Innovate – Care Homes Dietetic Support:
Inappropriate prescribing of oral nutritional supplements can be costly, but it can also mean that patients may not receive the best support, advice, and information specific to their needs. Starting in July 2017, Principia MCP has employed a Prescribing Support Dietician to provide an enhanced service to GPs and care homes. The role has two strategies:

- Supporting GP practice to review the use of oral nutritional supplements, resulting in savings by encouraging appropriate prescribing of supplements and ensuring patients are regularly reviewed
- Providing training and guidance to care homes, including preventative work to provide better nutrition aimed at reducing frailty and providing early intervention to reduce risks of malnutrition

Launch date and contract period:
The Prescribing Support Dietitian role (1.0 WTE band 7) began in the middle of July and is contracted for Rushcliffe CCG until March 30th 2018. To date, 17 care homes and 7 GP practices have been involved.

Objectives:
- Ensure health care professionals are supported with guidelines on SIP feeds and APC formulary and have easy to access advice from a dietitian
- To make dietetic advice available in primary care
- Promote appropriate prescribing of oral nutritional supplements, regular review and treatment goals set for patients in the community
- Encourage the use of cost effective products and powdered supplements as first line
- Increase patient follow up in the community to provide support and improve continuity of care and encourage better health at home
- Improve education for MUST risk screening and Food First within care homes
- Improve nutritional outcomes in residents within care homes
- Encourage the use of the MUST Pathway to support early intervention and care for those identified at risk of malnutrition

Collaboration:
Rushcliffe CCG Medicines Management Team, Rushcliffe CCG Service Improvement Team, Care Home Quality Team, GPs, district nurses and community matrons

Key ingredients of specification and implementation:
- Implementing local policy guidelines and quick reference guidelines to encourage appropriate prescribing
- Making easy to read Food First advice available to patients in their own home to encourage good nutritional intake
- Providing care homes with a specific care pathway for the nutritional management of patients, highlighting a Food First approach
- Providing care homes with resources recipes/snacks to reinforce Food First
- Performing regular patient follow ups with dietitian to monitor and review
- Auditing of practices to identify variations in prescribing

Evaluate – Outcomes and impact
Reviewing of oral nutritional supplements has resulted in a significant reduction inappropriate prescribing, resulting in discontinuation of 40% of oral nutrition prescriptions within reviewed GP practices. Prescriptions are often continued without a clear aim of treatment or review – the average length of these prescriptions is 17 months, with the longest found to be 20 years. Only 21% of prescription had an aim/goal for treatment, and only 31% of prescriptions were reviewed. By providing regular review, there is continuity of care for patients and follow up for all.

Care homes have been supported with training in Malnutrition Universal Screening Tool (MUST) and Food First, as well as further training specific to their needs (such as diabetes). Care homes that have received training have seen an increase in accuracy of MUST scores as well as an improvement in the MUST scores of residents despite reduction of prescribed supplements. For example:

**Care home 1:**

<table>
<thead>
<tr>
<th>MUST score</th>
<th>Baseline</th>
<th>Review 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>65.16%</td>
<td>69.44%</td>
</tr>
<tr>
<td>1</td>
<td>15.79%</td>
<td>11.11%</td>
</tr>
<tr>
<td>2</td>
<td>10.53%</td>
<td>13.89%</td>
</tr>
<tr>
<td>&gt;2</td>
<td>10.53%</td>
<td>0.00%</td>
</tr>
<tr>
<td>MUST Accuracy</td>
<td>55.26%</td>
<td>91.67%</td>
</tr>
<tr>
<td>ONS %</td>
<td>15.79%</td>
<td>11.11%</td>
</tr>
</tbody>
</table>

Care home 1 showed improved MUST score accuracy from 51% to 91%. They have a decrease in ONS (oral nutritional supplement) spend but a reduction in MUST scores over 2.

**Care home 2:**

<table>
<thead>
<tr>
<th>MUST score</th>
<th>Baseline</th>
<th>Review 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>72.22%</td>
<td>77.78%</td>
</tr>
<tr>
<td>1</td>
<td>31.11%</td>
<td>22.22%</td>
</tr>
<tr>
<td>2</td>
<td>5.56%</td>
<td>0.00%</td>
</tr>
<tr>
<td>&gt;2</td>
<td>5.56%</td>
<td>0.00%</td>
</tr>
<tr>
<td>MUST Accuracy</td>
<td>0.00%</td>
<td>100.00%</td>
</tr>
<tr>
<td>ONS %</td>
<td>11.11%</td>
<td>0.00%</td>
</tr>
</tbody>
</table>

Care home 2 showed improved MUST scores – now all residents are 0 or 1, and they have implemented new screening for weight loss that hadn’t been done before.

Encouraging care homes to standardise and simplify their documentation of MUST scores and food record charts has meant documentation is easier to understand, improving efficiency. The Food First message is reinforced by tailored guidance to Care Homes as well. For example, many of the homes are using over the counter supplements; suggestions such as switching to fortified homemade milkshakes are a significant cost saving for the home and also reduce risks of inappropriate prescribing (e.g. incorrect texture or complications with diabetes or patients with low eGFR).

**Replicate – Next steps / Development:**
- Work with all GP practices within Rushcliffe CCG by the end of March 2018 to review prescriptions of oral nutritional supplements
- Continue to provide MUST and Food First training to care homes within Rushcliffe
- Create specific dietary sheets for conditions to support patients in their own homes
- Create a F12 MUST and dietary advice quick search for GPs and health care professionals to signpost to for further information and guidance
- Utilise the OptimizeRx prescribing tool (already in place in Rushcliffe GP practices) for cost effective prescribing of oral nutrition supplements in GP practices across Greater Nottingham

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