

**Powdered oral nutritional supplements are convenient,  
easy to use and demonstrate excellent compliance  
(abstract only)**

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## **Powdered ONS are Convenient, Easy to Use and Demonstrates Excellent Compliance**

### **Rationale:**

Alongside dietetic input, Oral Nutritional Supplement (ONS) use demonstrates clinical and functional benefits (1). Compliance to ONS has been reported to be excellent however this data is mostly based on ready to consume products (2). Anecdotally powdered ONS have been reported to be less convenience and more difficult to use which may impact compliance. The purpose of this study was to investigate these perceived barriers.

### **Methods:**

Data from five acceptability studies of powdered ONS (n= 81) have been pooled and analysed. All participants (60-101y; 78% female; mean BMI 19.4 ±3.0 kg/m<sup>2</sup>) were community dwelling, with or at risk of developing disease related malnutrition. Primary medical conditions included, COPD, heart disease and cancer. Prior to study commencement (baseline, days 1-3) participants (n= 76 (93.8%)) documented compliance to existing ONS (powdered (n= 54) and ready to consume (n= 22); 6.2% were ONS naïve). Participants then commenced a 7-30 day intervention of new powdered ONS (calories and protein matched) following dietetic assessment. Convenience, ease of use and overall acceptability were rated on a Likert scale (1 dislike very much/very difficult – 5 like very much/very easy) via questionnaire, completed by participant or carer. Paired T-tests were performed using SPSS-IBM® 26.

### **Results:**

Overall compliance to ONS at baseline was good (79%) and increased to 88% following intervention (p<0.0005). 100% of participants (n=64) reported the convenience of powdered ONS to be acceptable with 70.3% (n=45/64) reporting that they 'liked' or 'liked very much' the convenience of the powdered ONS. Only 3% (n=2/59) reported difficulty in preparing the ONS. Mean time to prepare the powdered ONS was 1 minute 47 seconds (± 54.3 seconds) (n= 47).

### **Conclusion:**

These pooled results suggest that short-term compliance to powdered ONS is excellent. Powdered ONS are also easy to use and prepare and convenient for the intended user. Individualised dietetic assessment following a patient centred approach may improve ONS compliance.

### **References:**

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