



## **ENSURE PLUS ADVANCE CASE STUDY**

### **Background**

Martin is a 74-year-old retired gentleman with a grown-up daughter. He is currently living in his own home in Rochdale with the support of his daughter and daily carers for his hygiene needs.

### **Medical and nutritional history**

Martin has a history of chronic obstructive pulmonary disease (COPD), likely due to his job prior to retirement as an industrial worker. He has been known to the local community nursing team for 2 years, as he developed a grade III pressure ulcer on his hip due to reduced mobility. His mobility is affected by his COPD, which makes it difficult for him to mobilise much, as exertion exacerbates his breathing issues, but at the time it was also likely linked to a lack of motivation and a low mood as well.

A year ago, his community nurse Tom became particularly concerned about Martin's nutritional intake. At the time, Martin had been prescribed 2-3 servings of a standard 1.5kcal/ml oral nutritional supplement a day by his GP. However, he was managing very little in terms of food and reported a low appetite. He weighed 57 kg. With a height of 1.6 m, he had a body mass index of 22.3 kg/m<sup>2</sup> but reported he had lost a lot of weight in recent years.

### **Intervention**

His nurse Tom had the following goals in mind for Martin:

- Strategies to enable good wound healing
- Increase his body weight/maintain muscle mass
- Encourage mobilisation as much as possible
- Improve his quality of life

To address his wound healing needs, Martin had been given an air mattress, twice weekly dressings and positioning advice. Tom also worked with Martin's GP to change Martin's oral nutritional supplement to Ensure Plus Advance, a high protein oral nutritional supplement, with additional vitamin D and calcium  $\beta$ -hydroxy  $\beta$ -methylbutyrate.

### **Outcome**

A year on, Martin's pressure ulcer has totally healed. Tom also reports Martin's appetite and food intake has improved, and his weight has gradually increased to 59.5 kg.

His nurse Tom states 'He really enjoyed taking the Ensure Plus Advance and he liked the option of different flavours. He seems brighter and more positive now his pressure ulcer has healed and his mobility has improved. He seems to walk around more freely, and now mobilises to the

kitchen to prepare his own cups of tea. This may seem a small thing, but it is a big victory for him, helping to improve his quality of life’.



Tom Harrison, Community Staff Nurse, Lancashire