

Summary – A systematic review of the cost and cost effectiveness of using standard oral nutritional supplements in the hospital setting

Despite the known clinical benefits of nutritional support in hospital patients, there is limited information about its economic impact. This systematic review addresses this by examining the cost effectiveness of standard oral nutritional supplements (ONS) given to patients in hospital.

Nine publications were included in the review which was undertaken in line with internationally agreed criteria to ensure high quality. A mean cost saving of 12% was identified from the cost analyses when patients receiving ONS were compared to those receiving routine care. Meta-analysis of abdominal surgical studies showed that the mean net cost saving of administering ONS was £746 per patient (€1,076). Cost savings were typically associated with significantly improved outcomes which included reduced mortality (by 35%), reduced complications (by 35%) and reduction in the length of hospital stay (by 2 days, corresponding to a ~13% reduction). Cost-effectiveness was also demonstrated by avoiding the development of pressure ulcers or by gaining quality adjusted life years.

The review concludes that ONS use in the hospital setting produce an overall cost saving and are cost effective.

Elia M, et al., A systematic review of the cost and cost effectiveness of using standard oral nutritional supplements in the hospital setting, *Clinical Nutrition* (2015), <http://dx.doi.org/10.1016/j.clnu.2015.05.010>. In Press.

The full text of the article in question can be found at the following link:

[http://www.clinicalnutritionjournal.com/article/S0261-5614\(15\)00142-9/fulltext](http://www.clinicalnutritionjournal.com/article/S0261-5614(15)00142-9/fulltext)