

References

This document represents the wealth of data that is available in the area of malnutrition and oral nutrition support. It incorporates the most up to date clinical data. Inclusion of a number of older studies or reports are included as they remain highly relevant and have not been superseded.

1. Stratton R, Smith T, Gabe S. Managing malnutrition to improve lives and save money. BAPEN. October 2018.
2. The 'MUST' report. Nutritional screening for adults: a multidisciplinary responsibility. Elia M, editor. 2003. Redditch, UK, BAPEN.
3. Elia M and Russell CA. Combating Malnutrition: Recommendations for Action. Report from the advisory group on malnutrition, led by BAPEN. 2009.
4. Russell C, Elia M on behalf of BAPEN and collaborators. Nutrition Screening Surveys in Care Homes in the UK: A report based on the amalgamated data from the four Nutrition Screening Week surveys undertaken by BAPEN in 2007, 2008, 2010 and 2011. 2015. <http://www.bapen.org.uk/pdfs/nsw/care-homes/care-homes-uk.pdf> Accessed 17/02/21
5. Russell C, Elia M on behalf of BAPEN and collaborators. Nutrition Screening Surveys in Hospitals in the UK, 2007-2011: A report based on the amalgamated data from the four Nutrition Screening Week surveys undertaken by BAPEN in 2007, 2008, 2010 and 2011. 2014. <http://www.bapen.org.uk/pdfs/nsw/bapen-nsw-uk.pdf> Accessed 17/02/21
6. Stratton RJ et al. Malnutrition in hospital outpatients: prevalence, concurrent validity and ease of use of the 'malnutrition universal screening tool' ('MUST') for adults. *Br J Nutr.* 2004 Nov; 92(5): 799-808.
7. McGurk P et al. The burden of malnutrition in general practice. *Gut.* 2012; 61 (Suppl 2): A18 (OC-042)
8. Stratton RJ et al. Disease-related malnutrition: an evidence-based approach to treatment. Oxford: CAB International; 2003.
9. Gossier S, Guyonnet S and Volkert D. The Role of Nutrition in Frailty: An Overview. *The Journal of Frailty & Aging.* 2016; 5(2)
10. JAMDA. Frailty Consensus: A Call To Action. 2013; 14: 391-397
11. Brotherton, Simmonds and Stroud on behalf of BAPEN Malnutrition Matters. Meeting quality standards in nutritional care. 2010. UK: BAPEN
12. Meijers et al Predicting falls in elderly receiving home care: The role of malnutrition and impaired mobility, *Journal of Nutrition, Health and Aging.* 2012; 16(7): 654-658
13. Elia M, on behalf of the Malnutrition Action Group (BAPEN) and the National Institute for Health Research Southampton Biomedical Research Centre. The cost of malnutrition in England and potential cost savings from nutritional interventions (full report). 2015. <http://www.bapen.org.uk/pdfs/economic-report-full.pdf> Accessed 17/02/21
14. Parsons E, Stratton R, Cawood A et al. Oral nutritional supplements in a randomised trial are more effective than dietary advice at improving quality of life in malnourished care home residents. *Clin Nutr.* 2017; 36:134-142.
15. Cawood AL et al. The budget impact of using oral nutritional supplements in older community patients at high risk of malnutrition in England. *Proc Nut Soc.* 2010; 69(OCE7):E544.
16. Norman K et al. Cost-effectiveness of a 3-month intervention with oral nutritional supplements in disease-related malnutrition: a randomised controlled pilot study. *Eur J Clin Nutr* 2011; 65(6):735-742.
17. National Institute for Health and Clinical Excellence (NICE). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition CG32; Costing Report. Implementing NICE guidance in England. 2006.
18. Pulley J et al. Malnutrition and quality of life among adult inflammatory bowel disease patients. *JGH Open.* 2019; Nov 14; 4(3):454-460
19. West MA, Wischmeyer PE and Grocott MP. Prehabilitation and nutritional support to improve perioperative outcomes. *Current Anesthesiology Reports.* 2017; 7(4): 340-349.
20. Gillis C et al. Nutrition adequacy in enhanced recovery after surgery: a single academic center experience. *Nutrition in Clinical Practice.* 2015; 30(3): 414-419.
21. National Survey of Malnutrition and Nutritional Care in Adults. UK Malnutrition Awareness Week 2019. Produced on behalf of BAPEN by MAG (Malnutrition Action Group). <https://www.bapen.org.uk/pdfs/reports/mag/national-survey-of-malnutrition-and-nutritional-care-2019.pdf> Accessed 17/02/21
22. Van Zanten ARH, De Waele E and Wischmeyer PE. Nutrition therapy and critical illness: practical guidance for the ICU, post-ICU, and long-term convalescence phases. *Critical Care.* 2019; 23(1): 1-10.
23. Norte A, Alonso C, Martínez-Sanz JM, Gutiérrez-Hervas A and Sospedra I. Nutritional Status and Cardiometabolic Risk Factors in Institutionalized Adults with Cerebral Palsy. *Medicina.* 2019; 55(5): 157.
24. Tsai AC, Hsu HY and Chang TL. The Mini Nutritional Assessment (MNA) is useful for assessing the risk of malnutrition in adults with intellectual disabilities. *Journal of clinical nursing.* 2011; 20(23-24): 3295-3303.
25. Humphries K, Traci MA and Seekins T. Nutrition and adults with intellectual or developmental disabilities: systematic literature review results. *Intellectual and developmental disabilities.* 2009; 47(3): 163-185.
26. Wood T. Weight status of a group of adults with learning disabilities. *British Journal of Learning Disabilities.* 1994; 22(3):97-99.
27. Preedy VR. Diet and nutrition in palliative care 1st edition CRC Press 2011.
28. Shaw C. Nutrition and Palliative Care Chapter 10. In *Nutrition and Cancer.* Wiley Blackwell 2011.
29. Fávoro-Moreira N.C. et al. Risk factors for malnutrition in older adults: a systematic review of the literature based on longitudinal data. *Advances in nutrition.* 2016; 7(3): 507-522.
30. National Institute of Health and Care Excellence (NICE). Nutrition support in adults: oral nutrition support, enteral tube feeding and parenteral nutrition. Clinical Guideline 32. 2006 (Updated 2017).
31. National Institute for Health and Care Clinical Excellence (NICE). Nutrition support in adults. Quality Standard 24. 2012.
32. Gandy J. Manual of Dietetic Practice. 6th ed. Blackwell Publishing Ltd; 2019.
33. Cederholm T, et al. GLIM criteria for the diagnosis of malnutrition - A consensus report from the global clinical nutrition community. *Clin Nutr.* 2019 Feb; 38(1):1-9.
34. Paddon-Jones and Leidy. Dietary protein and muscle in older persons. *Curr Opin Clin Nutr Metab Care.* 2014; 17:5-11.
35. Deutz and Wolfe. Is there a maximal anabolic response to protein intake with a meal? *Clin Nutr.* 2013; 32:309-13.
36. Mamerow, et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *J Nutr.* 2014; 144:876-80.
37. Luiking, et al. Postprandial muscle protein synthesis is higher after a high whey protein, leucine-enriched supplement than after a dairy-like product in healthy older people: a randomized controlled trial. *Nutr J.* 2014; 13:9.
38. Deutz, et al. Protein intake and exercise for optimal muscle function with aging: Recommendations from the ESPEN Expert Group. 2014; 33: 929-36.
39. National Diet and Nutrition Survey: Years 1 to 9 of the Rolling Programme (2008/2009 - 2016/2017): Time trend and income analyses. January 2019. <https://www.gov.uk/government/statistics/ndns-time-trend-and-income-analyses-for-years-1-to-9> Accessed 17/02/21.
40. Bauer, et al. Evidence-based recommendations for optimal dietary protein intake in older people: A position paper from the PROT-AGE study group. *J Am Med Dir Assoc.* 2013; 14(8): 542-59.
41. Stratton RJ, Elia M. A review of reviews: A new look at the evidence for oral nutritional supplements in clinical practice. *Clin Nutr.* 2007; 2(1):5-23.
42. Norman K et al. Three month intervention with protein and energy rich supplements improve muscle function and quality of life in malnourished patients with non-neoplastic gastrointestinal disease- a randomized controlled trial. *Clin Nutr* 2008; 27(1):48-56.
43. Cawood AL et al. Systematic review and meta-analysis of the effects of high-protein oral nutritional supplements. *Ageing Res Rev.* 2012 Apr; 11(2):278-96.
44. Smith TR, et al. Ready-Made Oral Nutritional Supplements Improve Nutritional Outcomes and Reduce Health Care Use-A Randomised Trial in Older Malnourished People in Primary Care. *Nutrients.* 2020 Feb 18; 12(2):517.
45. Elia M, Normand C, Laviano A, et al. A systematic review of the cost and cost effectiveness of using standard oral nutritional supplements in community and care home settings. *Clin Nutr.* 2016; 35(1):125-37.
46. Stratton RJ et al. Systematic review and meta-analysis of the impact of oral nutritional supplements on hospital readmissions. *Ageing Res Rev.* 2013 Sep; 12(4):884-97.
47. Baldwin C and Weekes CE. Dietary advice with or without oral nutritional supplements for disease related malnutrition in adults (review). *Cochrane Database Syst Rev.* 2011 Sep 7; 2011(9):CD002008.
48. Elia M, Parsons E, Cawood A et al. Cost-effectiveness of oral nutritional supplements in older malnourished care home residents. *Clin Nutr* 2018 Apr; 37(2):651-658.
49. Brown F, et al Economic Impact of Implementing Malnutrition Screening and Nutritional Management in Older Adults in General Practice. *J Nutr Health Aging.* 2020; 24(3):305-311.
50. BMJ Publishing Group Ltd and the Royal Pharmaceutical Society of Great Britain. British National Formulary (BNF) 80: September 2020 - March 2021. August 2020. ISBN 9780857113696
51. Nieuwenhuizen WF et al. Older adults and patients in need of nutritional support: review of current treatment options and factors influencing nutritional intake. *Clin Nutr.* 2010; 29(2):160-169.
52. Hubbard GP et al. A systematic review of compliance to oral nutritional supplements. *Clinical Nutr.* 2012 Jun; 31(3):293-312.
53. Mulholland P, McKnight E, Prosser J. Audit of compliance with NI formulary for oral nutritional supplements in South Eastern Trust. *Clinical Nutrition ESPEN.* 2019; 29: 282-283. [https://clinicalnutrition.espen.com/article/S2405-4577\(18\)30716-2/pdf](https://clinicalnutrition.espen.com/article/S2405-4577(18)30716-2/pdf) Accessed 17/02/21
54. British Association of Parenteral and Enteral Nutrition (BAPEN). Practical guidance for using 'MUST' to identify malnutrition during the COVID-19 pandemic: Malnutrition Action Group (MAG) update. May 2020. <https://www.bapen.org.uk/pdfs/covid-19/covid-mag-update-may-2020.pdf> Accessed 17/02/21
55. Gariballa S et al. A randomized, double-blind, placebo-controlled trial of nutritional supplementation during acute illness. *Am J Med.* 2006; 119(8): 693-699.