



Ensure Plus case study

Maggie

Maggie is an 83 year old female with osteoporosis and high blood pressure. She is housebound and lives on her own.

Maggie's dietary intake was poor, so she was prescribed a powder-based oral nutritional supplement (ONS) twice daily.

Maggie had a fall at home and was admitted to hospital with a broken hip. Her dietary intake continued to be poor, so she was prescribed Ensure Plus twice a day whilst in hospital.

Once discharged from hospital, Maggie returned to her own home. She is very reluctant to be admitted to a care home. Her son sees her twice a week and care nurses visit once daily. She continues to take Ensure Plus twice a day and has been receiving this prescription for 3 months to date.

Nutritional treatment goals

- Gain weight
- Ensure a nutritionally balanced oral intake

Key findings

1. Maggie is responding well to dietary treatment and has gained weight
2. Maggie finds taking a ready-to-drink ONS much easier than a powder-based ONS. Due to her poor mobility it was difficult for her to obtain the milk required to mix with the powder, and to prepare the powder as required
3. Maggie is pleased that Ensure Plus is available in a wide variety of flavours

Conclusion

Ensure Plus is helping an 83 year old lady with a poor dietary intake to gain weight. Due to her poor mobility, Maggie finds taking Ensure Plus much easier than a powdered ONS as it is pre-mixed and she does not have to go to the shops to obtain milk, which is difficult for her. Maggie reports that she feels happier and she is glad she can continue to live in the house where she has spent most of her life. She says 'I can still see my friends because that's all I have, and if I go into a care home I will die among strangers'.

Pharmacist, South England

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