



Ensure Plus case study

Derek

Derek, 82, is a retired civil servant from Kent who lives at home with his wife. Despite his love for gardening and the crops of fresh vegetables he has grown for more than 34 years, Derek struggles with eating and drinking.

Since childhood, Derek has experienced poor health. As an adult, he has chronic obstructive pulmonary disease (COPD), asthma and problems with his eyesight. Derek's wife has been by his side throughout all of his various health issues and helped him when he had difficulty doing day-to-day activities. His poor health has also meant that he struggled to eat enough food, which often left him hungry and lacking the vital nutrients he needed to keep his energy up to keep up with his gardening.

His challenges with eating were exacerbated three years ago when Derek was admitted to hospital suffering from a hernia, which required surgery. Following the surgery, Derek struggled to eat and drink properly and eating a large amount of food would make him sick. His GP identified that Derek was at risk of malnutrition and because of this, Derek was prescribed an oral nutritional supplement (ONS).

Derek appreciated the convenience of having an ONS to help him get the nutrition he needed, especially on days when he couldn't eat food: "Following my operation, I couldn't eat properly; I also have difficulties breathing which makes it hard to eat and drink. Being offered an ONS meant I was able to keep my energy levels up."

After six months, Derek's GP stopped prescribing the ONS as, at that time, he felt Derek no longer needed it. However, Derek found he still had a limited appetite and was struggling with eating. Because of this, for the last three years Derek has been getting his ONS straight from the pharmacy, which he drinks one to three times a day to help him keep up his strength when he struggles to eat meals.

"Gardening and growing fresh fruit and vegetables is my passion, but my various health conditions have limited what I have been able to do over the years," says Derek. "This nutritional supplement I have been taking has helped me regain my energy and has helped my mobility, allowing me to do my regular activities - like the weekly shop - and to continue to do the things I love."