

Position Statement: Dessert Style Oral Nutritional Supplements (ONS)

Hertfordshire & West Essex ICS does NOT support prescribing of ready to serve dessert style ONS

Recommendations

- Ready to serve dessert style ONS should **not** be prescribed in primary care
- Current prescribing of the following ready to serve dessert style ONS should be reviewed in line with Hertfordshire and West Essex ICS Oral nutritional supplement (ONS) prescribing in primary care guidance
 - × Aymes Actacal Crème
 - × Energieshake Dessert
 - × Ensure Plus Crème
 - × Forticreme Complete
 - × Fresubin 2kcal Crème
 - × Fresubin Yocrema
 - × Nutricrem

Rationale

- Dessert style ONS contain less nutrition than compact powder milkshake, powder dessert or compact ready to serve ONS and can cost considerably more
- A purchased thick & creamy yoghurt fortified with 15g of skimmed milk powder is nutritionally better and less expensive than a ready to serve dessert style ONS — see table below for details
- If the patient meets the criteria for a prescription of ONS, Aymes Shake Compact or Aymes Actasolve Delight (powdered dessert) are both more cost effective because they provide more nutrition in a similar volume
- None of the products listed above have an International Dysphagia Diet Standardisation Initiative (IDDSI) descriptor and they are therefore NOT suitable for patients with diagnosed dysphagia.

Product	Volume	Energy content	Protein content	Cost to the NHS	Cost to the patient
Ready to serve dessert style ONS	125g	171 – 250 kcal	7.1 – 12.5g	£1.10 – £2.11	£0.00
Thick & Creamy Yoghurt + 1 table-spoon skimmed milk powder	150g	219kcal	11.1g	£0.00	£0.75

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