

# FRESENIUS KABI NewsFeed

Winter 2024

Welcome to the latest edition of Fresenius Kabi NewsFeed.  
Fresenius Kabi NewsFeed contains brand information and promotional content.



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Winter  
'24

## Welcome to the latest edition of Fresenius Kabi NewsFeed

which provides you with a window into Fresenius Kabi enteral and parenteral nutrition.

Our Clinical Nutrition Scientific Affairs team have come together to offer a newsletter to disseminate clinical updates and provide a window into Fresenius Kabi enteral and parenteral nutrition, directly to healthcare professionals who deliver nutritional care. The aim is to provide both educational and product updates around clinical nutrition, including oral nutritional supplements, dysphagia, enteral tube feeds and feeding tubes, and parenteral nutrition products.

In this edition we look at our new flavour launch of Survimed® OPD 1.5kcal Drink, as well as a closer look at the Fresubin® low volume ONS range. We provide a handy reminder about recycling enteral nutrition packaging, and provide an update on a change of vitamin mix. We also share some recent stability data on gum based thickeners. In parenteral nutrition, we take a look at some recent study events, including the Fresenius Kabi European Masterclass for Nutrition in Oncology held in Prague and one of our local UK parenteral nutrition study evening events. We also celebrate the success of our Connect coaching programme.

**If you have a colleague who would like to receive a copy of our Newsfeed Newsletter - please ask them to register using the QR code below:**



# Survimed® OPD 1.5 kcal Drink

Survimed OPD 1.5kcal Drink is a peptide-based oral nutritional supplement, high in protein (20% energy) from hydrolysed whey protein. Intended for the dietary management of patients with or at risk of disease related malnutrition, particularly those with malabsorption.

Survimed OPD 1.5kcal Drink is available in 200ml EasyBottle in both Cappuccino and new Vanilla flavour.

- Survimed® OPD 1.5 kcal Drink has shown good gastrointestinal tolerance and palatability and excellent compliance.<sup>1</sup>
- 20% energy from hydrolysed whey protein for easy absorption. Hydrolysed whey protein may improve health and nutritional outcomes in patients with malabsorption.<sup>2</sup>
- Moderate fat content (25% energy) and high in MCT (50% of total fat). MCT allows for easier and faster absorption and are beneficial in patients with impaired absorption or digestion of lipids.<sup>3</sup>
- Contains all essential micronutrients and suitable for supplementary and complete nutrition.

- Fibre-free for patients who cannot tolerate fibre.
- Available to prescribe on FP10/GP10.
- Survimed OPD 1.5kcal Drink is best served chilled. If patients prefer, it can also be served warm.

The Survimed OPD range offers a wide choice of products - from oral nutritional supplements to tube feeds including, Survimed OPD and Survimed OPD HN. For further information on Survimed OPD 1.5kcal Drink, register and log in to the Fresenius Kabi Website for the product datacard.

ONS For Special Indications - Fresenius Kabi Great Britain ([fresenius-kabi.com](http://fresenius-kabi.com))

References:

- Acceptability Report: Survimed OPD 1.5 kcal Drink 2020 Data on file.
- Alexander DD, Bylsma LC, Elkayam L, et al. Nutritional and health benefits of semi-elemental diets: A comprehensive summary of the literature World J Gastrointest Pharmacol Ther. 2016;7(2):306-319.
- Babayán VK. Medium chain triglycerides and structured lipids. Lipids. 1987;22(6):417-420



## Fresubin® PRO COMPACT Drink

The lowest cost high protein, low volume ONS<sup>1</sup>



**300 kcal**  
2.4 kcal/ml

**18g Protein**  
per 125 ml

**£1.65**  
PER BOTTLE

Fresubin® PRO COMPACT Drink

Fortisip® Compact Protein

£1.65

VS

£2.50<sup>1</sup>

=



Scan the QR code to visit our patient sample service website

1. MIMS. [www.mims.co.uk](http://www.mims.co.uk) (Accessed December 2024).  
ONS - Oral Nutritional Supplement







# Meet the Fresubin® low volume, high energy, high protein ONS range

**Introducing the Fresubin low volume (125ml), high protein range (≥20% energy).**

With a range of energy densities (2.0 - 3.2kcal/ml) and protein content (20-24% energy), there is a product to meet the varying nutritional requirements of your patients. Higher energy density ONS (≥2kcal/ml) have been shown to improve patient compliance and reduce the mean prescribed volume.<sup>1</sup> High protein ONS (≥20% energy) have been shown to demonstrate several benefits, including<sup>2</sup>:

Health Economic	Clinical
Reduction in complications by <b>19%</b>	Improved <b>hand grip strength</b>
Reduction in length of stay by <b>3.77 days</b>	Improved <b>quality of life</b>
Reduction in hospital readmissions by <b>30%</b>	Do not reduce intake of normal food

Fresubin® 2kcal Mini Drink	Fresubin® 2kcal Fibre Mini Drink	Fresubin® PRO COMPACT Drink	Fresubin® 3.2kcal Drink
			
125ml bottle	125ml bottle	125ml bottle	125ml bottle
250 kcal	250 kcal	300 kcal	400 kcal
12.5g protein (milk protein)	12.5g protein (milk protein)	18g protein (milk protein)	20g protein (collagen hydrolysate & milk protein)
1.26g leucine per bottle	1.26g leucine per bottle	1.8g leucine per bottle	0.88g leucine per bottle
6.25µg Vitamin D	6.25µg Vitamin D	6.25µg Vitamin D	10µg Vitamin D
256mg Calcium	256mg Calcium	438mg Calcium	206mg Calcium
Available in: Vanilla, Apricot-Peach, Fruits of the Forest	Available in: Vanilla, Chocolate	Available in: Vanilla, Apricot-Peach, Cappuccino	Available in: Vanilla-Caramel, Hazelnut, Mango, Cappuccino
	1.88/2g# fibre per bottle	Low in electrolytes	
£1.41 per bottle	£1.52 per bottle	£1.65 per bottle	£2.49 per bottle
For the dietary management of patients with or at risk of disease related malnutrition, particularly those with <b>increased energy &amp; protein needs</b> or <b>fluid restriction</b> .	For the dietary management of patients with or at risk of disease related malnutrition, particularly those with <b>increased energy &amp; protein needs</b> or <b>fluid restriction</b> .	For the dietary management of patients with or at risk of disease related malnutrition, particularly those with <b>increased energy, protein, calcium and vitamin D</b> needs.	For the dietary management of patients with or at risk of disease related malnutrition, particularly those with <b>increased energy and protein needs</b> or <b>fluid restrictions</b> .
<b>Suitable for patients with:</b> COPD, frailty, renal impairment requiring fluid restriction, oncology, or bolus fed patients.	<b>Suitable for patients with:</b> COPD, frailty, renal impairment requiring fluid restriction, oncology, bolus fed patients, alongside gastrointestinal disturbance requiring fibre.	<b>Suitable for patients with:</b> Sarcopenia, frailty, age-related musculoskeletal deficits, pressure injuries/wounds, oncology, liver cirrhosis, chronic kidney disease with fluid/electrolyte restrictions.	<b>Suitable for patients with:</b> COPD, frailty, sarcopenia, pressure injuries or wound healing oncology. Provides option for one bottle per day to meet the minimum effective dose for energy from an ONS <sup>3</sup> & the RNI for vitamin D. <sup>4</sup>

#. Chocolate flavour contains 2g fibre  
ONS Oral Nutritional Supplement

**References**

- Hubbard G et al. A systematic review of compliance to oral nutritional supplements. Clin Nutr. 2012; 31(3) 293-312
- Cawood A. et al. Systematic review and meta-analysis of the effects of high protein oral nutritional supplements. Ageing Res Rev. 2012;11(2):278-96.1
- Volkert D et al. ESPEN Guidelines on clinical nutrition and hydration in geriatrics Clinical Nutrition June 2018 S0261-5614(18)30210
- Scientific Advisory Committee on Nutrition (SACN). Vitamin D and health 2016



# Allergen and Dietary Information

Currently, the majority of the Fresubin® enteral nutrition product range contains fish gelatine within the vitamin mix, which acts as a stabiliser for vitamin A.

Fish gelatine used in this way is exempt from food allergen labelling but may make the product unsuitable for patients following a vegetarian diet.

From October 2024 our production unit has started the introduction of a new vitamin mix across the entire enteral nutrition product range, which is free from fish gelatine. Due to the varied shelf life of current stock lines and production runs, the dates for availability of these fish gelatine-free products will vary.

As fish gelatine-free products become available in the market, we will update our Allergen and Dietary Information table where applicable.

The Allergen and Dietary Information table can be accessed via our website and via the Enteral Nutrition Product App

Scan to Download the Enteral Nutrition Product App

Available for desktop and mobile



GET IT ON Google Play

Download on the App Store

# Enteral Nutrition Recycling Guide

Fresenius Kabi are committed to minimising plastic usage in our packaging, as preventing plastic waste is the most favoured option in waste management for our planet.<sup>1</sup>

Where waste cannot be prevented, providing healthcare professionals and patients with accurate information regarding the materials used in our containers and packaging to support recycling efforts is important to us.

We have recently produced a recycling guide that provides information on the materials used in our enteral nutrition product ranges. A summary table from this resource is shown below:

Fresenius Kabi Product	Recyclable
EasyBottle	Fully recyclable ✓
EasyBottle screwcaps and dessert style product cups	Fully recyclable ✓
EasyBag Tube Feeds	Non recyclable ✗
Secondary Packaging	Fully recyclable ✓
Amika® Enteral Giving Sets	Non recyclable ✗

The full resource can be requested from your local Fresenius Kabi Account Manager

References: 1. European Commission 2016. Directive 2008/98/EC on waste (Waste Framework Directive). [https://environment.ec.europa.eu/topics/waste-and-recycling/waste-framework-directive\\_en](https://environment.ec.europa.eu/topics/waste-and-recycling/waste-framework-directive_en). Accessed December 2024.



# Comparative testing of gum-based thickeners: Thickness accuracy and stability over time<sup>1</sup>

This testing was carried out using an independent consultant and funded by Fresenius Kabi

**Aims:** The investigation sought to quantify and compare the performance of four commercial food and drink thickeners in terms of thickness accuracy and stability over long time periods.

**Methods:** Four powdered gum-based food and drink thickener brands were investigated:

Each thickener was mixed with 200ml (+/- 1ml) of bottled mineral water to the manufacturers' mixing instructions for IDDSI<sup>2</sup> Levels 1 to 4. Thickness was measured both short term (1-60 minutes) and long term (1-24 hours). Samples were tested at room temperature (24°C +/- 1°C).

**A: Fresenius Kabi- Thick & Easy<sup>®</sup> Clear**

**B: Nutricia- Nutilis Clear**

**C: Nualtra- Swallowze Clear**

**D: Nestle- Resource<sup>®</sup> ThickenUp<sup>®</sup> Clear**

## RESULTS

Thick and Easy<sup>®</sup> Clear achieved all four IDDSI Level thickness targets over short and long durations. Other thickeners missed one or more boundaries either temporarily or at a steady state.

### Short term stability:

IDDSI Level	Thick & Easy Clear	Nutilis Clear	Swallowze Clear	ThickenUp Clear
1	✓	X <sup>1</sup>	✓	- <sup>2</sup>
2	✓	✓	- <sup>3</sup>	✓
3	✓	✓	- <sup>4</sup>	✓
4	✓	✓	✓	X <sup>5</sup>

### Long term stability:

IDDSI Level	Thick & Easy Clear	Nutilis Clear	Swallowze Clear	ThickenUp Clear
1	✓	- <sup>1</sup>	✓	✓
2	✓	✓	X <sup>2</sup>	✓
3	✓	✓	- <sup>3</sup>	✓
4	✓	✓	✓	X <sup>4</sup>

#### Notes

- At 5 minutes this measured too thin for Level 1; although it continued to thicken with time, it only reached a thickness on the borderline between 0 and 1, not being conclusively Level 1.
- At 5 minutes this was borderline between Level 0 and 1; however, after 5 minutes the liquids thickened into the Level 1 range and remained in Level 1.
- At 5 minutes, this was on the borderline between Level 2 and 3, then after 5 minutes the liquids thickened above the Level 2 range and remained too thick for the required range.
- Borderline too thick for Level 3: typically only 1-3 drips from the IDDSI flow test, resulting in very little measurable flow.
- Too thin for Level 4

#### Notes

- Measurements were on the borderline between Level 0 and Level 1 - product is not conclusively either level.
- The mixture measured too thick for IDDSI Level 2 throughout.
- Borderline too thick for Level 3: typically only 1-3 drips from the IDDSI flow test, resulting in very little measurable flow.
- Too thin for Level 4

### Conclusion

In all cases thickening occurred rapidly, reaching within 5% of final thickness within 5 minutes. IDDSI Levels were within range in 14 out of 16 cases at 10 minutes. In both the short and long term thickness stability tests, Thick & Easy<sup>®</sup> Clear was the best performing gum-based thickener, producing mixtures which correctly matched the IDDSI framework for all Levels 1-4 and remaining stable up to 24 hours.

To see the full summary report, please contact either your local Fresenius Kabi Account Manager or Scientific Affairs team

1. REPORT: Assessing Thick & Easy Clear against other gum-based thickeners. May 2023. Data on file. 2. Cichero JA, et al. Development of International Terminology and Definitions for Texture-Modified Foods and Thickened Fluids Used in Dysphagia Management: The IDDSI Framework. Dysphagia. 2017;32(2):293-314.

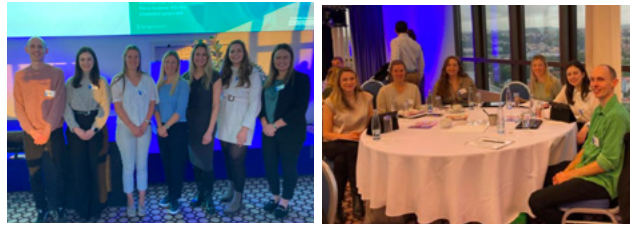


# European Masterclass for Nutrition in Oncology

## From prehabilitation to rehabilitation

Fresenius Kabi held the 2nd European Masterclass In Nutrition in Prague, this year dedicated to Oncology. The aim of the event was to highlight the critical role of clinical nutrition in cancer care, as nutritional status can significantly impact treatment outcomes, quality of life and overall prognosis. Cancer and cancer treatment can also often cause nutritional challenges including weight loss, loss of lean muscle mass, malnutrition and metabolic complications. In recent years, much evidence has emerged to support the systematic nutrition screening and assessment of all cancer patients. This evidence highlights the value of early intervention throughout the cancer journey. This is why Fresenius Kabi have collaborated with European experts, renowned for their expertise in clinical nutrition in oncology and surgery, and who are involved in the writing of international guidelines on this subject matter.

The event brought together 50 healthcare professionals, including guests from the UK, with senior roles in nutrition teams and specialising in oncology care, to produce an engaging and interactive event promoting scientific exchange, best practice sharing, and a focus toward a patient centred approach to enhance cancer care in our hospitals.



### Key Take Home Messages from Speakers

- Patients with cancer are more likely to be malnourished than patients treated in other specialities.
- Malnutrition is an independent predictive factor for reduced survival and complications in the surgery of patients with gastro-intestinal cancer.
- The continuum of care includes prehabilitation, ideally as part of the ERAS\* programme.
- Nutritional prehabilitation forms an important part of a multimodal treatment approach for cancer.
- Use of prehabilitative medical nutrition in gastrointestinal cancer can improve survival and patient functioning and reduce risk of complications.

\* Enhanced Recovery After Surgery

# Fresenius Kabi Parenteral Nutrition Study Evening

## Fresenius Kabi recently held another evening education meeting, this time in Harpenden, Hertfordshire.

We welcomed two fantastic speakers for the event, Dr Charlotte Rutter, consultant gastroenterologist and clinical lead, and Rebecca Maddison, an intestinal rehabilitation and small bowel transplant dietitian, both working at Addenbrooke's Hospital in Cambridge.

The topics covered included management of metabolic complications in parenteral nutrition (PN) patients and the nutritional requirements of intestinal failure patients. Presentations were followed by interactive patient case studies, providing valuable insight into the clinical management of complex intestinal failure patients.

The event brought together over twenty healthcare professionals from a range of specialities across nutrition support teams. Dietitians, pharmacists and nutrition nurses practicing at Lister, Milton Keynes, Luton & Dunstable, Watford, Bedfordshire, Princess Alexandra and St Mark's hospital were all in attendance.

The event was well received, and we were given lots of positive feedback, with participants reflecting on their own practice and the small changes they would like to implement, and how they would encourage more colleagues to attend future events.

The Q&A session encouraged interaction and engagement to open conversations and discussions around the challenges that clinicians face and provided opportunity to network and make connections which other healthcare professionals in the same field.

Our educational events are free of charge and accessible to all clinicians who work within nutrition teams. We hope to continue to run similar educational events in the future, please do get in touch with ideas if you'd like to be involved.



# Connect Programme

Three years ago, we launched the Fresenius Kabi 'Connect Programme,' a coaching course designed to help enable more experienced clinical nutrition specialists understand how to motivate, direct, advise and support members of their team using a variety of different communication methods.

The course has proved a huge success! So much so that we have just completed our 10th Connect Programme, equipping more than 100 HCPs with the tools needed to coach members of their nutrition teams to more confidently and competently communicate across multidisciplinary teams.

This six-week online course is designed to help dietitians, pharmacists, nutrition nurses and gastroenterologists working with parenteral nutrition to develop leadership skills by gaining a better understanding of the principles of coaching.

We have received wonderful feedback and many positive stories about how Connect coaching has helped integrate coaching into the workplace and we are proud of the programme's accomplishments to date.

**Feedback from healthcare professionals attending the programme:**

*"A massive thanks to everyone who organises and runs the course, it was very well done and I really feel there will be benefit at work within my team."*

*"I'd just like to say a massive thank you to all of you for organising such a wonderful course. I've thoroughly enjoyed the past 6 weeks (even if they did fly by) and cannot wait to put my new skills to use!"*

*"This course has been really enjoyable and I feel I have learned a lot. It is always difficult doing anything over Microsoft TEAMS but this was really not the case with the way you structured and delivered the sessions."*

To register your interest in enrolling on a future Connect Programme, or for more information, please visit [www.connectprogramme.com](http://www.connectprogramme.com)

Alternatively, you can email [admin@connectprogramme.com](mailto:admin@connectprogramme.com) or contact your Fresenius Kabi Business Development Manager.

This programme is created and funded by Fresenius Kabi Limited.



**CONNECT PROGRAMME**  
Joining the dots in clinical nutrition



**CONNECT**

Coaching for Clinical Nutrition Specialists







**MOTIV**  
Educate with Energy

## Watch Now: Two patient case studies focused on using the latest evidence for critical care nutrition



**Refeeding Syndrome:**  
A Critical Care Patient Case Study



**Protein Delivery in the ICU:** A Critical Care Patient Case Study



Danni Bear, Registered Dietitian, will bring the MOTIV Clinical Nutrition in Critical Care learning into practice with two patient case studies.



The patient case studies support the Clinical Nutrition in Critical Care course, available to **healthcare professionals** for free on MOTIV.

This content has been fully sponsored by Fresenius Kabi and honoraria was paid to the speaker.

Theory meets practice



**Dr Danielle Bear PhD - Consultant Dietitian**  
Guy's and St Thomas' NHS Foundation Trust

Begin your MOTIV learning journey today  
[www.motiv-elearning.com](http://www.motiv-elearning.com)

# Fresenius Kabi GB Website Relaunch

We are delighted to announce the relaunch of our GB corporate website.

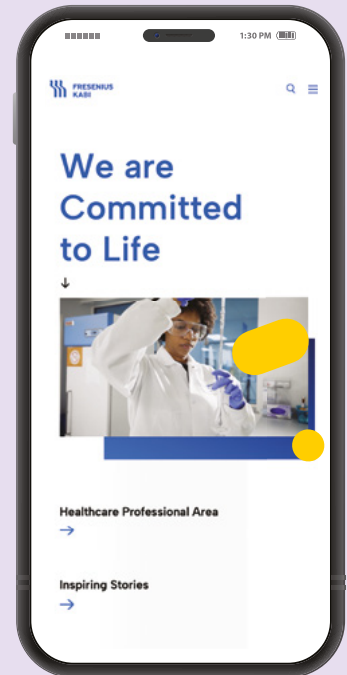
With a fresh new look and innovative features, our updated platform is designed to provide an improved user experience and easy access to comprehensive, up-to-date content tailored for healthcare professionals (HCPs), patients, and the general public.

**Key highlights of the new website include:**

- Modern, innovative design: Enhances navigation and accessibility
- Updated content: Tailored to serve the specific needs of HCPs, patients, and the general public, with improved readability and organisation
- Improved access to product information: healthcare professionals will no longer be required to register or log in with a username and password to access information
- Intuitive product information layout: It makes finding essential product details easier
- 'Inspiring Stories' section allows you to learn more about the people behind Fresenius Kabi UK and hear stories from our patients

**How to find the product area and resources:**

- Navigate to the Healthcare Professional Area located on the main menu bar
- Under the Clinical Nutrition section, you can explore our range of enteral and parenteral nutrition products
- Also located within the Healthcare Professional Area are your resources
- Navigate down to the Healthcare Professional Resource Area
- Visit our revamped website here: [www.fresenius-kabi.com/gb](http://www.fresenius-kabi.com/gb)



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**GB-FreONS-2400102**  
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