

Appendix G

Mitigating Pressure Injuries Related to Inadequate Nutrition: Nutritional Supplements

Note: Discuss patient-specific supplement needs with unit-based dietician.

How to choose the appropriate supplement:

Ensure Clear

- A way to provide protein on a clear liquid diet!
- Gluten-free and suitable for lactose intolerance
- THIN liquid.



Mighty Shakes

- Gluten-free (NOT lactose free)
- NECTAR thick.
- If patient needs, *HONEY* thick, then add *Thick-It* packets to preferred supplement.



Glucerna

- Half the carbs of Ensure Plus, suitable for diabetes
- Gluten-free and suitable for lactose intolerance
- THIN liquid.



Nepro

- Low K, low Ph, low Na, low carb
- Gluten-free and suitable for lactose intolerance
- NECTAR thick.



Ensure Plus

- Gluten-free and suitable for lactose intolerance
- NECTAR thick *IF* served cold.

