

Which flavour for which patient?

Flavour	Fortisp	Fortisp Multi Fibre	FortiJuice	Fortisp Yoghurt Style	Fortimel	Diasip	Cubitan	Forticare	Renilon 7.5	Respifor	Forticreme Complete	Scandishake	Calogen
Vanilla	●	●	●	●	●	●	●			●	●	●	●
Strawberry	●	●		●							●	●	●
Raspberry	●	●										●	●
Banana	●	●	●	●									
Orange	●			●									
Peach & Orange	●		●		●						●		
Tropical			●									●	
Forest Fruits			●										
Blackcurrant				●									
Orange Lemon			●										
Vanilla Lemon													
Lemon									●				
Apricot				●									
Apple	●	●					●			●	●	●	
Chocolate	●								●			●	
Tofee/caramel		●											
Tomato	●											●	●
Chicken													
Neutral						●							
Cappuccino											●		
Peach Ginger													



Nutritional Assessment Guide*

This guide is designed to help healthcare professionals assess the nutritional status of their patients. It contains:

- Body Mass Index (BMI) Chart
- Alternative measurements for estimating height & BMI
- Percentage unplanned weight loss calculator
- Malnutrition Universal Screening Tool
- Which supplement for which patient guide

* This Guide is not intended as a substitute for a full nutritional assessment by a qualified dietitian.

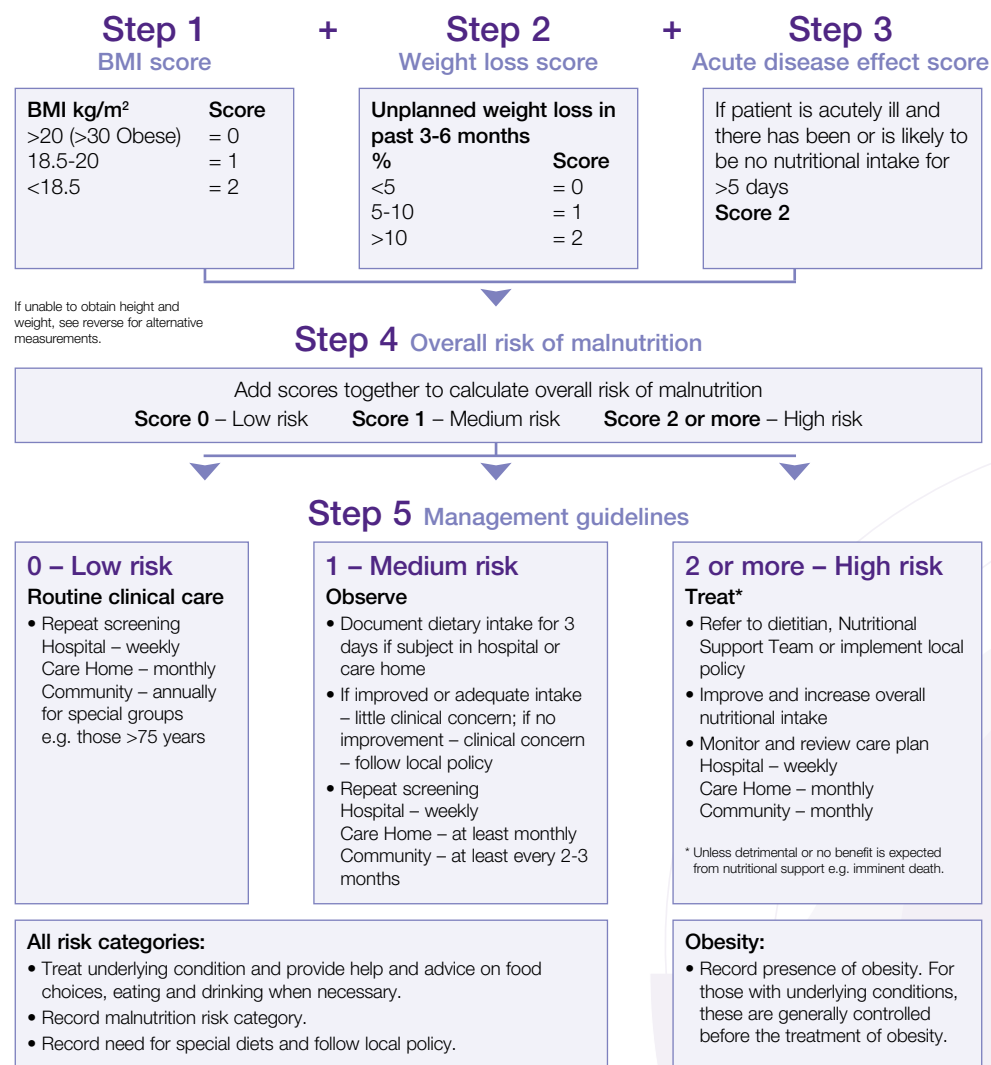
Samples are available for all flavours listed above.
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Malnutrition Universal Screening Tool 'MUST'



How to screen using 'MUST'

There are five steps to follow:

Step 1: Body mass index (BMI) (kg/m²)

- Take the subject's height and weight to calculate BMI and use the BMI chart to establish the subject's BMI score.
- If weight and height are not available, self reported height or weight, if realistic and reliable, may be appropriate.

Step 2: Weight loss

- Unplanned weight loss over 3 to 6 months is a more acute risk factor for malnutrition than BMI.
- To establish the subject's weight loss score, ask if there has been any weight loss in the last 3 to 6 months, and if so how much (or look in their records).
- Deduct current weight from previous weight to calculate amount of weight lost. Use weight loss tables to establish weight loss score.
- If the subject has not lost weight (or has gained weight) in the past 3 to 6 months, score = 0.

Step 3: Acute disease can affect risk of malnutrition

If the patient is currently affected by an acute patho-physiological or psychological condition, and there has been no nutritional intake for 5 or more days, they are likely to be at nutritional risk. Such patients include those who are critically ill, have swallowing difficulties (e.g. after stroke), have head injuries or are undergoing gastrointestinal surgery. Add a score of 2 for these patients.

Step 4: Overall risk of malnutrition

Establish overall risk of malnutrition after considering all relevant factors. Add scores together from Steps 1, 2 and 3 to calculate overall risk of malnutrition.

0 = Low risk 1 = Medium risk 2 or more = High risk

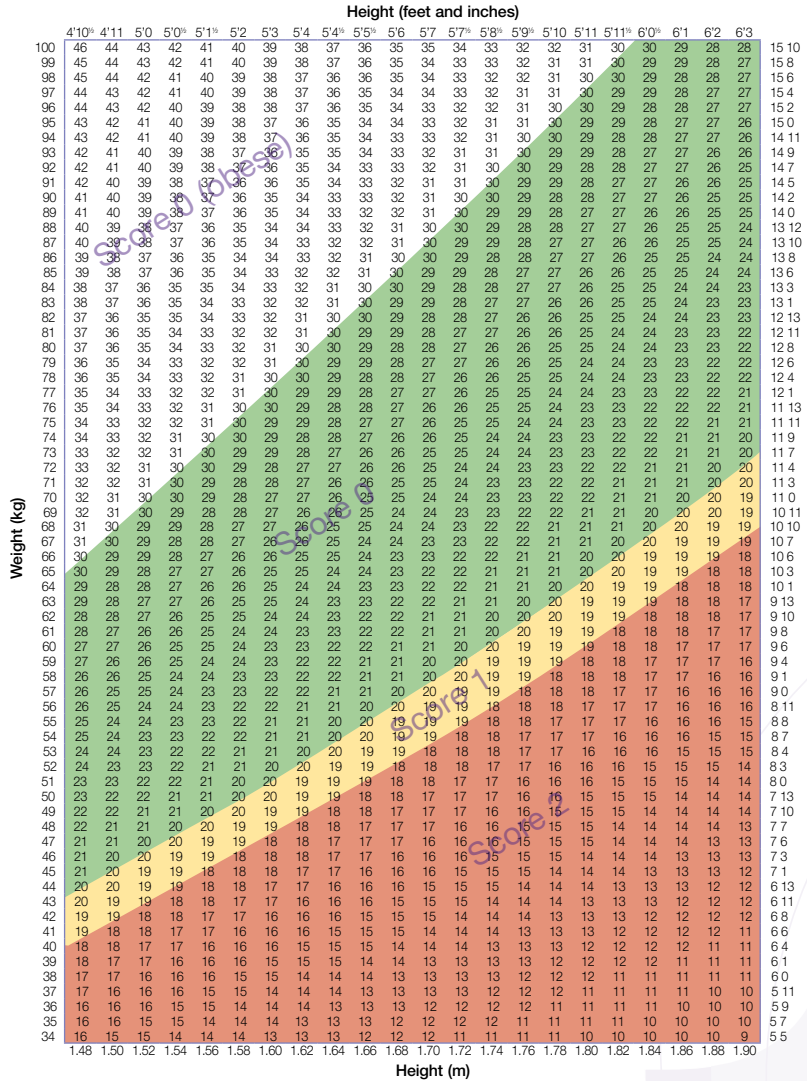
If neither BMI nor weight loss can be established, assess overall risk subjectively using the "Other criteria" in the box below.

Other criteria

If height, weight or BMI cannot be obtained, the following criteria which relate to them can help form a clinical impression of an individual's overall nutritional risk.

- BMI** – Clinical impression. Thin, acceptable weight, overweight. Obvious wasting (very thin) and obesity (very overweight) can be noted.
- Weight loss**
 - Clothes and / or jewellery have become loose fitting.
 - History of decreased food intake, reduced appetite or dysphagia (swallowing problems) over 3 - 6 months and underlying disease or psychosocial/ physical disabilities likely to cause weight loss.
- Acute disease** – No nutritional intake or likelihood of no intake for more than 5 days.

Body Mass Index (BMI) Chart



BMI AND PROTEIN ENERGY MALNUTRITION (PEM)		
Green Zone	PEM unlikely	Score 0
Yellow Zone	Possible PEM	Score 1
Red Zone	Probable PEM	Score 2
White Zone	HIGH RISK OF OBESITY RELATED DISORDERS	Score 0

Percentage unplanned weight loss calculator



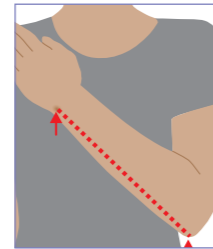
	SCORE 0 Wt loss <5%	SCORE 1 Wt loss 5-10%	SCORE 2 Wt loss >10%
34 kg	<1.70	1.70 - 3.40	>3.40
36 kg	<1.80	1.80 - 3.60	>3.60
38 kg	<1.90	1.90 - 3.80	>3.80
40 kg	<2.00	2.00 - 4.00	>4.00
42 kg	<2.10	2.10 - 4.20	>4.20
44 kg	<2.20	2.20 - 4.40	>4.40
46 kg	<2.30	2.30 - 4.60	>4.60
48 kg	<2.40	2.40 - 4.80	>4.80
50 kg	<2.50	2.50 - 5.00	>5.00
52 kg	<2.60	2.60 - 5.20	>5.20
54 kg	<2.70	2.70 - 5.40	>5.40
56 kg	<2.80	2.80 - 5.60	>5.60
58 kg	<2.90	2.90 - 5.80	>5.80
60 kg	<3.00	3.00 - 6.00	>6.00
62 kg	<3.10	3.10 - 6.20	>6.20
64 kg	<3.20	3.20 - 6.40	>6.40
66 kg	<3.30	3.30 - 6.60	>6.60
68 kg	<3.40	3.40 - 6.80	>6.80
70 kg	<3.50	3.50 - 7.00	>7.00
72 kg	<3.60	3.60 - 7.20	>7.20
74 kg	<3.70	3.70 - 7.40	>7.40
76 kg	<3.80	3.80 - 7.60	>7.60
78 kg	<3.90	3.90 - 7.80	>7.80
80 kg	<4.00	4.00 - 8.00	>8.00
82 kg	<4.10	4.10 - 8.20	>8.20
84 kg	<4.20	4.20 - 8.40	>8.40
86 kg	<4.30	4.30 - 8.60	>8.60
88 kg	<4.40	4.40 - 8.80	>8.80
90 kg	<4.50	4.50 - 9.00	>9.00
92 kg	<4.60	4.60 - 9.20	>9.20
94 kg	<4.70	4.70 - 9.40	>9.40
96 kg	<4.80	4.80 - 9.60	>9.60
98 kg	<4.90	4.90 - 9.80	>9.80
100 kg	<5.00	5.00 - 10.00	>10.00
102 kg	<5.10	5.10 - 10.20	>10.20
104 kg	<5.20	5.20 - 10.40	>10.40
106 kg	<5.30	5.30 - 10.60	>10.60
108 kg	<5.40	5.40 - 10.80	>10.80
110 kg	<5.50	5.50 - 11.00	>11.00
112 kg	<5.60	5.60 - 11.20	>11.20
114 kg	<5.70	5.70 - 11.40	>11.40
116 kg	<5.80	5.80 - 11.60	>11.60
118 kg	<5.90	5.90 - 11.80	>11.80
120 kg	<6.00	6.00 - 12.00	>12.00
122 kg	<6.10	6.10 - 12.20	>12.20
124 kg	<6.20	6.20 - 12.40	>12.40
126 kg	<6.30	6.30 - 12.60	>12.60

PERCENTAGE UNPLANNED WEIGHT LOSS DURING PREVIOUS 3-6 MONTHS			
<5% Body Weight	Normal weight change	Score 0	
5-10% Body Weight	Increased risk of undernutrition	Score 1	
>10% Body Weight	Clinically significant weight loss	Score 2	

The tables in this guide have been reproduced from the 'MUST' nutritional screening tool with kind permission of the Malnutrition Advisory Group of BAPEN. See www.bapen.org.uk/the-must.htm for further information.

Alternative measurements for estimating height & BMI

If height cannot be obtained, use length of forearm (ulna) to calculate height using tables below.



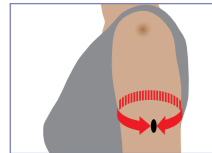
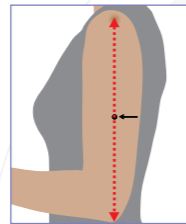
Estimating height from ulna length

Measure between the point of the elbow (olecranon process) and the mid-point of the prominent bone of the wrist (styloid process) (left side if possible).

Height (m)	1.94	1.93	1.91	1.89	1.87	1.85	1.84	1.82	1.80	1.78	1.76	1.75	1.73	1.71
Men (<65 years)	1.94	1.93	1.91	1.89	1.87	1.85	1.84	1.82	1.80	1.78	1.76	1.75	1.73	1.71
Men (>65 years)	1.87	1.86	1.84	1.82	1.81	1.79	1.78	1.76	1.75	1.73	1.71	1.70	1.68	1.67
Ulna Length (cm)	32.0	31.5	31.0	30.5	30.0	29.5	29.0	28.5	28.0	27.5	27.0	26.5	26.0	25.5
Height (m)	1.84	1.83	1.81	1.80	1.79	1.77	1.76	1.75	1.73	1.72	1.70	1.69	1.68	1.66
Women (<65 years)	1.84	1.83	1.81	1.80	1.79	1.77	1.76	1.75	1.73	1.72	1.70	1.69	1.68	1.66
Women (>65 years)	1.84	1.83	1.81	1.79	1.78	1.76	1.75	1.73	1.71	1.70	1.68	1.66	1.65	1.63
Height (m)	1.69	1.67	1.66	1.64	1.62	1.60	1.58	1.57	1.55	1.53	1.51	1.49	1.48	1.46
Men (<65 years)	1.69	1.67	1.66	1.64	1.62	1.60	1.58	1.57	1.55	1.53	1.51	1.49	1.48	1.46
Men (>65 years)	1.65	1.63	1.62	1.60	1.59	1.57	1.56	1.54	1.52	1.51	1.49	1.48	1.46	1.45
Ulna Length (cm)	25.0	24.5	24.0	23.5	23.0	22.5	22.0	21.5	21.0	20.5	20.0	19.5	19.0	18.5
Height (m)	1.65	1.63	1.62	1.61	1.59	1.58	1.56	1.55	1.54	1.52	1.51	1.50	1.48	1.47
Women (<65 years)	1.65	1.63	1.62	1.61	1.59	1.58	1.56	1.55	1.54	1.52	1.51	1.50	1.48	1.47
Women (>65 years)	1.61	1.60	1.58	1.56	1.55	1.53	1.52	1.50	1.48	1.47	1.45	1.44	1.42	1.40

Estimating BMI category from mid-upper arm circumference (MUAC)

The subject's left arm should be bent at the elbow at a 90 degree angle, with the upper arm held parallel to the side of the body. Measure the distance between the bony protrusion on the shoulder (acromion) and the point of the elbow (olecranon process). Mark the mid-point.



Ask the subject to let arm hang loose and measure around the upper arm at the mid-point making sure that the tape measure is snug but not tight.

- If MUAC is <23.5 cm, BMI is likely to be <20 kg/m².
- If MUAC is >32.0 cm, BMI is likely to be >30 kg/m².

Food equivalence

200ml Fortisip contains:

12g Protein

As much protein as 2 eggs



300 kcals

As much energy as 4 slices of bread



182 mg Calcium

26% of recommended intake
As much calcium as a glass of milk



4.3 mg Iron

49% (29% in females) of recommended intake
As much iron as a 6oz sirloin steak



30 mg Vitamin C

75% of recommended intake
As much vitamin C as 6 cherry tomatoes



0.6 mg carotenoids

As much carotene as a portion of broccoli



Which supplement for which patient?

	CALOGEN	SCANDISHAKE	NUTILIS	FORTICREME COMPLETE	RESPIFOR	RENILON 7.5	FORTICARE	CUBITAN	DIASIP	FORTIMEL	FORTISIP YOGHURT STYLE	FORTIJUICE	FORTISIP MULTI FIBRE	FORTISIP
Energy per unit (kcal)	405 per dose**	600*	N/A	200	188	250	200	250	200	200	300	300	300	300
Protein per unit (g)	4N/A	11.7*	N/A	11.9	9.4	9.4	11.3	20	9.8	20	12	8	12	12
Volume per unit	200/500mls	85g/300mls	500g/25g/9g	125g	125mls	125mls	125mls	200mls	200mls	200mls	200mls	200mls	200mls	200mls
PATIENT TYPE	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age	Adults and children over 6 years of age
CONDITION														
Malnourished	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diabetes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swallowing Difficulties/Dysphagia††	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Burns	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Impaired Wound Healing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pressure/Leg Ulcers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Constipation/Diarrhoea	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Renal Failure	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Respiratory Disease	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cystic Fibrosis	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cancer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
PATIENT PREFERENCE														
Juice Tasting Drink	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Milk Tasting Drink	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Yoghurt Tasting Drink	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fibre Enriched Drink	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dessert/Pudding Style	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Semi Solid Type	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
GMS LISTED	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



If you have any nutritional queries call the Nutricia Dietetic Team on Freephone 1800 412 414

All above products are available on GMS, DPS and LT schemes. All supplements are gluten free. * indicates supplements of choice. ** Serving = 85g Scandishake powder and 240mls whole milk. †† Recommended daily dose 3 x 30ml. † Cubitan is suitable for diabetic patients with chronic wounds, but it is recommended that Cubitan is sipped slowly over 20 minutes, blood sugars monitored as normal and no more than 2 bottles of Cubitan are consumed daily. ††† Texture should be advised by Speech and Language Therapist (SALT).