



**FRESENIUS
KABI**

caring for life

Fresubin®

Nutrition support in Oncology:
Adherence matters



Adherence to oral nutritional supplements is key to success

Poor adherence to medication (e.g. oral anticancer agents) is a significant clinical problem.¹ Likewise, oral nutritional supplements (ONS) only provide maximum benefits when they are used as recommended.²

Benefits of ONS:

- Increased energy intake³⁻⁵
- Less weight loss⁶
- Improvement of quality of life related aspects⁷
- Enhanced treatment tolerance⁸
- Less hospital admissions⁸



For best treatment results:
Encourage appropriate use and maximise adherence.



Factors influencing adherence^{2,9}



Education

Barriers to the effective use may include

- poor provider-patient communication
- inadequate knowledge about ONS and its use
- not being convinced of the need for treatment.



Monitoring and encouragement

It is important to

- regularly identify difficulties and barriers related to adherence
- address the problems
- and repeatedly encourage the use of ONS.

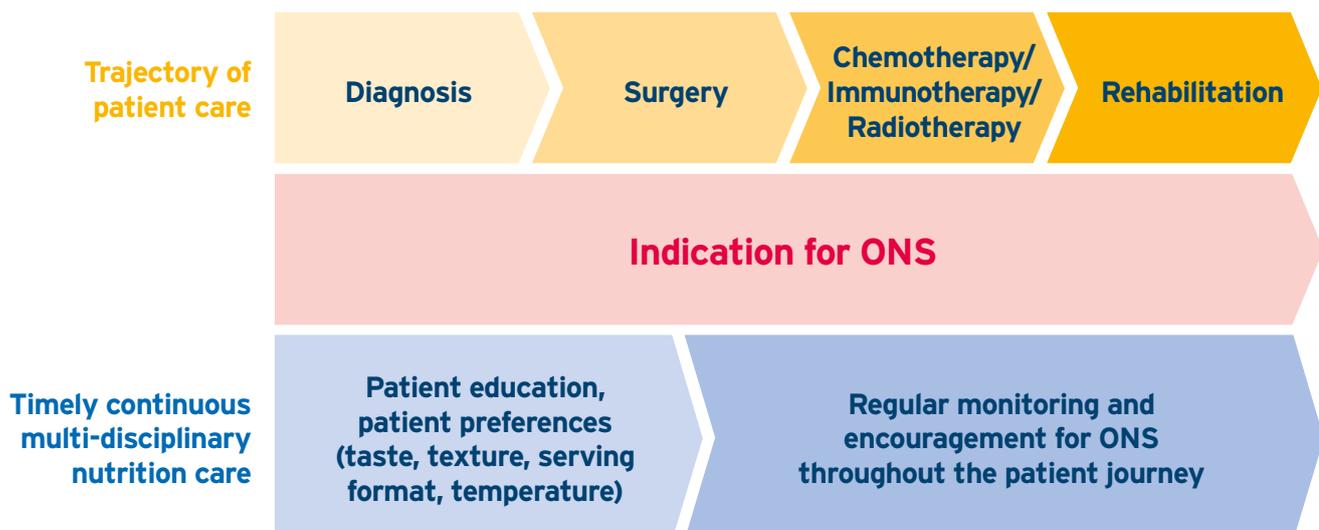


Suitability of products

Acceptability of ONS may be improved by

- finding the patients' preferences for taste, texture, temperature and serving format
- offering a variety of flavours to prevent taste fatigue
- higher energy/nutrient density: patients with poor appetite may struggle to ingest high volumes of standard ONS with 1 - 1.5 kcal/ml.

Supporting ONS use and adherence throughout the patient journey



How you can support your patients and optimise adherence to oral nutritional supplements

Patient education

A better understanding can be achieved by ensuring that patients (and their family or carers) have sufficient information about quality and efficacy of ONS.²

1. What are ONS?

- ONS **provide energy and nutrient dense solutions**. They are available **as ready to drink liquids, crèmes or powder supplements** that can be prepared as drinks or added to drinks and foods.¹⁰
- ONS are **recommended by guidelines** to help cancer patients who are unable to meet recommended nutritional requirements through their regular diet.¹¹

2. Why use ONS?

- ONS **improve energy and nutrient intake** when patients aren't able to achieve adequate food intake, e.g. when the patient lost weight, when appetite is poor or when swallowing is difficult due to mucositis.
- ONS may **counteract weight loss and enhance patients' quality of life** in some aspects.⁷

Maintaining a good nutritional status throughout the continuum of cancer care affects clinical outcome:

Better tolerance to anticancer treatments⁸



Improvement of quality of life related aspects⁷

Lower dose-limiting toxicities⁸



Longer survival¹²

A better understanding of ONS and their recommended use maximises adherence.

Prescription and monitoring

Mention the full **product name** and possible **flavours**.

By highlighting the **additional nutritional values** the patient immediately recognises his/her benefits.

PRESCRIPTION – ORAL NUTRITIONAL SUPPLEMENT

Patient XXXXXXXX Date of birth XXXXXXXX

Products Fresubin 3.2 kcal DRINK vanilla-caramel, Hazelnut or Mango

Dosage 125 ml

Additional calories 400 kcal Additional protein 20 g

Tips for use • Fresubin 3.2 kcal DRINK: evening snack before bedtime (gently warmed if desired); drink slowly in small doses

Please note: It is important that you take the recommended dose each day to provide adequate amounts of energy and nutrients to your body as long as your nutritional problems persist. Please contact your physician or dietitian for any problem with your ONS prescription.

The **dosage** written down helps the patient to see how much he/she has to take in to achieve the effective nutrition.

Tips for use make it easier for the patients to incorporate the ONS in their daily routine.

Reminder tools may help patients to take their prescribed ONS



MyFresubin is a dedicated program for oncology and elderly patients to support them in understanding the role of nutrition and maximising the benefits of ONS.



Notes on food cupboards and fridges.



Electronic reminders like alarms on clocks, timers and cell phones or smartphone applications.



Regular and frequent monitoring (e.g. at each visit or by phone calls) is essential to assess the acceptability and adherence with ONS.²⁹

Communication with the patient on how and when to use ONS improves adherence.

How you can support your patients and optimise adherence to oral nutritional supplements

Practical advice for daily use

Oral nutritional supplements may be easily incorporated into daily meal planning. Patients will appreciate any inspiration on how they can put this into practice.

ONS* can be added to:



Breakfast

Milk used for cereal, porridge, scrambled eggs or omelette (whisk into mixture before cooking)



Lunch/ Dinner

Pureed meals (make up to required consistency as advised), mashed potatoes, cream soup, sauces



Dessert

Cream or condensed milk to accompany desserts, rice pudding, custard, yoghurt (plain or fruit), mousse



Drinks

Hot drinks: Tea, coffee, hot milk, hot chocolate or malted drinks
Cold drinks: Milkshakes or smoothies



Snack

ONS are perfect snacks between meals, but may also be a good start in the morning or a bedtime treat. Some patients may like variation in temperature:

- Gently warmed to make hot chocolate
- Frozen in an ice cube tray

*In 3-4 small portions of ONS throughout the day (e.g. 30 ml of Fresubin 5 kcal Shot and Fresubin 3.2 kcal DRINK). ONS with neutral flavour go perfectly with savoury dishes. Recipes for sweet meals may be enriched with neutral tasting ONS as well as sweet flavours.



Tip: ONS are perfect snacks when patients are away from home e.g. for chemo-/radiotherapy, medical check.

Practical advice on how to integrate oral nutritional supplements into daily life can aid adherence.

Variety supports adherence



Variety of products

- Different flavours (e.g. milky, fruity or savoury flavours)
- Different textures (e.g. liquid or pudding-type)
- Variety of energy density and volume

Variety of flavours

- Prevents taste fatigue¹³
- Complies with distinct preferences for particular flavours at different time points during treatment¹³



milky



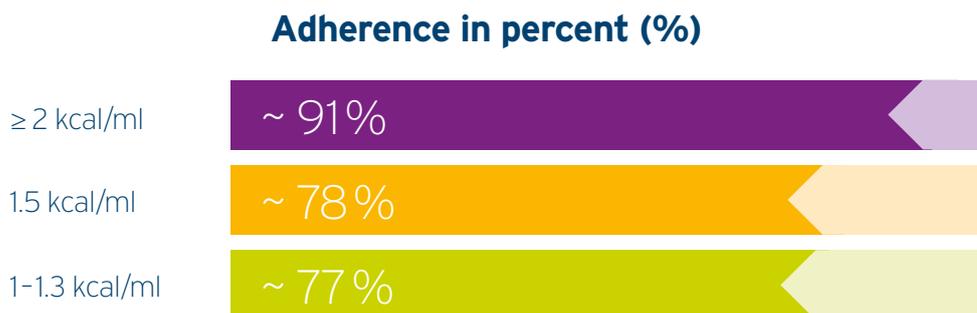
fruity



savoury

High energy/low volume supplements

Adherence was significantly higher in ONS with an energy density ≥ 2 kcal/ml.



Modified from Hubbard 2012⁹

A systematic review of adherence to oral nutritional supplements⁹ shows:

Adherence is better with higher energy density/low volume supplements and a wider variety of ONS flavours.

Use of energy dense, low volume products meeting the preferences of the individual patient increases adherence to oral nutritional supplements.

Fresubin - wide variety of products to support patient adherence

Product	Product features	Flavours		
Fresubin 5 kcal Shot 	<ul style="list-style-type: none"> • Low volume high-caloric oral nutritional supplement: 120 ml bottle contains 600 kcal • For patients with low volume tolerance (3-4 x 30 ml shots per day) 	<ul style="list-style-type: none"> • Lemon • Neutral 		
Fresubin 3.2 kcal DRINK 	<ul style="list-style-type: none"> • Low volume high-caloric, high protein oral nutritional supplement: 125 ml bottle contains 400 kcal, 20 g protein and 10 µg Vitamin D₃ • For good adherence due to reduced volume 	<ul style="list-style-type: none"> • Vanilla-Caramel • Hazelnut • Mango 		
Fresubin 2 kcal DRINK Fresubin 2 kcal Fibre DRINK 	<ul style="list-style-type: none"> • High-caloric, high protein oral nutritional supplement: 400 kcal and 20 g protein per 200 ml bottle • Available with prebiotic fibre as well as without fibre 	<table border="0"> <tr> <td> Fresubin 2 kcal DRINK <ul style="list-style-type: none"> • Vanilla • Cappuccino • Apricot-Peach • Toffee • Fruits of the Forest • Neutral • Asparagus • Mushroom • Tomato-Carrot </td> <td> Fresubin 2 kcal Fibre DRINK <ul style="list-style-type: none"> • Vanilla • Chocolate • Cappuccino • Apricot-Peach • Lemon • Neutral </td> </tr> </table>	Fresubin 2 kcal DRINK <ul style="list-style-type: none"> • Vanilla • Cappuccino • Apricot-Peach • Toffee • Fruits of the Forest • Neutral • Asparagus • Mushroom • Tomato-Carrot 	Fresubin 2 kcal Fibre DRINK <ul style="list-style-type: none"> • Vanilla • Chocolate • Cappuccino • Apricot-Peach • Lemon • Neutral
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Fresubin 2 kcal Crème 	<ul style="list-style-type: none"> • Semi-solid spoonable oral nutritional supplement with a creamy consistency • High in calories and protein: 250 kcal and 12.5 g protein per 125 g cup 	<ul style="list-style-type: none"> • Chocolate • Vanilla • Wild Strawberry • Cappuccino • Praliné 		
Supportan DRINK 	<ul style="list-style-type: none"> • Oral nutritional supplement high in energy, high in EPA from fish oil: 1 g EPA and 20 g protein per 200 ml bottle • Adapted to the specific metabolic changes in oncologic patients 	<ul style="list-style-type: none"> • Cappuccino • Tropical Fruits • Chocolate • Pineapple-Coconut 		
Survimed OPD 1.5 kcal DRINK 	<ul style="list-style-type: none"> • Designed for easy absorption, high in energy and high in hydrolysed protein: 300 kcal and 15g of protein per 200 ml bottle 	<ul style="list-style-type: none"> • Cappuccino 		

For your patients' comfort: Fresubin - ready to use and easy to handle

Developed for maximum user-friendliness. All bottles and containers are specially designed for extra simple handling.

References

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