

How FSMPs Support Children and Their Families

Twelve case studies



FSMPs are Foods for Special Medical Purposes, and include liquid feed formulas that contain energy, protein, fat, vitamins and minerals, sometimes with fibre. These can be oral nutritional supplements (ONS) in a milkshake or juice style drink, or tube feeds that are delivered by pump or syringe into the patient's stomach.

This booklet summarises the improved clinical and quality of life outcomes of 12 children. Each patient story is taken from a case study using a Nestlé Health Science FSMP, and has been written by a dietitian. The images are for illustrative purposes only, and are not of the actual patient.

1 Intraventricular Haemorrhage is a bleed in the brain resulting in swallowing difficulties, vomiting, delayed gastric emptying and worsening reflux.

Clinical outcomes

Parents reported:
She tolerated
the feed well..

She has less
reflux and wind



Quality of life outcomes

She is sleeping
better because
she is getting more
calories.



2* Eosinophilic oesophagitis (EoE) affects the oesophagus (food pipe) that connects the mouth and stomach. Food refusal, reflux, vomiting, abdominal pain and delayed growth was experienced.

Clinical outcomes

I've got less tummy pain
and less reflux.



Quality of life outcomes

I'd like to try this feed
overnight so I can reduce
feeds in the day.



3

Tracheo-oesophageal Fistula (TOF) and has Oesophageal Atresia (OA) that affects Oesophagus (food pipe) and / or Trachea (airway) are rare congenital birth defects.

Clinical outcomes



I like the smell and taste of this one.

Quality of life outcomes

She doesn't need to be on her pump feed as long, and she can play more after tea.



4

Cockayne syndrome is a rare disorder characterised by short stature and an appearance of premature ageing. Nutritional intake was less and experienced reflux and poor tolerance to feed.

Clinical outcomes

She's able to have more calories than ever, and is gaining weight



Quality of life outcomes



Her food intake is stable and we can enjoy family meals together.

5

Global developmental delay is when there is a delay in learning to walk or talk, movement skills. Constipation was causing distress and contributed to epilepsy episodes.

Clinical outcomes

She is not constipated anymore.



Quality of life outcomes

It's helped so much we have one less medication to worry about

I'm relieved my daughter is on the right feed

She's less hungry now

6

Cerebral Palsy GMFCS level 5 microcephaly. Cerebral palsy affects movement and co-ordination and may experience excessive weight gain due to a slower metabolism.

Clinical outcomes

I'm relieved my child is on the right feed and still able to grow



Quality of life outcomes

This new feeding plan is so much less time consuming



7

Holoprosencephaly, a brain condition resulting from the failure of the forebrain to divide into two hemispheres. Experienced excessive weight gain.

Clinical outcomes

My child is growing well even on a low calorie feed.



Quality of life outcomes

Her weight is more stable, meaning we can lift and move her around more easily.

8

Bronchogenic cysts are lumps in the chest filled with fluid. Experienced vomiting and reflux.

Clinical outcomes

My child's nutritional needs are met and there's no more vomiting.



Quality of life outcomes

This feeding plan is simpler. I don't need to add anything extra

She now enjoys her sensory experience with the speech and language therapist

9

Intrauterine Growth Restriction (IUGR) is a delay in growth. The child also experienced vomiting.

Clinical outcomes

My son is vomiting less and gaining weight.



Quality of life outcomes

How's your son getting on?



I'm extremely pleased. He's spending less time on the feeding pump, is more active and we can take more trips out.

10

Oesophageal Atresia (OA) and Tracheo-oesophageal Fistula (TOF) affects the oesophagus (food pipe) and/or trachea (airway). Experiencing delay in growth, reflux and bowel problems.

Clinical outcomes

My daughter has gained weight



She has passed formed stools

Quality of life outcomes

Improvement of stool consistency exceeded expectation

My daughter has more energy and improved mood.



11

Pycnodysostosis, is a rare genetic disorder characterised by spontaneous fractures, short stature, facial abnormalities as well as poorly implanted and decaying teeth. Experiencing constipation and prolonged feeding time.

Clinical outcomes

He doesn't need laxatives anymore



Quality of life outcomes



He's much happier now and doesn't need so much time for feeds.

12

Di George Syndrome can cause a range of lifelong problems, including heart defects and learning difficulties. Experienced gagging and constipation.

Clinical outcomes

I've got one less medication to worry about

Laxatives stopped

Resolved gagging and constipation.

Quality of life outcomes

We've enjoyed creating recipes together.



REFERENCES

Case studies 1 - 4 Oral Nutritional Supplement

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2. Kathryn Simpson. Clinical Case Reports on the acceptability and tolerance of a High Energy whey peptide based Paediatric oral nutritional supplement in children aged over 12 months.
Clin Case Rep. 2021;9:e04887. pages 1-7.

Case studies 5 - 8 Enteral Tube Feeding

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J Neonatol Clin Pediatr 2021, 8: 084 DOI: 10.24966/NCP-878X/100084

Cases studies 9 - 12 Enteral Tube Feeding

4. Siddiqui A, et al.
Benefit of Including Food- Derived Ingredients in Enteral Nutrition Formulas: Practical Experience from Clinical Cases.
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for case studies 9,10,11,12

Glossary

* Did not have cow's milk allergy.

Tolerance is how well the person responds to food
This can be a positive experience.

Intolerance is when the person does not respond well to food
and may not have a positive experience.

FSMPs are food for special medical purposes and their formulations are regulated to provide energy and specific nutrients for the dietary management of a disease or medical condition. Must be used under medical supervision and consult your HCP for advice.