

Description of Oral Nutrition Supplement (ONS) Prescriptions in BC Kidney Care Clinics (KCC)

Introduction

ONS is indicated for CKD patients with malnutrition, the burden of which is unknown in Canada. We sought to define the prevalence of ONS use in BC and explore prescription patterns over time.

Methods

We performed a retrospective study of non-dialysis CKD patients (Jan 2013-Dec 2018) and identified patients with ≥ 1 ONS prescription(s). Characteristics of ONS and non-ONS users were compared using Wilcoxon signed-rank test. ONS prescription patterns and the proportion of patients on ONS were stratified by health region. To explore ONS use over time, we followed patients who entered KCC between 2013 and 2015 KCC cohort longitudinally over a 3-year period.

Results

A total of 15859 patients were included. Overall, prevalence of ONS use was 8.8%, with variations between health regions observed (range 2.7-10.5%). ONS users tended to be older, have higher inflammatory markers, and lower eGFR, serum albumin, hemoglobin, bicarbonate, and BMI compared to non-users. Prevalence of diabetes and hypertension were similar in both groups. A total of 7611 patients were followed longitudinally from over a 3-year period. Among patients prescribed ONS (N=632), a higher % of 1-2 ONS prescriptions/year was observed in year 1 (65.35%), compared to year 2 (34.99%) and year 3 (30.73) (Figure 1). The proportion of patients receiving >3 ONS prescriptions was 34.65% in year 1, 26.95% in year 2, and 37.5% in year 3, indicating a subgroup who rely on ONS regularly.

Conclusion

To our knowledge, this is the first Canadian study to describe the prevalence and determinants of ONS use. Our data suggest that ONS use is indicated when prescribed. Although government-funded, ONS use remains $<10\%$ with considerable regional variability. Further studies are needed to better understand these factors to improve standardization of care and cost efficiency.

Figure 1. Longitudinal Prescription Patterns of 2013-2015 Cohort who Prescribed ONS in Year 1

