

TWO SIMPLE METHODS FOR DAILY MEASURING COMPLIANCE WITH ORAL NUTRITIONAL SUPPLEMENTS IN THE COMMUNITY: ELECTRONIC SELF-REPORT METHOD VERSUS IMAGE-BASED METHOD

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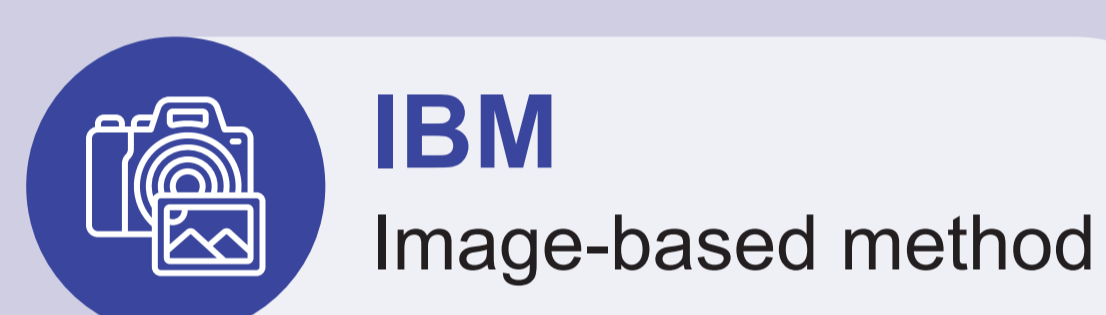
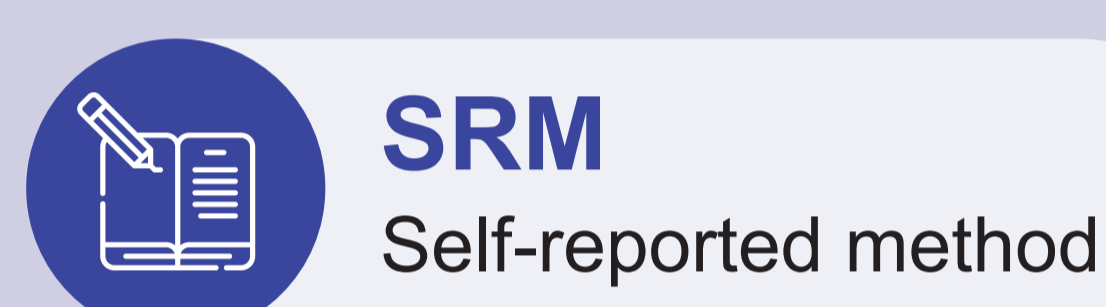
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INTRODUCTION

Oral nutritional supplements (ONS) are recommended in patients with disease-related malnutrition (DRM) who can eat^{1,2}. Regular monitoring of the ONS compliance is necessary to optimize outcomes in this population, especially in the community. Techniques for measuring compliance offer an approximation of the individual's behavior³.

Precise and time-saving techniques are needed for research and routine practice.

We aim to determine the concordance between two simple methods for ONS compliance assessment:



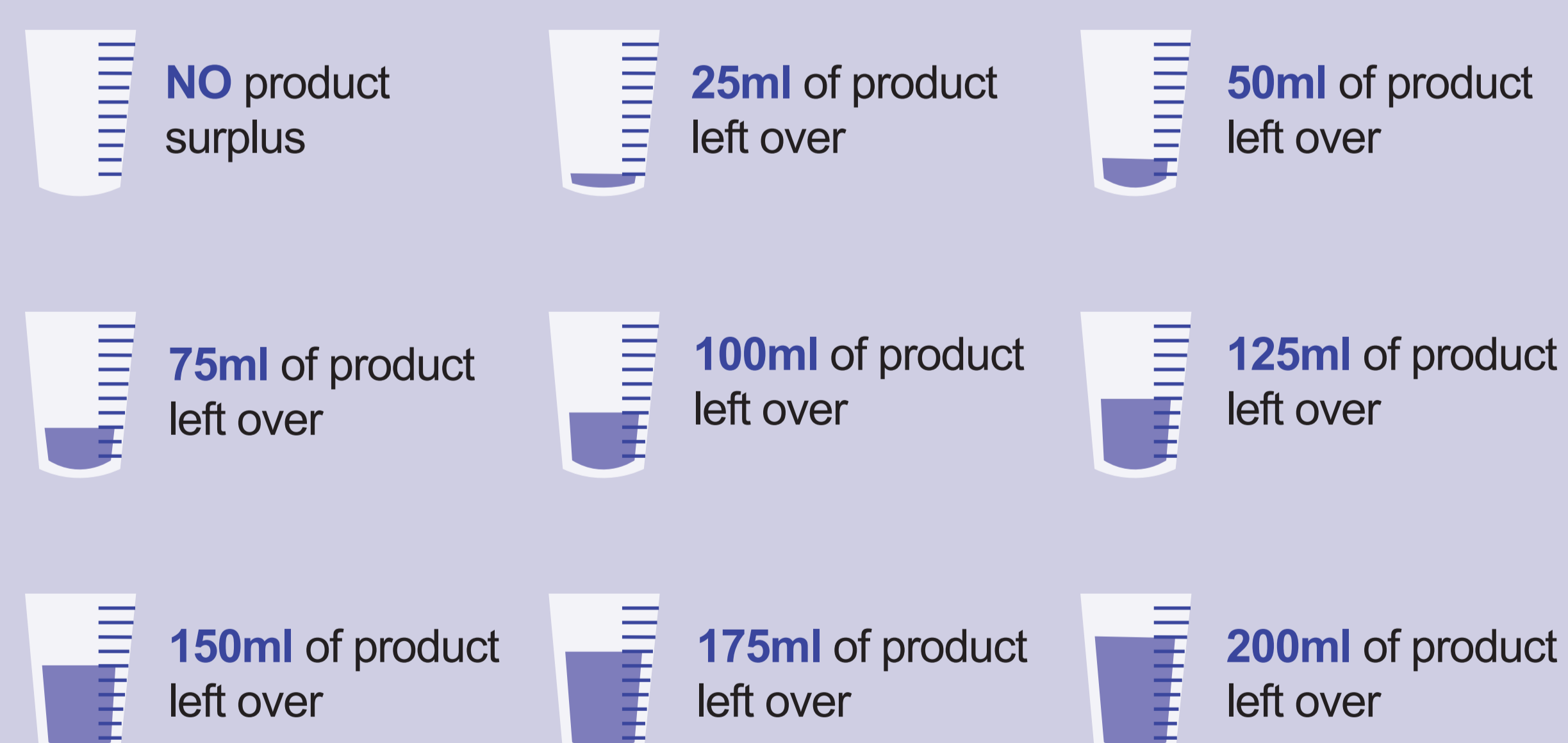
RESULTS

Seventy-three patients were included in the study and were expected to record 8,176 prescribed intakes over the 8 weeks. Patients recorded 7,938/8,176 intakes (97.1%) using the SRM, and 6,146/8,176 intakes (75.2%) using the IBM. IBM records accounted for 77.4% of the records with the SRM. The percentage of concordance of records with both methods was 99.6%.

	Expected to record	SRM	IBM
n= 73 patients			
Records collected	8,176 records (2 intakes over 8 weeks from the 73 patients who participated in the study)	7,938 records collected	6,146 records collected
% of total records	100%	97,1%	75,2%
% of concordance between groups		99,6%	

METHODS

A randomized, crossover pragmatic trial was conducted in patients with DRM for 8 weeks. Compliance with ONS (% of product consumed vs. prescribed) was daily measured through the SRM of the ONS wasted volume from two daily prescribed bottles. Patients answered a question for each intake about the not consumed volume (0-200ml, from 25 to 25ml).



Additionally, the IBM for recording daily consumption by photographing the remaining volume was used. An electronic platform was used to record both by the patient. For each method, the number and proportion of total records over the 8 weeks were estimated. Each photo was compared one by one with the SRM measurement, and the percentage of concordance between both was analyzed.

CONCLUSIONS

There is no standard method to measure compliance with ONS in research and practice⁴. However, self-reporting by electronic means and the use of IBM, whose results are concordant, could be positioned as suitable methods and place a low burden on patients and clinicians to measure compliance.

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Financial disclosure statement: This study was supported by Danone Specialized Nutrition (Madrid, Spain).