



Beyond Prescription:

An Audit of Oral Nutritional Supplement Use in Older Adult



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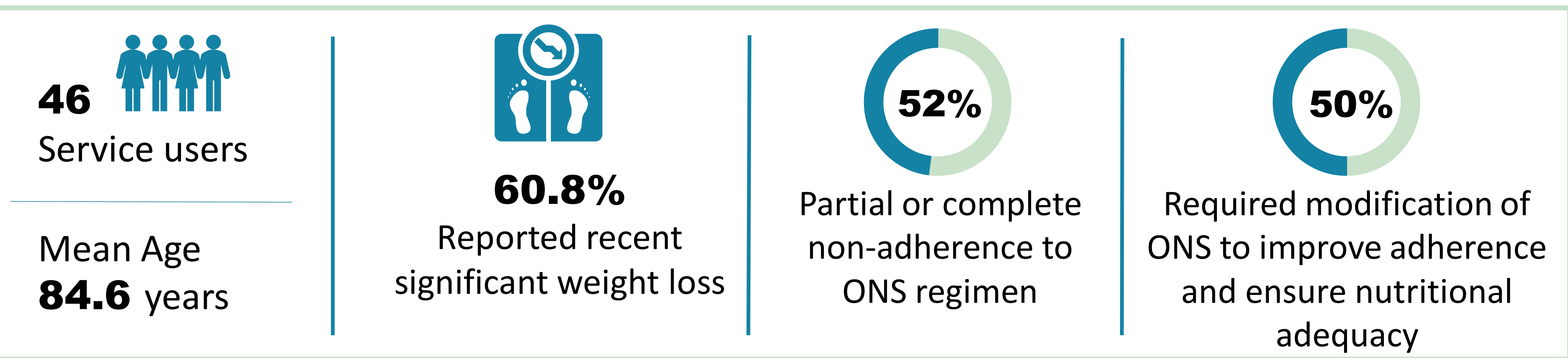
Introduction

Oral Nutritional Supplements (ONS) are frequently prescribed for malnutrition management in older adults when dietary intake is insufficient to meet nutritional requirements. However, their clinical effectiveness depends on adequate patient adherence. This study aimed to evaluate the adherence to prescribed ONS among older adults referred to the Integrated Care Programme for Older Persons (ICPOP), and to identify barriers to compliance.

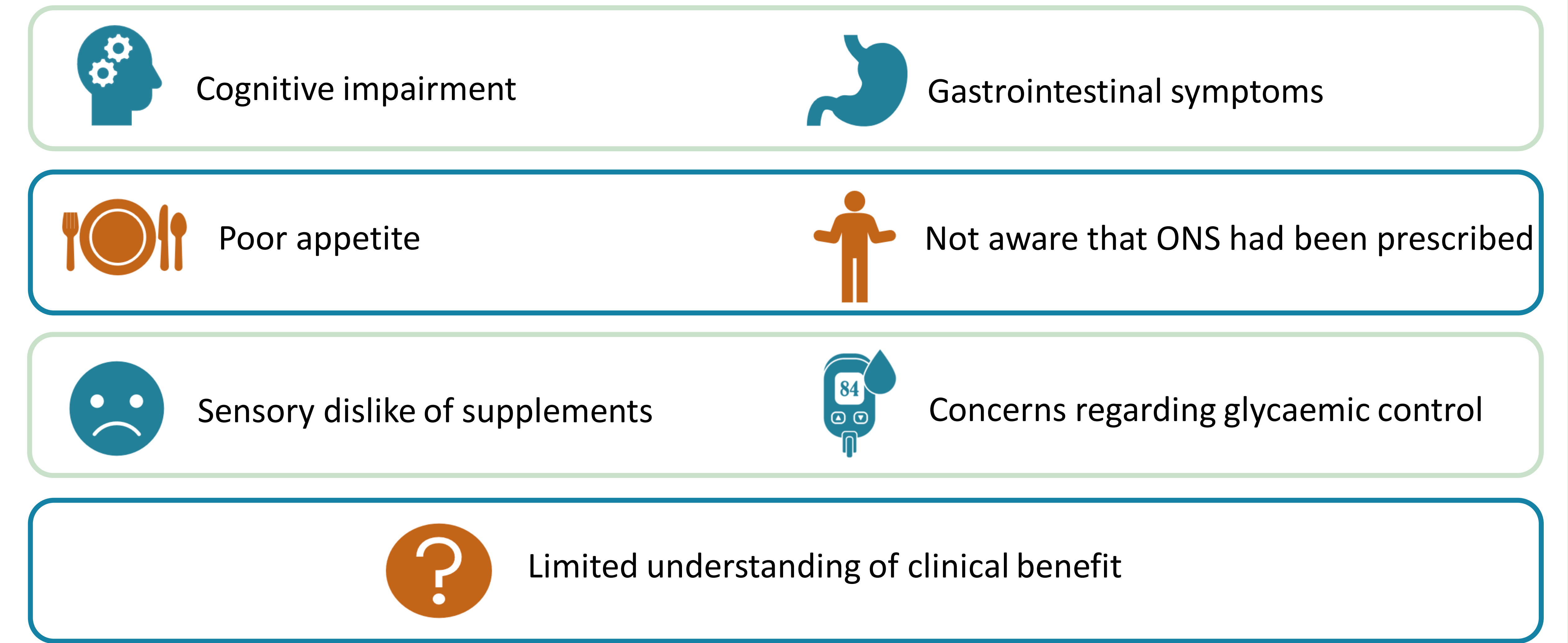
Methods

A retrospective clinical audit was conducted on service users who were prescribed ONS prior to ICPPOP intervention and not receiving active dietetic input. Nutritional assessment records from 2025 were reviewed to evaluate weight loss prevalence, adherence to ONS, barriers to compliance, and the indication for ONS adjustment.

Results



Barriers to compliance



Conclusion

The findings highlight a potential gap between ONS provision and therapeutic effectiveness. Structured dietetic monitoring, patient education, and personalised nutritional support are essential to improve adherence to ONS regimens and therefore clinical outcomes.



References

1. Li M, Zhao S, Wu S, Yang X, Feng H. Effectiveness of Oral Nutritional Supplements on Older People with Anorexia: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Nutrients*. 2021 Mar 3;13(3):835. doi: 10.3390/nu13030835. PMID: 33802580; PMCID: PMC8001033. 2. Liljeberg E, Söderström L, Skinnars Josefsson M, Payne L, Einarsson S. Improving adherence to oral nutritional supplements in clinical practice: a practice pattern for a holistic person-centred approach. *BMJ Nutr Prev Health*. 2025 Oct 9;8(2):e001235. doi: 10.1136/bmjnp-2025-001235. PMID: 41768501; PMCID: PMC12936553.