



Why is compliance to oral nutritional supplements (ONS) so important?

Summarising Episode 2 with Dr Carrie Ruxton

Compliance is so important, because if people aren't consuming ONS they won't get the benefits they provide.

The ideal compliance rate is 80-120% - to account for off days and better days.

3 benefits of ONS



- Clinical - ONS can help to reduce disease complications, hospital stay & mortality
- Nutritional - they can boost calorie, protein & nutrient intake
- Functional - patients have improvements in handgrip, quality of life & mobility



5 factors influencing compliance

- Taste & temperature
- Texture & volume
- Social
- Physical and clinical
- Patient buy-in

37-100% compliance was shown in a study of ONS compliance.

Ways to improve compliance



- Make sure patients have the opportunity to trial a range of products before prescribed
- Vary the taste & format of ONS
- Optimise social aspect - e.g. sit the patient at a table and put ONS in a glass
- Review the choice of ONS with the patient

