

Oral nutritional supplements and dietary advice versus dietary advice alone on clinical outcomes in malnourished community dwelling individuals

Submission date 03/10/2012	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 05/10/2012	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 20/02/2019	Condition category Nutritional, Metabolic, Endocrine	☐ Individual participant data

Plain English summary of protocol

Background and study aims

Sometimes the effect of disease means people become malnourished (under-nutrition) and this affects 5% of the UK population, with the majority of people affected living in the community. Malnutrition has adverse consequences including poorer clinical outcomes. Effective management can improve nutritional status and outcomes. UK guidelines recommend that individuals are screened to detect malnutrition and where risk is identified, action is taken to tackle this. Commonly used nutrition strategies for malnourished people who can eat and drink include dietary advice (modifications to the diet to increase nutrient intake) and oral nutritional supplements (nutrient-enriched drinks). There is a lack of evidence to support oral nutrition support strategies for people living in their own homes in the community. The aim of this study is to determine which of these two methods (dietary advice, or advice with oral nutritional supplements) is most effective in individuals identified as being at risk of malnutrition in the community.

Who can participate?

Men and women aged over 50 with disease-related malnutrition.

What does the study involve?

After giving consent to take part in the study, the participants will be randomly allocated to a nutritional treatment. They will receive either nutritional drinks and a simple diet information leaflet or just receive the simple diet information leaflet for a period of 3 months. After this the treatment will then stop but they will be followed up by the researchers for a further 3 months. They will be involved in the research for a total of 6 months (with an optional follow-up at 12 months). Each participant will see the researcher five times over the 6-month period, with additional phone contact between visits. Each visit will last about 30 minutes. The researcher will visit them in their own home.

What are the possible benefits and risks of participating?

The nutritional treatments used in this study may help to improve the participants' nutritional status and help them to feel better. The study will help health professionals decide the best

type of nutritional treatment to use in people with malnutrition living in the community in the future. The treatments used are nutritional treatments (not medicines) that are already widely used in clinical practice for people with poor nutrition and are very unlikely to cause side effects. These treatments are not associated with any risk or disadvantage to health.

Where is the study run from?

Southampton General Hospital (UK).

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

The study started in October 2012 and will finish in October 2015.

Who is funding the study?

Nutricia Ltd (UK).

Who is the main contact?

Dr Abbie Cawood

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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

13116

Study information

Scientific Title

A randomised trial of oral nutritional supplements and dietary advice versus dietary advice alone on clinical outcomes in malnourished community dwelling individuals

Study objectives

This randomised trial will investigate the efficacy of oral nutritional supplements and dietary advice (information on food fortification, snacks, food choice) as first-line treatments for disease-related malnutrition in non-institutionalised free living older people.

This trial in free living older people, aims to investigate whether oral nutritional supplements and dietary advice as a first line treatment for malnutrition are more clinically and cost effective than giving dietary advice alone.

More details can be found at <http://public.ukcrn.org.uk/search/StudyDetail.aspx?StudyID=13116>

On 31/10/2014 the overall trial end date was changed from 15/10/2015 to 01/09/2016.

Ethics approval required

Old ethics approval format

Ethics approval(s)

NRES Committee South Central - Southampton A, First MREC approval date: 10/09/2012, ref: 12/SC/0423

Primary study design

Interventional

Study design

Randomised trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Malnutrition in the elderly

Interventions

1. Dietary Advice: Dietary Advice written information
2. Oral Nutritional Supplements + Dietary Advice

Follow Up Length: 12 month(s)

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Quality of Life (QOL) at baseline (BL), wk 4,8,12, 6 months and optional 12 months

Key secondary outcome(s)

1. Acceptability and complicity at BL, weeks 4, 8, 12
2. Clinical / Functional at BL, weeks 4, 8, 12, 6 months and optional 12 months

3. Intake at BL, weeks 4,8,12, 6 months and optional 12 months
4. Resource Use at BL, weeks 4, 8, 12, 6 months, optional 12 months
5. Weight at BL, weeks 4, 8, 12, 6 months and optional 12 months

Completion date

01/09/2016

Eligibility

Key inclusion criteria

1. Male or female
2. Age > 50 years
3. Disease-related malnutrition using Malnutrition Universal Screening Tool (MUST)
4. Malnutrition caused by disease/clinical condition
5. Competent to provide written informed consent and able to answer questions
6. Able to eat and drink
7. Willingness to take part in the trial and to follow the trial protocol

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Galactosemia or known lactose intolerance
2. Currently receiving (or likely to receive in next 12 weeks) nutritional support including dietary advice, oral nutritional supplements, tube or parenteral nutrition
3. Chronic renal disease requiring dialysis
4. Dysphagia
5. Poorly controlled diabetes
6. Liver failure
7. Cancer
8. Palliative / end of life care
9. Active malignancy / active cancer treatment / palliative care
10. Malnutrition as a result of social factors e.g. unable to purchase food
11. Currently residing in an institution to receive care e.g. care home
12. Participation in other clinical trials

Date of first enrolment

14/12/2012

Date of final enrolment

01/09/2015

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Southampton General Hospital

Southampton

United Kingdom

SO16 6YD

Sponsor information

Organisation

Southampton University Hospitals NHS Trust (UK)

ROR

<https://ror.org/0485axj58>

Funder(s)

Funder type

Industry

Funder Name

Nutricia Ltd (UK) - educational grant

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?
	results presented at ESPEN :				

Abstract results		01/09/2017	No	No
Abstract results	results presented at ESPEN :	01/09/2017	No	No
Abstract results	results presented at ESPEN :	01/04/2018	No	No
Abstract results	results presented at ESPEN :	01/09/2018	No	No