

Practical considerations for using paediatric ONS

By the end of this article, you should be able to:

- Identify indications for prescribing paediatric ONS
- Describe first and second-line nutrition support interventions in paediatric populations
- Identify paediatric ONS formats and dosage considerations
- State issues affecting ONS compliance

Once you've answered these questions, print off this page with your answers and download your certificate, to add to your portfolio.

1. **Question:**

ONS would be indicated for children when:

Answer:

- A. The child meets the ACBS prescribing indication and food first approaches have already been implemented and evaluated
- B. The child has malnutrition associated with food poverty
- C. The child has simple fussy eating and is growing normally

2. **Question:**

'Faltering growth' is generally defined as when the child's weight drops more than 2 centiles on the UK-WHO paediatric growth charts?

Answer:

- A. True
- B. False

3. **Question:**

When can adult ONS be prescribed for children?

Answer:

- A. When there is no paediatric alternative available
 - B. When the child is over the age recommended by the manufacturer
 - C. When clinical judgement determines that an adult ONS product is most suitable
 - D. All of the above
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4. **Question:**

If a child has reduced appetite, a low volume, high-energy ONS product may be useful to help increase long-term compliance.

Answer:

- A. True
 - B. False
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5. **Question:**

NICE recommend following a food first approach when first working with a child who has presented with faltering growth. Recommended first-line interventions include:

Answer:

- A. Eating together as a family or with other children and establishing regular eating schedules
 - B. Coercing child and adding pressure to eat
 - C. Allowing the child to eat intuitively
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Answers

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|----------|-----------------|-----------------------------|-----------------|----------|
| 1 | 2 | 3 | 4 | 5 |
| A | A - True | D - All of the above | A - True | A |