

Ensure Plus Advance Case Study



The Patient: Judith

Medical History: COPD, frailty, sarcopenia, hypertension, heart failure, asthma, depression

The Healthcare Professional: Respiratory Nurse, Lincolnshire

Background Information

The Patient

Judith is an 83-year-old woman living alone at home.

Patient's Situation

Judith had significant mobility limitations due to frailty, sarcopenia, and a history of respiratory conditions, including chronic obstructive pulmonary disease (COPD) and asthma. Her reduced independence had contributed to depression, further affecting her overall quality of life.

During pulmonary rehabilitation, her exercise tolerance was found to be low. She was referred to the respiratory nurse as she required ambulatory oxygen to support her in daily activities.

It was also noted that Judith's depression and frequent respiratory exacerbations were severely limiting her overall dietary intake, including protein. The respiratory nurse determined that nutritional support was needed to help rebuild muscle, support pulmonary rehabilitation, and strengthen her resilience against future exacerbations. Ensure Plus Advance was recommended due to its high protein content and the recognised role of HMB in muscle protein synthesis.

The respiratory nurse ordered samples of Ensure Plus Advance via Abbott's direct-to-patient sample service. This enabled Judith to try a range of flavours and choose her preference - in her case, chocolate. Flavour variety has been shown to have a direct, positive impact on ONS adherence.¹ She was advised to drink two 220 ml bottles daily, one in the morning and one in the afternoon. Although Judith was initially daunted by consuming a full bottle at once, the respiratory nurse reassured her that taking smaller sips over time could make this more manageable.

Nutritional Intervention

2 bottles Ensure Plus Advance daily.

Nutritional Intervention Goals



**Improve mobility
and independence**



**Reduce respiratory
exacerbations**



**Enhance mood and
quality of life**



Patient Outcomes

Three months after initiation on Ensure Plus Advance, Judith's food intake had improved significantly. With family support, she was able to prepare small meals and became more involved in daily activities, including attending local support groups. She was also able to walk around her garden again, which had been a personal goal. As her mobility and independence increased, her mood improved, further enhancing her quality of life.

The holistic approach to her care - combining pulmonary rehabilitation, ambulatory oxygen, and nutritional support - also led to reduced exacerbations, lowering demand on her GP practice, including the need for antibiotics and steroids. Her ability to now make meals for herself eased pressure on her family, and she was now eating a more balanced, high-protein diet with the support of Ensure Plus Advance.



Increased mobility
and independence



Fewer
exacerbations



Improved mood
and quality of life



Patient Outcomes

- As Judith had sarcopenia, muscle loss in her upper chest was particularly evident during exacerbations. Ensure Plus Advance helped to preserve muscle and support her respiratory resilience.
- Prior to taking Ensure Plus Advance, Judith tended to rely on processed/convenience foods that were easier to prepare. Nutritional support helped elevate her mood and energy levels, in turn helping to improve her dietary intake and eating habits.
- Staggering Judith's ONS intake over several hours made it more manageable for her than consuming a full bottle in one sitting.



HCP Highlight

"I would recommend using the sample service on ProConnect. It gives patients the opportunity to try different flavours, and the recipe books are really useful to help add more variety to how patients take their ONS."

For healthcare professionals only.

1. Hubbard GP *et al. Clin Nutr* 2012;31(3):293-312.

Photographs for illustrative purposes only. HMB -β-hydroxy-β-methylbutyrate. ONS - Oral nutritional supplement.