

 **PEER ASSISTED LEARNING ACTIVITY: NUTRITIONAL SUPPLEMENTS (B PLACEMENT)**

**Aim:** To highlight the oral nutritional supplements (ONS) available, within the placement setting

**Objective:** By the end of this PAL activity the learners will have a greater awareness of ONS used within the placement setting, including their composition, uses, differences, dosage and taste.

**Process:**

* Learners will be provided with a summary table (below) that can be completed electronically or on paper. They will complete the summary table to the best of their ability using available resources e.g. manufacturers’ resources held within the department, on the internet and on the ONS product packaging itself. Learners can also contact the manufactures directly as well if required.
* Learners should try (taste) some of the ONS products available in the setting (department, wards, clinics etc.)
* Learners will reflect on and discuss amongst themselves regarding the possible uses (indications) of these ONS products in certain medical conditions or situations. They should also consider when the ONS products would not be appropriate to use (i.e. contraindications).
* The supervising dietitian will then facilitate a general discussion with the learners about what was learnt, highlighting any missing information and enabling learners to reflect and formulate an action plan to develop their knowledge of ONS products and relevant professional capabilities further during the placement.

**Suggested time scale:**

Half a day. The discussion with the dietitian will take place the following day.

*The summary table developed during this activity can then be used as a resource throughout the placement.*

**Placement capabilities demonstrated:** To be completed by supervising dietitian

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|  | K1 | C1 | P1 | P2 |
| Insert 🗸 (yes, met this time), NI (needs improvement) or NA (not applicable)  |  |  |  |  |
| Supervisor’s signature: Date: |

**Nutritional Supplements**

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| **Supplement Name & Flavours** | **Presentation****and** **volume /unit**  | **Energy****Kcal/ unit** | **Protein****g/unit** | **Complete for vits & mineral?** | **Occasions it can be used, incl.****‘free from’ details?** | **Occasions it cannot be used** | **Palatability / taste** | **Equivalent competitor feed(s)** | **Cost /unit to the community vs acute unit** | **Consider versatility / practicality of uses** | **Process for supplying patient for home** |
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Created by the PAL Working Group of the West Midlands Student Training Group

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