

Oral Nutrition Supplements (ONS) with Medication versus Traditional ONS: A Comparison of Two Approaches on an Accountable Care Unit and Usual Care Medicine Unit

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Background

In Canada, up to 1 in 2 patients is malnourished on admission to hospital year (Allard et al.2016). It is estimated that hospital malnutrition costs \$1.5 -\$2.1 Billion a year (Curtis et. al. 2017).

Malnourished patients who eat 50% or less of food on hospital meal trays have an increased length of stay and risk of mortality (Allard et al.2016).

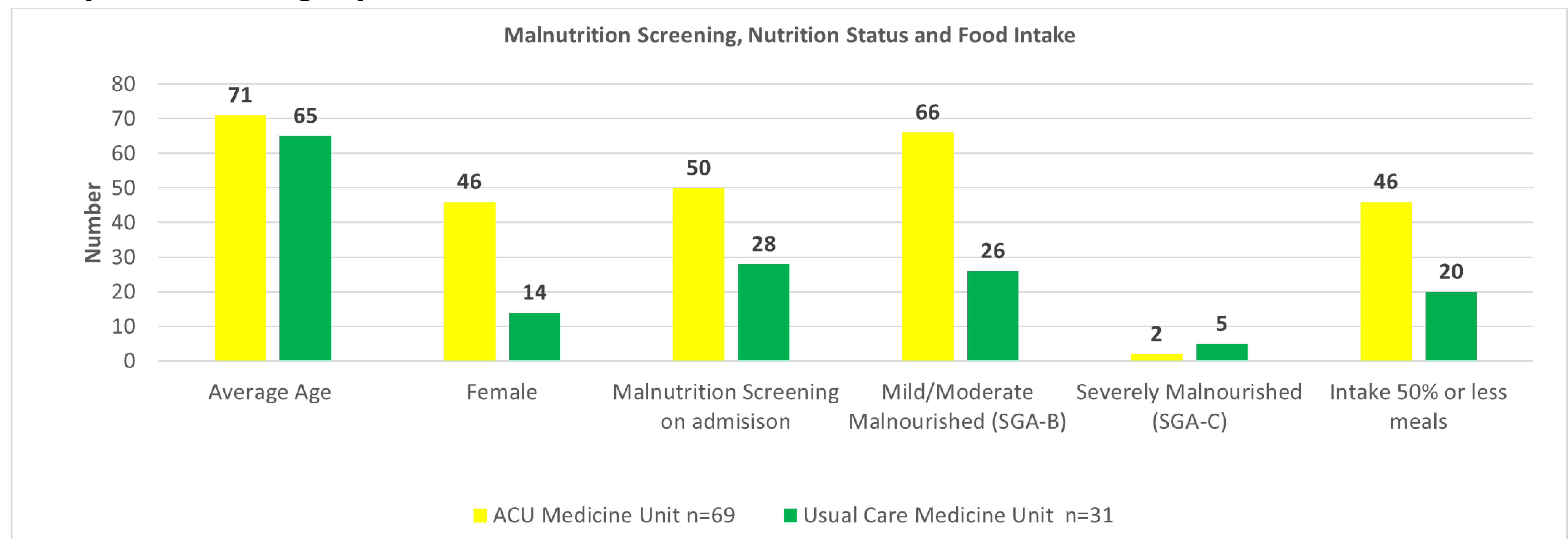
Oral nutrition supplements (ONS) can improve weight gain, and decrease length of stay(Cawood et al. 2017).

An ACU medicine unit is co-managed by a nurse and physician and has daily bedside rounds with multi-disciplinary team (Stein et al.)

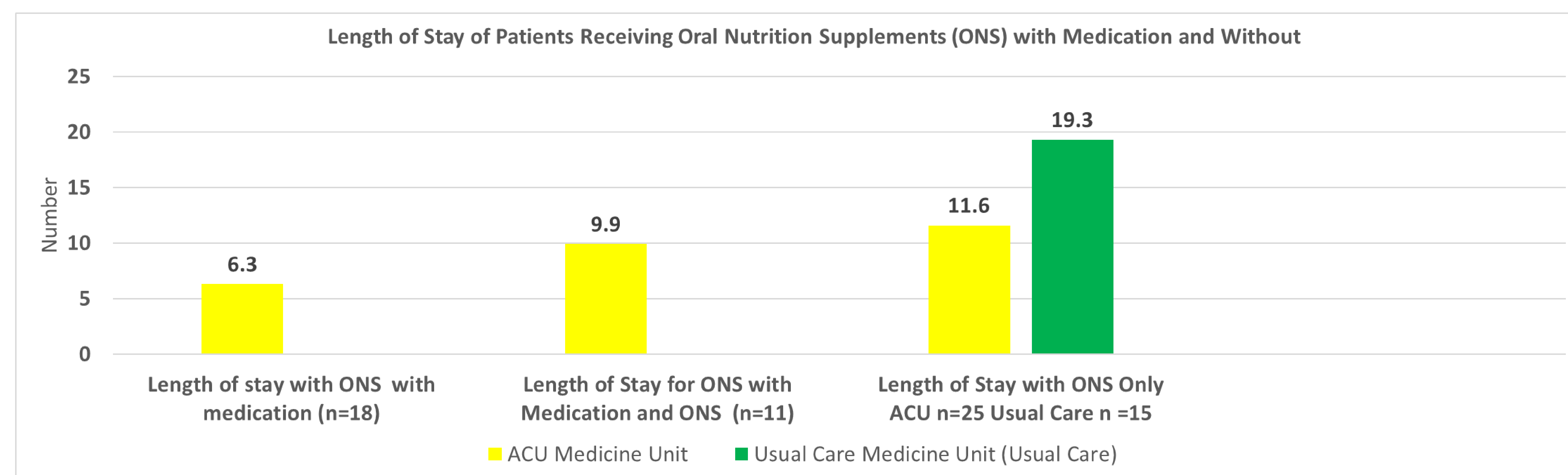
Results

ONS with medication(n=11/69) and ONS only (n=25/69) was provided to patients on the ACU compared to the usual care medicine unit, where patients received traditional ONS only (n=15/31). Patients' primary admission on both wards was for gastrointestinal issues.

Graph-1 Demographics and Nutrition Status



Graph 2 –Oral Nutrition Supplement with Medication Compared to Traditional ONS



Discussion

Length of stay was 7 days less for patients receiving ONS on an ACU compared to traditional ONS on a usual care medicine unit. A patient's food intake is discussed at daily bedside rounds on an ACU. A prospective study should be conducted over a longer time period to understand the effect of ONS with medication, ONS and an ACU and usual care medicine unit.

References

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