

Prescribing Support Series: PSS 9

Prescribing Non-Standard Nutritional Supplements in EPMA

Prescribing Nutritional Supplements as part of a Food Plan:

Some patients require food/meal plans to be prescribed. An example of such a food plan is shown here →

To prescribe in EPMA:

- 1) Prescribe the nutritional supplement as a **Freetext** medicine.
- 2) For 'Medication,' type the **name** of the nutritional supplement.
- 3) For 'Route,' type **NG** or **PO** (whichever is clinically appropriate).
- 4) For 'Form,' type '**Nutritional Supplement.**'
- 5) Ignore 'Strength' and click 'Next.'
- 6) Click 'Asymmetric' on the subsequent screen then click 'Next.' On the following screen, the **dose units** can be **manually** typed (i.e. **ml/hour**). The **frequency** will be the number of times of regular meal or snack **interventions** (if snacks are not a regular feature of the food plan, you can add these as PRN freetext). In the above example, the frequency would be "6 times per day".
- 7) Assign appropriate **Prescription Instructions** (such as 'If oral intake declined or not completed in allocated time, remainder to be offered orally as nutritional supplement').

Meal	Food Option	Nutritional Supplement to be offered if meal is not completed in allocated time
Breakfast	2 Weetabix with milk	200 ml Fortisip Plant Based
Snack	2 biscuits	135 ml Fortisip Plant Based
Lunch	Omelette	270 ml Fortisip Plant Based
Snack	Slice of cake	135 ml Fortisip Plant Based
Evening meal	Lasagne	270 ml Fortisip Plant Based
Supper	Cheese & crackers	200 ml Fortisip Plant Based

Helpful Hint!

Prescribe the PRN or regular nutritional supplement first (if clinically appropriate) before prescribing the food plan as Freetext. That way, you can simply copy and paste the product into the Freetext field.



General Principles for Prescribing Nutritional Supplements:

For most nutritional supplementation prescriptions, the following button will be the most appropriate to use (within the Prescribing menu in EPMA Prescriber):

Search Medication

- Regimens
- Medications
- Appliances and Dressings
- Nutritional Supplements**
- Medical Gases
- Indication
- Patient Medications
- Titration

Prescribing Nutritional Supplements for administration via a feeding tube:

Some patients will present with feeding tubes and require nutritional supplements at regular intervals via the tube. An example of such a regimen is: *Nutrison Energy 1000 ml/day, at a rate of 100 ml/hour over 10 hours (10 x bolus administrations of 100 mL each day, with an hour separating each bolus).*

To prescribe in EPMA:

- 1) Prescribe the nutritional supplement as a **Freetext** medicine.
- 2) For 'Medication,' type the **name** of the supplement. For 'Route,' type the route by which the supplement is to be administered (e.g. '**NG,**' '**PEG,**' '**Gastroenteral**' etc). For 'Form,' type **Nutritional Supplement.** Ignore 'Strength' and click 'Next.'
- 3) Click 'Regular' on the next screen and then click 'Next.' On the following screen, **dose units** can be **manually** typed (i.e. **ml/hour**). **Frequency** will be the number of boluses in a 24-hour period (*10 in the example above*).
- 4) Assign appropriate **Prescription Instructions**, such as:
 - Ensure the NG tube is correctly placed before administering any supplements.
 - Flush NG with sterile water, BEFORE and AFTER administration of supplement.
 - Do not mix medications or supplements without advice from the pharmacy team.