


















Practical Guidance for the Convalescence of COVID-19 Patients

Managing Adult Nutrition - Choosing the Right Oral Nutritional Supplements (ONS) For Your Patients



Types of patients affected by COVID-19 that may require ONS	Recovering at home following discharge from hospital for COVID-19 illness		At home with symptoms of COVID-19 illness	 NO ADDITIONAL ONLINE PCRS APPROVAL
Patient weight / dietary intake	1. Is the patient's BMI <20kg/m ² ? 2. Has the patient lost weight during illness? 3. Has the patient had reduced dietary intake during illness and have reduced appetite?			
Special considerations	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 laryngeal injury? Does the patient have difficulty swallowing?	Does the patient have muscle loss, weakness or fatigue?
Types of ONS recommended to help patients with specific needs	Low volume Energy dense High protein (20% energy)	High Protein (20g protein and 20% energy) Vitamin D 10 µg per bottle	Pre-thickened, texture modified food and drinks	High Protein (20g protein and /or ≥20% energy)
Fresubin® products that can meet the needs of your patients	<ul style="list-style-type: none">  Fresubin 3.2kcal Drink 125ml, 3.2kcal/ml, 400 kcal 20g protein per bottle  Fresubin 2kcal Mini Drink 125ml, 2kcal/ml, 250 kcal 12.5g protein per bottle  Fresubin 2kcal Fibre Mini Drink 125ml, 2kcal/ml, 250 kcal 12.5g protein per bottle 	<ul style="list-style-type: none">  Fresubin 3.2kcal Drink 20g protein and 10µg Vitamin D  Fresubin 2kcal Drink 20g protein and 10µg Vitamin D per bottle  Fresubin 2kcal Fibre Drink 20g protein and 10µg Vitamin D per bottle 	<ul style="list-style-type: none">  Fresubin Thickened Level 2 IDDSI Level 2  Fresubin Thickened Level 3 IDDSI Level 3  Fresubin 2 kcal Creme IDDSI Level 4  Thick & Easy Clear Instant food thickener 	<ul style="list-style-type: none">  Fresubin 3.2kcal Drink 20g protein (20% energy)  Fresubin 2kcal Drink 20g protein (20% energy)  Fresubin 2kcal Fibre Drink 20 g protein (20% energy)  Fresubin Protein Energy Drink 20g protein (27% energy)  Fresubin 2kcal Mini Drink 12.5g protein (20% energy)  Fresubin 2kcal Fibre Mini Drink 12.5g protein (20% energy)
Physical activity	Incorporating physical activity in the patient's daily routine alongside appropriate nutritional support, will help aid their recovery and regain strength, so they can return to a normal lifestyle more quickly. ¹ 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	Typically, patients will need a prescription of ONS for up to 12 weeks. ¹ Patients should be reviewed, monitored and assessed to decide when their goals have been met and they are able to reduce the number of ONS or stop the ONS prescription. If patients are not consuming ONS or struggling to comply, they may need to be prescribed an alternative type or flavour of ONS to ensure they reach their nutritional requirements.			