# 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

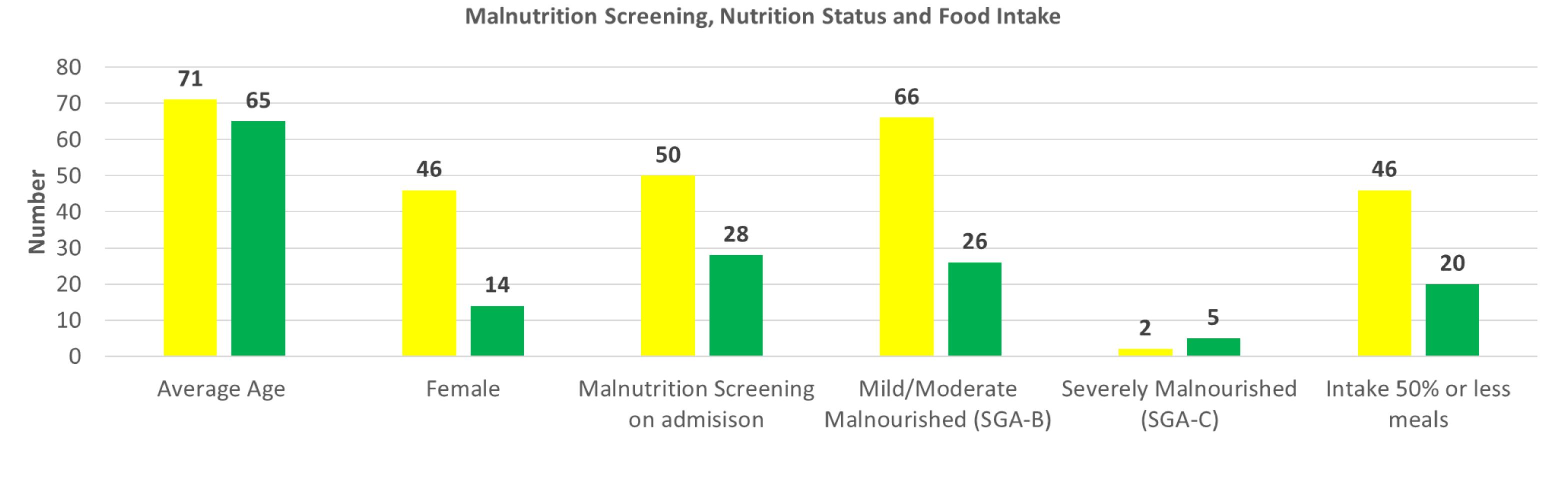
In Canada, up to 1 in 2 patients is malnourished on admission to hospital year (Allard et al.2016). It is estimated that hospital malnutrition costs \$1.5 -\$2.1 Billion a year (Curtis et. al. 2017).

Malnourished patients who eat 50% or less of food on hospital meal trays have an increased length of stay and

### 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**



#### 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 multidisciplinary team (Stein et al.)

Usual Care Medicine Unit n=31 ACU Medicine Unit n=69

# **Research Question**

Do patients who are malnourished receiving ONS with medication on an ACU have a decreased length of stay compared to patients on a usual care medicine units receiving traditional methods of ONS?

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

Length of Stay of Patients Receiving Oral Nutrition Supplements (ONS) with Medication and Without

19.3

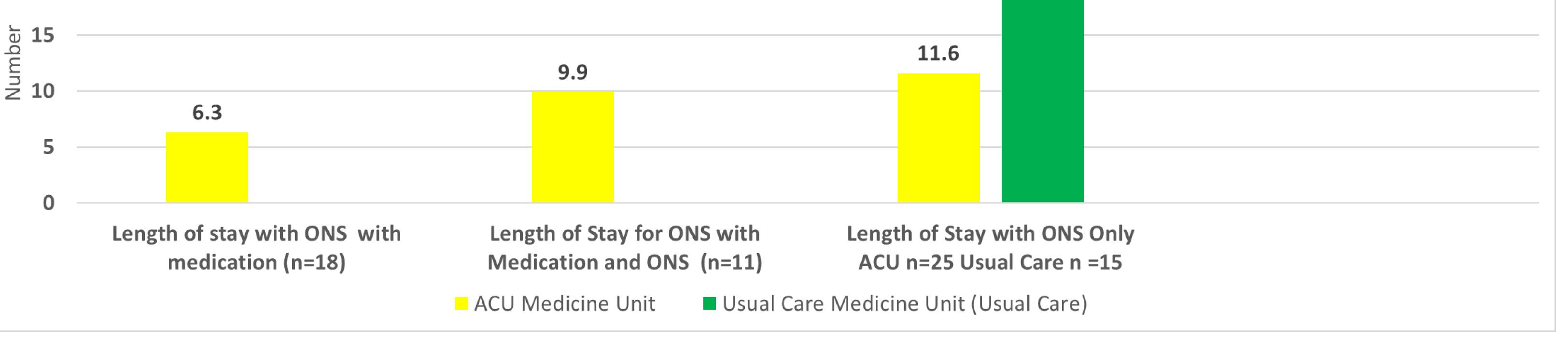
### Methods

#### **Study Design**

A retrospective chart review was conducted using 4 data in databases from November 8-December 20,2020. ONS with medication is provided on an ACU and is defined as 60 mL 3-4 times per day. Traditional ONS is provided with patient meal trays on ACU and Usual Care Medicine Unit.

#### **Inclusion Criteria**

Patients (18 years of age and older) who were malnourished and consuming an an oral diet admitted to ACU unit and usual care medicine unit were included in the study. Data from Computrition, BDM, SCM and



### Discussion

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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 beside 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.

Health records was used to collect patient outcomes.

#### **Date Collected**

Age, Gender, Malnutrition Risk on Admission, mild/moderate malnourished SGA-B, severely malnourished SGA-C, food intake, length of stay, ONS with medication and traditional ONS.

#### References

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