

Effects of oral nutritional supplements compared to fortified foods on energy and protein intake in undernourished geriatric inpatients

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
24/09/2012	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
03/10/2012	Completed	<input type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
09/11/2015	Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

The aim of this study is to find out whether energy-dense small-volume oral nutritional supplements (ONS) are more effective than fortified food at helping hospitalized elderly people reach their recommended energy and protein intakes.

Who can participate?

Geriatric inpatients who are undernourished or at risk of undernutrition.

What does the study involve?

Participants are randomly allocated to either receive energy-dense small-volume oral nutritional supplements or fortified foods.

What are the possible benefits and risks of participating?

Possible benefits are increased nutritional intake resulting in improved nutritional, functional and clinical outcomes.

Where is the study run from?

Department of Geriatric Medicine, Medical centre Leeuwarden (Netherlands)

When is study starting and how long is it expected to run for?

November 2009 to May 2010

Who is funding the study?

Nutricia Netherlands BV and Danone Research, Centre for Specialised Nutrition (Netherlands)

Who is the main contact?

Dr DZB van Asselt

Contact information

Type(s)

Scientific

Contact name

Dr Dieneke van Asselt

Contact details

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Effects of oral nutritional supplements compared to fortified foods on energy and protein intake in undernourished geriatric inpatients: a randomised controlled trial

Study objectives

In between meals, energy dense, small volume oral nutritional supplements (ONS) are more effective than fortified food to reach recommended energy and protein intakes in hospitalized elderly.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Regional Assessment Patient Research (Regionale Toetsingscommissie Patiengebonden Onderzoek) (RTPO), 12/10/2009, ref: TPO 648

Study design

Parallel two arms randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Malnutrition

Interventions

Intervention group: Energy dense, small volume oral nutritional supplements
Control group: fortified foods

Duration of intervention: during hospitalisation until discharge.

Intervention Type

Supplement

Primary outcome(s)

Number of patients achieving an extra intake of 450 kcal per day

Key secondary outcome(s)

1. Recommended energy and protein intakes
2. Length of hospital stay
3. Antibiotic usage

Completion date

15/05/2010

Eligibility

Key inclusion criteria

Risk of malnutrition (MNA-sf score 8-11) or malnutrition (MNA-sf score <7)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Terminal illness
2. Expected death during hospitalization / palliation
3. Hospital stay shorter than 14 days
4. Incomplete patient files
5. Need for tube feeding
6. A nothing per mouth order

Date of first enrolment

01/11/2009

Date of final enrolment

15/05/2010

Locations

Countries of recruitment

Netherlands

Study participating centre

Medical Centre Leeuwarden

Leeuwarden

Netherlands

8901 BR

Sponsor information

Organisation

Medical Centre Leeuwarden (Netherlands)

ROR

<https://ror.org/0283nw634>

Funder(s)

Funder type

Industry

Funder Name

Nutricia Research Foundation

Alternative Name(s)

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

Location

Netherlands

Funder Name

Danone Research Centre for Specialised Nutrition

Alternative Name(s)

Danone Research, Center for Specialised Nutrition, Center for Specialized Nutrition, Centre for Specialised Nutrition of Danone Research

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

Netherlands

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes