



## PRESCRIPTION OF ORAL SUPPLEMENTS DURING A HOSPITALISATION PERIOD

Forte Pérez-Minayo, M; Pelegrin Torres, P; García Jiménez, L; Panadero Esteban, MI; Bécares Martínez, FJ.  
 Fundación Jiménez-Díaz, Department of Pharmacy. Madrid. Spain.

### PURPOSE

To analyze the use of electronic prescription of oral supplements for nutritional support in a third level hospital.

### MATERIAL AND METHODS

Retrospective observational study over a four months period (February-May 2016)

Patients with prescribed oral supplements

Risk of malnutrition calculated through nutrition control table (**CONUT®**) on patients with available nutritional parameters at the time of prescription

Data collected:



- Age
- Types of supplements prescribed
- Starting date (with respect to hospital admission)
- Total number of days with them

- Serum albumin
- Total cholesterol
- Total number of lymphocytes

### RESULTS

338 registers (0,8% of the total number of hospitalized patients)

54.9% of patients received supplements in the first five days after hospital admission

Average number of patients/month with prescribed oral supplements: 84.5

Average of days with prescribed supplements: 8.9

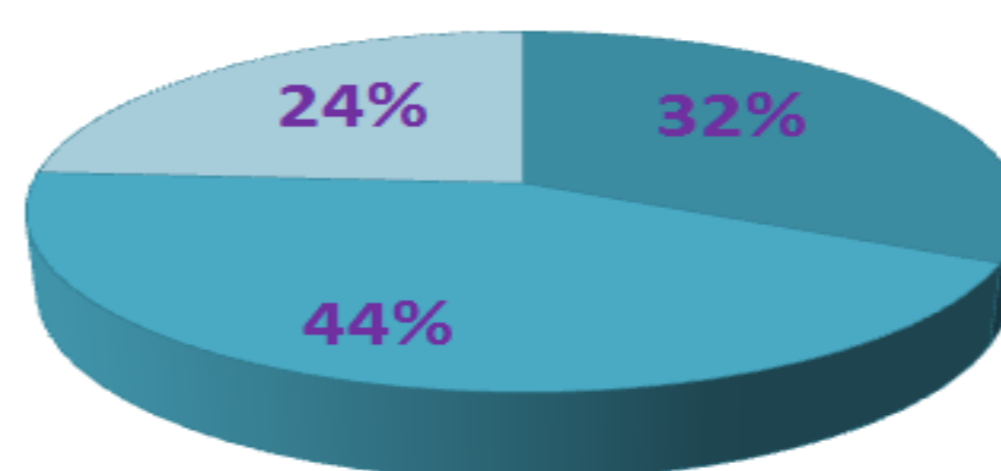
Age range of most patients: 76-85

Services with major numbers of prescriptions :

- General Surgery and Digestive: 24.6%
- Oncology: 21.4%
- Pneumology: 11.6%

51,49 % of patients received protein and calorie rich shakes

**CONUT® DATA**  
 (from 52.7% of registered patients)



- Low risk of malnutrition
- Moderate risk of malnutrition
- High risk of malnutrition

### CONCLUSION

The prescription of supplements in our hospital was justified, when used. The low percentage of patients under the study related to the total is not representative. A big number of patients could benefit from this type of nutrition. Therefore, patients are not being selected correctly. The implementation of screening methods would facilitate early detection of malnutrition. We are going to implement a nutritional screening method that will allow us to evaluate the risk of malnutrition in the rest of patients.