

A 73 YEAR OLD FEMALE WITH CONGESTIVE HEART FAILURE

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BACKGROUND

A 73 year old female with congestive heart failure presented in clinic. The patient had a history of stroke hypertension, diabetes and ischaemic heart disease and had been coded as housebound. On further questioning she was also suffering with depression and her family felt she was lacking in motivation and was avoiding food.

Further investigations were initially requested to exclude any underlying sinister pathology as well as understand the cause of her more recent and sudden weight loss. The patient investigations were all unremarkable and no sinister pathology was detected.

Her weight was 45kg, BMI (Body Mass Index) was 17.0kg/m² and using 'MUST' (Malnutrition Universal Screening Tool) she was identified as being a high risk of malnutrition. Furthermore, she had lost 7kg over a period of 3 months and continued to lose weight, reporting that she had no appetite. The patient became reluctant to leave the house and was therefore losing independence which her family were concerned about.

RATIONALE AND USE OF FORTISIP PLANTBASED 1.5KCAL

The aim was to optimise nutritional intake and increase weight. Currently she was not taking any oral nutritional supplements (ONS). She was keen to explore a plant-based ONS and welcomed the fact that there was an ONS which was plant-based as this would be in keeping with her cultural requirements.

Her nutritional requirements were calculated at 1125kcal per day and her protein requirements were 45g per day. She was currently managing 988kcal per day and her protein intake was about 25g per day. As a result of the nutritional deficit and the inability to meet her nutritional requirement through food alone she was prescribed 1 ONS per day.

RESULTS

After 3 months of taking the plant-based ONS the patients oral intake had improve and the patient found the plant-based ONS supplement palatable and enjoyed taking this.

Her energy intake has increased by 381kcal per day to 1369kcal per day (which was now above requirements) and protein intake increased by 24g per day to 49g per day (now above requirements). Additionally, the patient tolerated the plant-based ONS well and at the end of the 3-month period her weight had increased by 2kg.

On discussion with the patient and her family the patient reported that she felt energised and that her appetite had returned and she was even willing to leave the house and socialise as she felt so much better in herself. She in fact attended 3 separate social events and commented that her depression had lifted!

The patients also rated the plant-based ONS highly with a 10/10 for taste, aftertaste, appearance, smell, thickness.

SUMMARY

The use of a plant-based ONS for this patients situation enabled her energy and protein requirements to be met and also was sufficient for the patients weight to increase. Overall the patient accepted and tolerated the plant-based ONS extremely well; gaining 2kg in weight and reported more energy whilst taking the product. As a result this led to the reduction in the risk of malnutrition.

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

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