml/day)) and he reported his compliance to be 100% with this product. Most baseline gastrointestinal symptoms were absent at baseline apart from some mild flatulence. The patient was keen to try a plant-based ONS for health reasons and it was essential the ONS was vegan based.

The patient's baseline energy requirements were calculated using 30kcal/kg/body weight with a PENG PAL factor of 1.4 (2100kcal/day). The patient reported an active lifestyle and regularly cycled long distances. The patient's baseline energy intake was estimated to be approximately 1952kcal/day, and his baseline energy intake without the ONS was approximately 1654kcal/day. Baseline protein requirements were calculated using 1.5g protein/kg body weight (75g/day). Baseline protein intake was estimated to be approximately 68.8g/day. Baseline protein intake without the ONS was estimated to be approximately 58g/day.

RATIONALE AND USE OF FORTISIP PLANTBASED 1.5KCAL

The patient agreed to trial Fortisip PlantBased 1.5kcal for 28 days and was prescribed 2 bottles per day (both Mocha and Mango Passion flavours). Regular phone contact was maintained during the study period.

DIETETIC GOAL WHILE ON TRIAL

The main goal for the patient was increasing his baseline weight as he was very conscious of his body image.

RESULTS

The patient's body weight increased by 1kg in 28 days to 51kg and the patient was very pleased with this. BMI increased to 17.6kg/m². There was no change in his 'MUST' score. Energy intake and protein intake was maintained during the study period. On Day 29 the patient's energy intake and protein intake was lower than usual due to a low residue diet being introduced before a planned colonoscopy (Energy intake: 1783kcal/day; Protein intake: 66.5g/day). The patient's goal was achieved following 1kg weight gain during the study period. The patient reported that he tolerated the Fortisip PlantBased 1.5 kcal very well. There were no changes in his gastrointestinal symptoms compared to baseline. However, mild flatulence whilst taking Fortisip PlantBased 1.5kcal was still observed. The patient rated Fortisip PlantBased 1.5kcal 8/10 for taste, aftertaste, appearance, smell, thickness.

SUMMARY

Overall, the patient reported Fortisip PlantBased 1.5kcal helped him gain 1kg in weight. He complied to, accepted, and tolerated Fortisip PlantBased 1.5kcal extremely well.

This information is intended for Healthcare Professionals only

Fortisip PlantBased 1.5kcal is a Food for Special Medical Purposes for the dietary management of Disease-Related Malnutrition and must be used under medical supervision

Nutricia Limited, Newmarket Avenue, White Horse Business Park, Trowbridge, Wiltshire BA14 0XQ

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