



## HOMES AND SENIORS SERVICES

**POLICY & PROCEDURE NUMBER: 4.11**

**DEPARTMENT:** *Dietary*

**SUBJECT:** *Oral Nutrition Supplement*

**APPROVAL DATE:** February 2011

**REVISION DATE:** January 2015

**REVIEW DATE:** May 2018; Oct 2019; Dec. 2020

**Page 1 of 2**

---

**POLICY:** Any resident will receive an oral nutrition supplement if required to improve nutritional status and/or maintain adequate nutrient intake within the limitations of their medical condition, as ordered by the Registered Dietitian or Physician.

### **OBJECTIVES:**

To ensure that any resident who is assessed as needing increased nutrition is provided with oral nutrition supplements to prevent or minimize protein/energy malnutrition and the associated complications when consumption of the normal diet is inadequate to meet the resident's nutrient needs.

To promote improved nutrition status and weight maintenance or gain for residents who have inadequate nutrition intake or have increased nutritional requirements related to wound healing or any disease state.

To utilize a food first approach to supplementing oral intakes when possible in order to increase acceptance of the nutritional intake and to consider oral nutrition supplement products only after other interventions have been considered.

### **PROCEDURE:**

1. Each resident will receive a nutrition assessment as per the approved Resident Nutritional Profile. Any resident identified, as requiring additional energy or other nutrients will initially have their diet altered to meet nutrition needs through the addition of more nutrient dense foods.
2. If nutrient deficiencies continue on the altered dietary intake, and these are deemed to be the result of maldigestion, malabsorption, poor appetite, sore mouth, etc. an appropriate nutrition supplement will be ordered by the Registered Dietitian or Physician. Type and amount will be based on resident's nutritional and medical needs and acceptance of the product.
3. If the Physician orders a nutrition supplement without input from the RD, the RD reviews the order to ensure that the product is one that best meets the resident's needs. The RD advises the Physician of any changes and documents these changes accordingly.



## HOMES AND SENIORS SERVICES

**POLICY & PROCEDURE NUMBER: 4.11**

**DEPARTMENT:** *Dietary*

**SUBJECT:** *Oral Nutrition Supplement*

**APPROVAL DATE:** February 2011

**REVISION DATE:** January 2015

**REVIEW DATE:** May 2018; Oct 2019; Dec. 2020

---

**Page 2 of 2**

4. An order for the specific nutrition supplement will be written on the Physician's Order Form and the information communicated to the Manager of Support Services by Nursing when the order is processed
5. When a resident, who is otherwise medically stable, refuses a supplement on an ongoing basis (*several times in one week*), a referral is made to the RD who reassesses the resident's overall nutritional status and makes the appropriate supplement changes.
6. The need for continued use of an oral nutrition supplement is reviewed by the Registered Dietitian or Physician and the rest of the care team on an ongoing basis, quarterly by referral or change in health status. The supplement is reordered, changed or discontinued based on the resident's acceptance, current nutrition and health status. Any "hold supplement" order must include a "to be reviewed by" date.
7. Nursing staff will deliver the supplement and document on the daily treatment/flow sheet or Medication Administration Records (MARs) to indicate if the supplement was consumed or refused by each resident.

### **Resources, References and Regulations :**

Ontario Regulation 79/10 made under the Long-Term Care Homes Act, 2007, Section 68

BB&A Policy: "Increased Energy Increased Protein Diet and Interventions"

BB&A Policy: "Nutrition Supplement Medication Pass"