

FRESENIUS KABI NewsFeed

4th Edition

Welcome to the latest edition of Fresenius Kabi NewsFeed.
Fresenius Kabi NewsFeed contains brand information and promotional content.



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Welcome to the latest edition of Fresenius Kabi NewsFeed

The newsletter that provides you with a window into Fresenius Kabi Enteral and Parenteral Nutrition.

Our Clinical Nutrition Scientific Affairs team have come together to offer a newsletter to disseminate clinical updates and provide a window into Fresenius Kabi enteral and parenteral nutrition, directly to healthcare professionals who deliver nutritional care. The aim is to provide both educational and product updates around clinical nutrition, including oral nutritional supplements, dysphagia, enteral tube feeds and feeding tubes, and parenteral nutrition products.

In this edition we look at our new flavour of Fresubin® 3.2kcal Drink, as well as a practical guide for choosing from Fresenius Kabi's oral nutritional supplement (ONS) range. We also look at the updated guidance for the disposal of ONS and the benefits of choosing Fresubin EasyBags and saving plastic waste. In parenteral nutrition, we take a look at our new malnutrition training package, as well as an overview of our recent educational events.

If you have a colleague who would like to receive these quarterly updates

Please ask them to contact us and provide us with their contact details and we will add them to the mailing list.

Please get in touch via Scientific.AffairsUK@fresenius-kabi.com

Fresubin 3.2kcal Drink

New Cappuccino Flavour



400 kcal Energy

20g Protein

10 µg Vitamin D
Per 125ml bottle

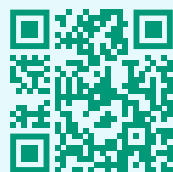
Fresubin® 3.2 kcal Drink is a high protein, low volume oral nutritional supplement (ONS) for the dietary management of patients with or at risk of disease related malnutrition, with increased energy and protein needs, providing concentrated energy and protein for when compliance is a challenge.

Fresubin® 3.2 kcal Drink is the most energy dense 125 ml ONS available and supports patients' nutrition with its compact low volume, and the highest energy (400kcal) and protein (20g) density in a 125 ml bottle.

Available in Vanilla-Caramel, Mango, Hazelnut and new Cappuccino flavour.

Order Fresubin® patient samples today

Scan me or [click here](#) To Order Fresubin patient samples



Roasted Hazelnut Frappuccino

Made with Fresubin® 3.2 kcal Drink Cappuccino

Method

- 1 Crush hazelnuts and roast in a pan without oil for some minutes.
- 2 Place the ice, sugar and Fresubin 3.2 kcal Drink Cappuccino in a blender.
- 3 Blend until the frappuccino is smooth.
- 4 Pour into a large, tall glass. Garnish with a dollop of whipped cream and roasted hazelnuts on top.



Cappuccino

Ingredients

- Fresubin 3.2 kcal Drink Cappuccino
- 15-20 Ice cubes, crushed
- 1 tsp. Sugar
- 20 g Whipped cream
- 25 g Hazelnuts

Nutritional information per serving*

Energy kcal	626
Protein g	25
Fat g	40
Carbohydrate g	47
Fibre g	3

Servings size
makes 1 serving

Allergens may be present, please check recipes and individual product ingredient labels

Tiramisu

Made with Fresubin® 3.2 kcal Drink Cappuccino

Method

- 1 Dissolve the coffee powder in 30 ml of gently heated Fresubin 3.2 kcal Drink Cappuccino, then leave to cool
- 2 Place 3 sponge fingers in a ramekin and pour half of the coffee over the fingers
- 3 Mix the mascarpone, the Fresubin 3.2 kcal Drink Cappuccino, the softened or dissolved gelatine and sugar and pour over the sponge fingers
- 4 Place the remaining sponge fingers on top of the mixture and sprinkle with drops of coffee.
- 5 Before serving dust with cocoa powder.



Cappuccino

Ingredients

- 100ml Fresubin 3.2 kcal Drink Cappuccino
- 6 Sponge fingers
- 5g Instant coffee powder (1 teaspoon)
- 60g Mascarpone
- 10g Sugar
- 3g Cocoa powder (1/2 teaspoon)
- 2g Gelatine (1 sheet)

Nutritional information per serving*

Energy kcal	783
Protein g	26
Fat g	42
Carbohydrate g	73
Fibre g	4.1

Servings size
makes 1 serving

Allergens may be present, please check recipes and individual product ingredient labels



A Practical Guide to Choosing the Right Fresenius Kabi Oral Nutritional Supplement (ONS)

Fresenius Kabi have developed a practical guide for choosing from their range of oral nutritional supplements (ONS). Depending on your patients' requirements, the chart helps you to quickly identify a suitable supplement whether you require a powdered, ready to drink, low volume, high protein or an alternative to milk style ONS.



Practical Guidance for Choosing Fresenius Kabi Oral Nutritional Supplements (ONS) and Thickeners

Types of patients that may require ONS ¹	Chronic Conditions e.g. COPD, Cancer, Frailty			Acute illness/recent hospital discharge		
MUST ² Score ²	High risk - MUST score of 2 or more. Prescribe ONS alongside dietary advice and monitor ³					
Special considerations	Does the patient have the physical ability to mix powdered milk? Do they have access to fresh milk?	Is the patient breathless &/or struggling with large volumes &/or has poor appetite?	Is the patient frail, isolated and/or has limited access to the outside?	Does the patient have difficulty swallowing?	Does the patient have muscle loss, weakness or fatigue?	Does the patient have loss of taste, taste changes or a dislike of milk style ONS?
Types of products available to help patients with specific needs	For patients able to mix and prepare powdered ONS, and with access to fresh milk	Low volume Energy dense	High Vitamin D - contains 10 µg per bottle (100% RNI) High Protein (20% energy)	Pre-thickened, texture modified food and drinks Gum based food and drink thickener	High Protein (20g protein and /or ≥20% energy)	Juice style / yoghurt style ONS
<p>Fresubin[®] and Thick & Easy[®] products that can meet the needs of your patients</p> <p>Alternatively, Fresenius Kabi offer a range of ready-to-drink and dessert style ONS to meet the individual needs of patients.</p> <p>With a range of energy densities (1.0 - 5kcal/ml), which includes standard protein (<20% energy from protein) and high protein (≥ 20% energy from protein) products. As well as fibre containing and non-fibre ONS.</p>	<p>Fresubin[®] Powder Extra 240ml (reconstituted) 1.7kcal/ml, 400 kcal/177g protein per serving</p> <p>Calshake[®] Powder 315ml (reconstituted) 1.9kcal/ml, 600 kcal, 10g protein per serving</p>	<p>Fresubin[®] 3.2kcal Drink 125ml, 3.2kcal/ml, 400 kcal 20g protein per bottle</p> <p>Fresubin[®] 2kcal Mini Drink 125ml, 2kcal/ml, 250 kcal 12.5g protein per bottle</p> <p>Fresubin[®] 2kcal Fibre Mini Drink 125ml, 2kcal/ml, 250 kcal 2g fibre, 12.5g protein per bottle</p> <p>Fresubin[®] 5kcal Shot Fibre emulsion 120ml 5kcal/ml, 150kcal/30ml</p>	<p>Fresubin[®] 3.2kcal Drink 10µg Vitamin D, 3.2kcal/ml and 20g protein (20% energy) per 125ml bottle</p> <p>Fresubin[®] 2kcal Drink 10µg Vitamin D, 2kcal/ml and 20g protein (20% energy) per 200ml bottle</p> <p>Fresubin[®] 2kcal Fibre Drink 10µg Vitamin D, 2kcal/ml, 20g protein (20% energy) and 3g fibre per 200ml bottle</p>	<p>Fresubin[®] Thickened Level 2 IDDSI Level 2 1.5kcal/ml, 20g protein (27% energy) per 200ml bottle</p> <p>Fresubin[®] Thickened Level 3 IDDSI Level 3 1.5kcal/ml, 20g protein (27% energy) per 200ml bottle</p> <p>Fresubin[®] 2kcal Creme IDDSI Level 4 2kcal/ml, 12.5g protein (20% energy) per 125g cup</p> <p>Fresubin[®] YOcrème IDDSI Level 4 1.5kcal/ml, 9.4g protein (20% energy) per 125g cup</p> <p>Fresubin[®] Dessert Fruit Purée IDDSI Level 4 4.4g fibre 1.6kcal/ml, 8.75g protein (18% energy) per 125g cup</p> <p>Thick & Easy[®] Clear Instant food and drink thickener 126g, 100 x 1.4g sachet</p>	<p>Fresubin[®] 3.2kcal Drink 3.2 kcal/ml, 20g protein (20% energy) per 125ml bottle</p> <p>Fresubin[®] 2kcal Drink 2kcal/ml, 20g protein (20% energy) per 200ml bottle</p> <p>Fresubin[®] 2kcal Fibre Drink 2kcal/ml, 20g protein (20% energy) and 3g fibre per 200ml bottle</p> <p>Fresubin[®] Protein Energy 1.5kcal/ml, 20g protein (27% energy) per 200ml bottle</p> <p>Fresubin[®] YoDrink 1.5kcal/ml, 15g protein (20% energy) per 200ml bottle</p> <p>Fresubin[®] 2kcal Mini Drink 2kcal/ml, 12.5g protein (20% energy) and 2g fibre per 125ml bottle</p> <p>Fresubin[®] 2kcal Fibre Mini Drink 2kcal/ml, 12.5g protein (20% energy) and 2g fibre per 125ml bottle</p>	<p>Fresubin[®] Jucy Drink 1.5kcal/ml, 8g protein (11% energy) per 200 ml bottle</p> <p>Fresubin[®] YoDrink 1.5kcal/ml, 15g protein (20% energy) per 200ml bottle</p> <p>Fresubin[®] YOcrème 1.5kcal/ml, 9.4g protein (20% energy) per 125g cup</p>
	Physical activity	Exercise in combination with diet is important to promote muscle maintenance and growth. ³ Patients can use the Fresubin [®] Exercise Videos and the accompanying Exercise Booklet to help them increase their physical activity in the home www.fresenius-kabi.com/gb/products/patient-exercises				
Monitor and review ⁴	Check compliance with ONS prescription; amend type/flavour if necessary to maximise nutritional intake. Review goals set before intervention. Consider weight change, strength, physical appearance, appetite, ability to perform activities of daily living. Monitor every 1-3 months or sooner if clinical concern.					

¹MUST - Malnutrition Universal Screening Tool

Fresubin[®] and Thick & Easy[®] brands are Food for Special Medical Purposes and should be used under medical supervision. Fresenius Kabi Limited, Cestrian Court, Eastgate Way, Manor Park, Runcorn, Cheshire WA7 1NT tel: 01928 533516 www.fresenius-kabi.com/gb Date of Preparation: November 2023 Job code: GB-FreONS-2300002

References

1. Managing Adult Malnutrition in the Community, 3rd edition 2021. malnutritionpathway.co.uk. Accessed October 2023. 2. The 'MUST' report. Nutritional screening for adults: a multidisciplinary responsibility. Elia M, editor. 2003. Redditch, UK, BAPEN 3. Sarcopenia: loss of muscle mass A Healthcare Professional Fact Sheet. Managing Adult Malnutrition in the Community. <https://www.malnutritionpathway.co.uk/sarcopenia>. Accessed October 2023

For printed copies please contact your local **Fresenius Kabi Enteral Nutrition Account Manager.**



Disposing of unused Oral Nutritional Supplements (ONS)

The NHS Specialist Pharmacy Services have recently updated their website regarding the disposal of nutritional supplements as follows:

Ready to drink oral nutritional supplements and liquid feeds are classified as nutritional borderline substances. These are not pharmaceuticals and can be classified as a food stuff for disposal purposes. Food waste can be sent for anaerobic digestion or composting, and more information should be sought from your local waste manager.

Liquid nutritional feeds and supplements in small quantities (less than 1 litre) can be discharged to the foul sewer, if they present no other hazard. This has been agreed across the UK and Northern Ireland in the National Guidance for Healthcare Waste Water Discharges with the following requirements:

Containers must be opened individually and emptied

The containers themselves should be appropriately disposed of

If larger quantities need to be disposed of, the manufacturer or supplier may be able to arrange collection.

Bulk quantities

Bulk quantities of more than 1 litre should not be discharged into the foul sewer without prior discussion with the local sewerage undertaker.

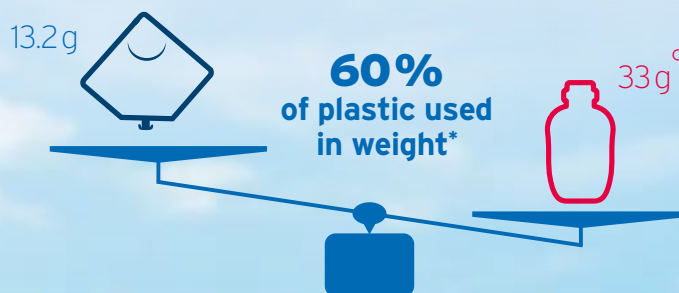
Saving Plastic in Enteral Nutrition with EasyBag

In the healthcare sector, plastic is an important packaging material as it can be used for sterile manufacturing of sensitive products,¹ it is lightweight,^{1,2} durable^{2,3} and serves as excellent product protection.^{1,2} Compared to other packaging materials, it is cost-sensitive^{1,2} promoting resource-conscious healthcare. When choosing a product for use in a healthcare setting, whole life cycle costs and environmental impacts should be taken into account during the decision-making process.⁴

The EasyBag enteral feed containers have been specifically designed to save plastic. EasyBags are lighter, use less plastic in their production and generate the least volume of plastic waste compared to other containers used for enteral feeds.

EasyBag is the solution -

Compared to an average tube feed bottle on the market, EasyBag is the lightest container and saves ...



* Unpublished study with representative tube feed bottles ° Average weight of a tube feed bottle

The Fresenius Kabi EasyBag production plant holds the ISO certification for energy (50001:2011) and environmental (14001:2015) management on a voluntary base.

Within our ecological responsibility ...



... are only one part of our environmental goals.⁵

References:

1. North EJ, Halden RU. Rev Environ Health 2013;28(1):1-8.
2. Andrady AL, Neal MA. Philos Trans R Soc Lond B Biol Sci 2009;364(1526):1977-1984.
3. Geyer R et al. Sci Adv 2017;3(7):e1700782.
4. Royal College of Physicians. Less waste, more health: A health professionals guide to reducing waste 2018.
5. Fresenius Kabi Sustainability Overview. 2017;18-20.



Fresenius Kabi Parenteral Nutrition Study Evenings - London



Education plays a pivotal role in advancement of clinical practice and most importantly, patient care. There is always a need for learning opportunities within Parenteral Nutrition (PN), and who better than to learn from leading experts in the field, as well as each other?

The Fresenius Kabi Parenteral Nutrition team have been running a series of in person educational evenings in London, consisting of talks by experts from hospitals such as Kings College London and St Marks. These events are not only an opportunity to hear talks about the field of PN, but to also promote discussion with peers about best practice, and provide an opportunity to network with HCPs from different hospitals across London and the Southeast. So far, three events have been completed covering the topics of Parenteral Nutrition in Critical Care, Gastroenterology and Refeeding syndrome. These events have proven to be very popular with over 35 attendees (made up of Dietitians, Pharmacists, Nurses, and Doctors) for each event and all events being fully subscribed within the first week of invitations going live! The response from attendees has been overwhelmingly positive, with particular appreciation for the enriching educational opportunity and the insightful case study discussions.

We hope to continue these education events in the future so if you are interested in attending, please get in touch with your local Account Manager and we can add you to the mailing list for future events.

Malnutrition Training Package

The importance of identifying malnutrition and providing appropriate nutritional support

Disease-related malnutrition (DRM) remains a significant and growing public health problem. The most recent estimates suggest the cost in the UK is a staggering £23.5 billion annually, which equates to approximately 15% of the total expenditure on health and social care.¹ Most of this cost stems from the adverse effects of malnutrition if it remains unidentified and untreated. For example, malnourished patients face poorer clinical outcomes (e.g., increased infections and poor wound healing) and will have greater dependency on healthcare (e.g., more hospital admissions, longer length of hospital stays and more GP and healthcare professional visits).¹ Indeed, the annual health and social costs are estimated to be approximately 3 times greater for a malnourished patient (£7408) than a non-malnourished patient (£2155).¹

National guidelines (NICE CG32²/QS24³) highlight the need to identify and manage malnutrition. Comprehensive and effective screening, prevention, and treatment are essential across all settings to protect those at risk of DRM and to reduce pressures on the NHS.

As part of our commitment to supporting education, Fresenius Kabi have developed a malnutrition training package. The overarching aims are to help healthcare professionals spread awareness of the prevalence of malnutrition, the detrimental impact it can have on patient outcomes and to provide a basic overview of parenteral nutrition (PN) and where it sits in the clinical nutrition continuum. The training package has been built so that it can be delivered to a wide range of healthcare professionals in a flexible manner, and in conjunction with local NHS trust policies and guidelines. Split into 5 sections, the training package starts by introducing malnutrition and subsequently touches on nutritional screening (via the Malnutrition Universal Screening Tool⁴) and nutritional assessment, refeeding syndrome and finally nutrition support and the role of parenteral nutrition.

To book a demonstration of the malnutrition training package at your NHS trust, please contact your local Parenteral Nutrition Business Development Manager.



References

- 1 Stratton R., Smith T., and Gabe S. (2018) Managing malnutrition to improve lives and save money. Available at www.bapen.org.uk/pdfs/reports/mag/managing-malnutrition.pdf. [Accessed December 2023]
- 2 National Institute for Health and Care Excellence (2006). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition (Clinical Guideline 32). Available at www.nice.org.uk/guidance/cg32. [Accessed December 2023]
- 3 National Institute for Health and Care Excellence (2012). Nutrition Support in Adults (Quality Standard 24). Available at www.nice.org.uk/Guidance/QS24. [Accessed December 2023]
- 4 Malnutrition Universal Screening Tool. Available at www.bapen.org.uk/pdfs/must/must-full.pdf. [Accessed December 2023]



PN STUDYDAY | 2023

Parenteral Nutrition Study Day



Study Day

Parenteral Nutrition: Today and Tomorrow

Fresenius Kabi recently held a parenteral nutrition study day in London. The BAPEN* endorsed event brought together over 60 healthcare professionals across a range of clinical specialities, alongside an array of clinical experts in the field, to really think about what we are doing in intestinal failure in the UK right now, and what the future could look like in the parenteral nutrition world.

In collaboration with the chairperson Dr Andrew Rochford, Consultant Gastroenterologist and Clinical Lead for Nutrition Support at the Royal Free Hospital, we aimed to create an exciting, engaging, and interactive agenda that considered the current evidence base in clinical nutrition, and that also challenged delegates to think differently about their practice.

The morning programme included a talk on sustainability; 'Does healthcare require plastic surgery?' - a thought-provoking session from Gareth Murcutt, a scholar in sustainable kidney care who inspired the audience to think about how small changes to clinical practice can make a big impact. This was followed by Simon Harrison, specialist intestinal failure pharmacist at Salford Royal, discussing his latest research in multi-chamber bag use in inpatient intestinal failure patients and exploring whether standardisation can offer greater efficiencies in patient care. Matt Greening from NHS England then gave an update on key workstreams from NHS England's Infusions and Specials Medicines Programme.

The afternoon addressed a range of current key clinical topics by Dr Alison Culkin, consultant dietitian at St Mark's Hospital, who challenged the audience to think about the way we manage refeeding syndrome in the UK and where we are after 17 years of NICE. This was followed by Dr Jane Fletcher, lead nurse for nutrition and honorary associate professor at the University of Birmingham, who addressed catheter related blood stream infections in inpatients, discussing the importance of robust assessment of the patient, which guidelines are available to support this assessment, and key strategies that can support nutrition teams to reduce the risk of central line associated infections.

During the breaks, Dr Andrew Rochford tasked the delegates with teamwork activities which helped to really embed the learnings from the day. The discussions provided valuable insight into the challenges healthcare professionals currently face and their approach to caring for hospital inpatients with intestinal failure.

The day culminated with an expert panel considering an intestinal failure patient's journey; demonstrating how the different experts within a nutrition support team would approach the issues and challenges that can arise along the way.

During the day, we took the opportunity to film the key messages from each expert speaker, and the videos will be available on our website and social media in the coming months.

*BAPEN The British Association for Parenteral and Enteral Nutrition



NEW MODULE
COMING SOON**MOTIV**
Educate with Energy

Visit MOTIV now
for expert-led clinical nutrition
modules tailor-made for you

- ✓ MOTIV is an eLearning platform with **CPD-accredited modules** that have been **created for healthcare professionals**
- ✓ It covers a **range of topics** catering to different areas of interest, including **Nutritional Management of Patients in Critical Care** and **Sarcopenia & Frailty** (coming soon).



NUTRITIONEVENTS.COM

Surgery

Best Practice and Nutrition

EXPERT INTERVIEW SERIES

Take the chance to learn from international experts from Germany, Italy and Spain.

The expert interviews cover different themes to show the importance of nutrition in the perioperative setting and prehabilitation.

6 expert interviews are available to guide you through the following topics:

Consequences of malnutrition in the perioperative setting

Role of peripheral parenteral nutrition in surgical patients

A case study related to the clinical impact of malnutrition

Just visit the resource section on <https://nutritionevents.com/> to watch all the expert interviews. If it's your first time, you will need to register and then be able to gain access to the full range of nutritional educational content from Fresenius Kabi.

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