

# Prescribing Nutritional Supplements Checklist

**\*\* For use by non dietetic health care staff \*\***

Circumstances not to Prescribe	Circumstances to Review Prescription (Questions to ask when Reviewing)	Circumstances where to Prescribe
✗ End of life care where death is imminent	? Patient been on supplements for > 3 months - refer to Dietitian	✓ Patient has disease related malnutrition resulting from a chronic condition
✗ Poor catering provision at care home	? Out of area patient transfers - refer to the Dietitian	✓ Patient has MUST Score =/ > 2 (but not if a low BMI is normal for them)
✗ Out of area transfers when non formulary items are prescribed for longer than 3 months	? Patient has swallowing problems Dysphagia (is correct supplement being prescribed ) - check IDDSI level	✓ Patient has MUST Score =/ > 2 and Dysphagia
✗ Pressure from patients family / friends / care staff if <b>not medically indicated</b>	? Is the quantity of supplements prescribed correct e.g. prescribed 2 per day and only having 1	✓ Recommended by Dietitian in Herefordshire with a plan to review for continued usage
✗ Patient cannot afford to eat	? Has the patient had unplanned weight loss > 10% in the past 3 -6 months. If yes, seek advice from the Dietitian	✓ Patient has pressure sores or poor healing wounds
✗ Patient is eating and drinking well and no longer at risk of malnutrition	? Is the patient receiving their preferred flavours to prevent wastage	✓ Patient has swallowing problems (review required)
✗ Patient is clinically stable / acute episode has abated	? Is the patient refusing meals and why?	✓ Acute hospital discharge if advised by the Dietitian with a clear end date
✗ Food First / Food Fortification has not been tried	? Is most cost effective nutritional supplement being prescribed - refer to formulary guidance	
	? When non formulary products continue to be prescribed and the reason why is unclear, refer patient to the Dietitian	
	? Are patient food allergies taken into account to determine supplement suitability?	

Please use the Food First/Food Fortification (Nourishing Recipes and Drinks) patient leaflet together with this checklist.