

# HOSPITAL PHARMACY-LED OPTIMISATION OF DIETETIC PRODUCTS AND THICKENERS: A MODEL FOR SUSTAINABLE CARE AND COST REDUCTION

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## BACKGROUND AND IMPORTANCE

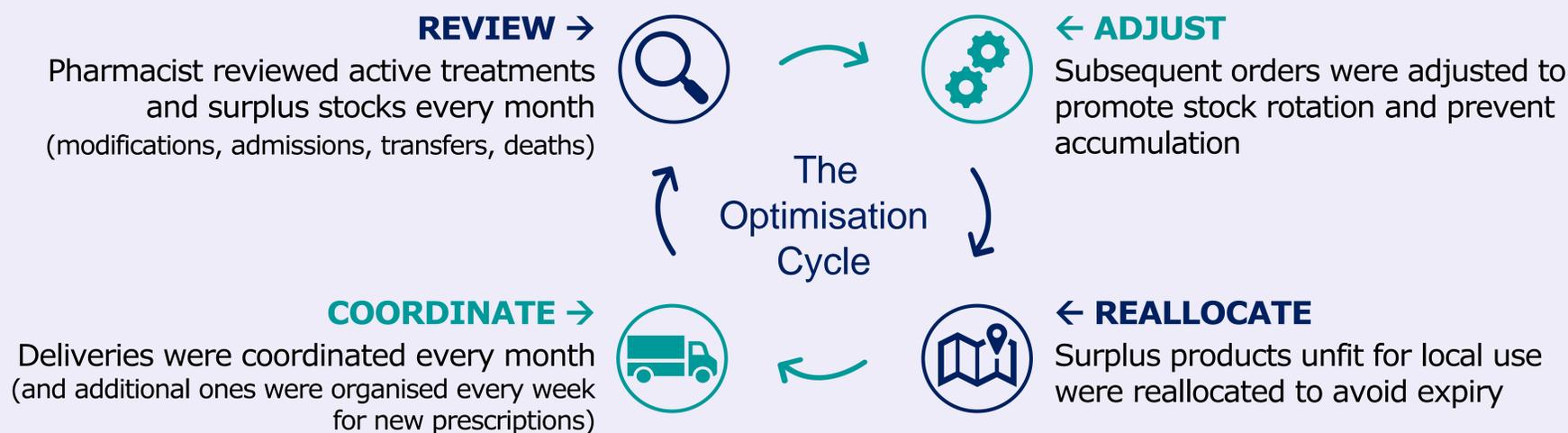
The provision of dietetic products (protein modules, oral nutritional supplements, enteral nutrition) from the hospital pharmacy to long-term care facilities (LTCFs) presents a logistical and economic challenge. Although dietetic support in LTCFs is essential, few studies have quantified the economic benefits of pharmacist-led optimisation.

## AIM AND OBJECTIVES

To analyse dietetic products and thickeners dispensed in 2024 to eight affiliated private or publicly contracted LTCFs and to evaluate the economic impact of hospital pharmacist interventions in optimising orders and stock management.

## MATERIALS AND METHODS

A retrospective observational study was conducted including all institutionalised patients receiving dietetic products and/or thickeners dispensed by the hospital pharmacy during 2024.



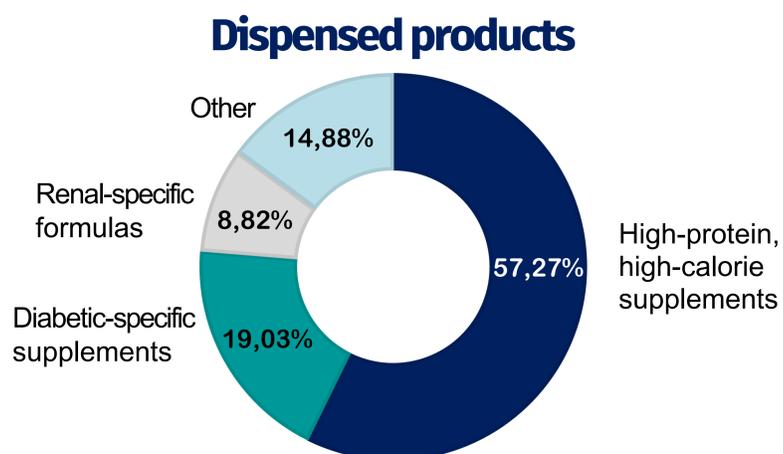
**Data** were collected from outpatient dispensing records, order lists, and monthly stock reports.

### Economic impact:

- Of the regional centralised procurement framework: Costs of dispensed units were compared with their retail price (RP).
- Of pharmacist interventions: Avoided shipments, returns and redistributions were analysed.

## RESULTS

Patients treated: 390. Active at year-end: 249. Units of dietetic products and thickeners dispensed: 105.084.



### Cost-efficiency analysis



- Dispensed units
- Avoided costs due to stock optimisation
- Costs according to the regional centralised procurement framework

Stock optimisation reached by hospital pharmacists:

- ✓ Enabled the reallocation of 977 units (avoiding €9.021,17 RP)
- ✓ Prevented the order of 21.961 surplus units (avoiding €155.448,07 RP)

**€723.701,01 SAVED**  
**79,10% COST REDUCTION**

## CONCLUSION AND RELEVANCE

Hospital pharmacy-led dispensing to LTCFs is a successful model of integrated care. It optimizes resources, significantly reduces costs, prevents product expiry, and ensures nutritional therapy continuity.

