



Vital 1.5kcal case study

Phil

Background information

Phil is a 64 year old male undergoing palliative chemotherapy for pancreatic cancer and had a biliary stent *in situ*. He was consuming all of his meals but required additional supplementation to meet his nutritional requirements. Whole protein oral nutritional supplements (ONS) were not tolerated as they exacerbated his diarrhoea.

Nutritional treatment goals

- Promote oral intake
- Stabilise weight

Nutritional treatment

Phil was prescribed 2 x 200ml bottles of Vital 1.5kcal daily.

Key findings

1. Diarrhoea improved and was not exacerbated by Vital 1.5kcal.
2. Phil managed 1 – 2 bottles of Vital 1.5kcal per day, which attenuated further weight loss.

Conclusion

Vital 1.5kcal was found to be well tolerated by a 64 year old man with pancreatic cancer as it improved his diarrhoea. The flavour and consistency of Vital 1.5kcal was also preferred to other ONS and better compliance attenuated further weight loss.

Upper Gastrointestinal Nurse Specialist, Merseyside