Appendix C

Study characteristics of included studies (n=171).

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Author, year (ref. no in main manuscript)** | **Study design** | **Country** | **Population** | **Setting†** | **Sample size** | **Aim (directly quoted from the article)** | **MMAT-Score** |
| ***Diagnosis*** | ***Healthcare professionals\**** |
| *Alberda et al.,* *2017 (38)* | Qualitative study | Canada | Malignancy |  | Outpatient | 20 | “To explore the patients’ perspectives on nutrition care in the context of their illness, medical treatment, and recovery. The research question seeks to answer how the patients, recovering after HNE [*head/neck or esophageal*] cancer treatment, experienced the nutrition and nutrition support (from the early onset of symptoms through to the recovery phase) that is embedded in the broader context of cancer care they have received.” | 100% |
| *Aldhahir et al.,* *2021 (39)* | Randomized controlled trial | UK | Lung disease |  | Outpatient | 68 | “To investigate the effect of high-protein supplementation (Fortisip Compact Protein (FCP)) during pulmonary rehabilitation on exercise capacity.” | 80% |
| *Allen et al.,* *2014 (40)* | Randomized controlled trial | UK | Older adults |  | Inpatient | 45 | “To compare the consumption of nutritional supplement drinks during different serving practices.” | 80% |
| *Andreasen et al.,* *2018 (41)* | Qualitative study | Denmark | Mixed diagnoses | Healthcare professionals and patients | Inpatient | 5 healthcare professionals, 7 patients | “To identify positive and negative factors affecting the adherence of patients and staff to an integrated physical activity and nutritional intervention on a medical ward.” | 100% |
| *Baldwin et al.,* *2011 (42)* | Randomized controlled trial | UK | Malignancy |  | Outpatient | 358 | (*To assess*) “the effect of dietary advice and/or oral nutritional supplements on survival, nutritional endpoints and quality of life in patients with weight loss receiving palliative chemotherapy for gastrointestinal and non-small lung cancers or mesothelioma.” | 60% |
| *Bauer et al.,* *2005 (43)* | Randomized controlled trial | Multiple countries | Malignancy |  | Outpatient | 200 | “To examine the effect of dietary compliance on intake and body composition in patients with unresectable pancreatic cancer.” | 20% |
| *Bauer et al.,* *2013 (44)* | Randomized controlled trial | Australia | Other (chronic wounds) |  | Outpatient | 24 | “To compare the effectiveness of a wound ONS [*oral nutritional supplements*] and a standard-ONS on outcomes (rate of wound healing, nutritional status, protein and energy intake, quality of life and satisfaction) in patients with chronic wounds in the clinical setting.” | 80% |
| *Beck et al.,* *2002 (46)* | Randomized controlled trial | Denmark | Older adults |  | Inpatient | 66 | “To examine the effect of a home-made oral supplement on body weight and energy intake of old people residing in a nursing home with MNA [*Mini Nutrition assessment*] scores ≤23.5.” | 20% |
| *Beck et al.,*  *2009 (47)* | Randomized controlled trial | Denmark | Older adults |  | Inpatient | 121 | “To test the hypothesis that, in a study with focus on nutrition, exercise, and oral care in old nursing home residents, lack of compliance by staff rather than residents is the main problem.” | 60% |
| *Beck et al.,* *2013 (45)* | Randomized controlled trial | Denmark | Older adults |  | Outpatient  | 152 | “To assess the additional benefits of individualized nutritional counselling by a registered dietitian in geriatric patients’ homes after discharge from hospital, in relation to risk of re-admissions, functional status, nutritional status and use of social services.” | 60% |
| *Beelen et al.,* *2017 (48)* | Qualitative study | Netherlands | Older adults | Healthcare professionals and patients | Outpatient | 13 healthcare professionals, 18 patients | “To investigate which barriers older adults experience in adhering to treatment for undernutrition. Current dietetic practices and older adults’ experiences were studied, and the potential to use protein-enriched regular products in undernutrition treatment was investigated.” | 100% |
| *Bell et al.,* *2014 (49)* | Non-randomized study | Australia | Older adults |  | Inpatient | 82 | “To investigate whether multi-disciplinary and multimodal nutritional care (MMNC) impacts on energy and protein intakes, nutritional status, and nutrition related outcomes in acute hip fracture inpatients.” | 100% |
| *Berk et al.,* *2008 (50)* | Randomized controlled trial | USA | Malignancy |   | Outpatient | 472 | “A previous small randomized trial showed a statistically significant increase in body weight and lean body mass among advanced cancer patients taking HMB/Arg/Gln [*a mixture of b-hydroxyl b-methyl butyrate, arginine, and glutamine*] in the Juven® formulation. in the Therefore, a more comprehensive, national cooperative group randomized trial of Juven® was undertaken.” | 40% |
| *Boisselier et al.,* *2020 (51)* | Randomized controlled trial | France | Malignancy |   | Outpatient | 180 | “To evaluate efficacy of […] (*a*) immunonutrient supplement on severe mucositis. Secondary objectives included tolerance, compliance to oral supplementation, chemotherapy interruptions and delays, quality of life, and progression-free survival (PFS) and overall survival (OS) at 1, 2, and 3 y.” | 100% |
| *Bojesen et al.,* *2022 (52)* | Non-randomized study | Denmark | Malignancy |  | Outpatient | 64 | “To evaluate the feasibility of the protocoled individualized intervention regarding recruitment, retention, compliance and adherence, acceptability, and safety. Further, […] to describe the feasibility of measuring changes in physical fitness during the treatment course and report the challenges with a multimodal intervention within this population.” | 60% |
| *Bonnefoy et al.,* *2003 (53)* | Randomized controlled trial | France | Older adults |  | Inpatient | 57 | “To demonstrate in frail elderly individuals over a long period of 9 months the feasibility of a combined intervention using protein–energy oral supplementation together with an acceptable progressive exercise programme without heavy material that could be extended to a large population; To assess its efﬁcacy on body composition and muscle power.” | 60% |
| *Breedveld-Peters et al.,* *2012 (54)* | Qualitative study | Netherlands | Older adults | Healthcare professionals | Mixed | 22 | (*To evaluate*) “the experiences of health care professionals with an applied intensive nutritional intervention comprised of dietetic counselling and oral nutritional supplements.” | 80% |
| *Breedveld-Peters et al.,* *2012 (55)* | Randomized controlled trial | Netherlands | Older adults |  | Mixed | 66 | To investigate the feasibility of the proposed nutritional intervention [*combination of intensive dietetic counseling and oral nutritional supplementation over three months after hip fracture*] in the present Dutch health care practice.” | 60% |
| *Brindisi et al.,* *2020 (56)* | Mixed methods study | France | Mixed diagnoses | Healthcare professionals and patients | Inpatient | 22 healthcare professionals, 61 patients | “To evaluate professional practices in France regarding nutritional follow-up on arrival, during and after the hospitalization of inpatients who have oral nutritional supplements (ONS) prescribed and to discuss how ONS are seen by medical staff and patients.” | 20% |
| *Brown et al.,* *2020 (57)* | Quantitative descriptive study | UK | Older adults |  | Outpatient | 163 | “To assess the economic impact of implementing the Malnutrition Pathway in older adults (≥65 years) in General Practice, as well as assessing its acceptability and effect on overall malnutrition risk.” | 60% |
| *Browne et al.,* *2021 (58)* | Qualitative study | Ireland | Older adults | Healthcare professionals | Mixed | 75 | “To explore the opinions of healthcare professionals (HCPs) working in the primary care and community settings about the management of malnutrition and the prescription of oral nutritional supplements (ONS), often included in the treatment of malnutrition.” | 100% |
| *Bruce et al.,* *2003 (59)* | Randomized controlled trial | Australia | Older adults |  | Outpatient | 109 | “To determine if oral nutritional supplements given daily for 28 days after hip fracture surgery could prevent weight loss and/or lead to improved clinical outcomes (mortality rates, discharge destination, activities of daily living or length of hospital stay) in non-malnourished community-dwelling older women with hip fracture.” | 20% |
| *Burden et al.,* *2016 (60)* | Qualitative study | UK | Malignancy |  | Outpatient | 25 | “To explore individuals’ relationships with food along with their views and experiences of nutritional issues throughout the treatment and disease continuum for CRC [*colorectal cancer*].” | 100% |
| *Caglar et al.,* *2002 (61)* | Non-randomized study | USA | Kidney disease |  | Outpatient | 85 | (*To evaluate*) “the nutritional impact of oral nutritional supplementation given during the hemodialysis (HD) procedure in a large group of malnourished CHD [*chronic hemodialysis*] patients.” | 80% |
| *Calder et al.,* *2018 (62)* | Randomized controlled trial | Sweden | Lung disease |  | Outpatient | 45 | “To assess safety and tolerability; secondary objectives were to evaluate the efficacy of TMN [*targeted medical nutrition*] in improving measures of clinical relevance in COPD [*chronic obstructive pulmonary disease*], including body composition, inflammation, muscle function, and HRQoL [*health-related quality of life*].” | 80% |
| *Calegari et al.,* *2011 (63)* | Randomized controlled trial | Brazil | Kidney disease |  | Outpatient | 18 | “To assess the impact of an intervention on the nutritional status of malnourished hemodialysis patients and their acceptance of a nonindustrialized nutritional supplement.” | 40% |
| *Cameron et al.,* *2011 (64)* | Randomized controlled trial | Australia | Older adults |  | Outpatient | 44 | “To study the feasibility of a randomized trial initiated in the hospital setting. To test the effectiveness of oral supplementation to malnourished older people with a fracture.” | 80% |
| *Campbell et al.,* *2013 (65)* | Non-randomized study | Australia | Older adults |  | Inpatient | 98 | “To compare three delivery systems of nutrition support to older adult rehabilitation patients and to determine the most effective method based on clinical (weight change, protein and energy intake), cost and patient-centred outcomes (consumption, quality of life (QOL), satisfaction).” | 80% |
| *Cereda et al.,* *2015 (66)* | Randomized controlled trial | Italy | Other (pressure ulcers) |  | Mixed | 200 | “To evaluate whether supplementation with arginine, zinc, and antioxidants within a high-calorie, high-protein formula improves PU (pressure ulcer) healing.” | 80% |
| *Chapman et al.,* *2011 (67)* | Non-randomized study | Australia | Other (spinal cord injury + pressure ulcers) |  | Inpatient | 34 | “To compare the rate and time-to-healing of PU [*pressure ulcers*] in SCI [*spinal cord injuries*] patients consuming a specialised arginine, zinc and vitamin C supplement, and those receiving a similar standard of nutrition care, but not consuming the same nutritional supplement until full wound healing.” | 80% |
| *Citty et al.,* *2017 (69)* | Quantitative descriptive study | USA | Mixed diagnoses |  | Inpatient | 111 | (*That*) “administration of oral nutritional supplements will increase by 25% compared to baseline administration rates.” (*That*) “the percentage of formula returned to food and nutrition services will decline by 25%.” (*That*) documentation of administration (given or not given) of oral nutritional supplements will increase to 100%.” | 60% |
| *Citty et al.,* *2020 (68)* | Quantitative descriptive study | USA | Mixed diagnoses | Healthcare professionals | Inpatient | 170 | “To investigate if perceived awareness and documentation of NST [*nutrition support therapies*] improves by including these orders as part of the MAR [*medication administration system*].” | 40% |
| *Collins et al.,* *2019 (70)* | Quantitative descriptive study | UK | Older adults |  | Inpatient | 330 | (*To review*) “whether pharmacy technicians working in care home settings can support the cost-effective use of ONS [*oral nutritional supplements*].” | 100% |
| *Cooper et al.,* *2015 (71)* | Qualitative study | UK | Malignancy |  | Outpatient | 13 | “To explore the views and experience of patients with operable pancreatic cancer about food and weight loss, perioperatively and following surgical treatment.” | 80% |
| *Cornejo-Pareja et al.,* *2021 (72)* | Non-randomized study | Spain | Mixed diagnoses |  | Outpatient | 283 | “To observe the effect of a high-calorie, high-protein oral nutritional supplement (ONS) with HMB [*b-hydroxy-b-methylbutyrate*] on nutritional status, body weight, and muscle-related outcomes in adult patients with or at risk of malnutrition under standard of care.” | 100% |
| *Cruz-Jentoft et al.,* *2008 (197)* | Non-randomized study | Spain | Older adults |  | Inpatient | 358 | “To evaluate the adherence to an oral hyperproteic supplementation with fibre given over a period of 3 months in older subjects living in nursing homes suffering from undernutrition or at risk; and to measure changes in defecation with this supplementation.” | 100% |
| *Daud et al.,* *2012 (73)* | Randomized controlled trial | USA | Kidney disease |  | Outpatient | 63 | “To investigate the technical feasibility of “directly observed treatment” of nutritional supplementation administered during regular dialysis sessions.” | 80% |
| *de Luis et al.,* *2008 (75)* | Randomized controlled trial | Spain | Malignancy |  | Outpatient | 65 | “To investigate whether oral ambulatory nutrition of postsurgical head and neck cancer patients with recent weight loss, using two different omega 3 fatty acids enhanced diets could improve nutritional variables as well as clinical outcome.” | 60% |
| *de Luis et al.,* *2015 (74)* | Non-randomized study | Spain | Mixed diagnoses |  | Inpatient | 46 | “To evaluate a hypercaloric sweet milk-based ONS [*oral nutritional supplements*] in a prospective 3-day study designed to assess the taste preferences of this ONS in malnourished inpatients and the influence on adherence in daily intake during admission.” | 80% |
| *de Oliveria Faria et al.,* *2021 (76)* | Quantitative descriptive study | Brazil | Malignancy |  | Outpatient | 317 | “To determine the prevalence and effect of adherence to intensive nutritional care on nutritional outcomes and survival in head and neck cancer patients undergoing radiotherapy.” | 100% |
| *Dedeyne et al.,* *2018 (77)* | Quantitative descriptive study | Belgium | Older adults |  | Mixed | 115 | “To investigate the preferred location of a PE [*physical exercise*] intervention and the preferred timing and intake form of a nutritional intervention in older people. […] To assess the interpersonal, intrapersonal, and community-based (dis)incentives of older people to participate in non-pharmacological interventions such as a nutritional and/or a PE intervention.” | 80% |
| *den Uijl et al.,* *2015 (78)* | Quantitative descriptive study | Netherlands | Older adults |  | Mixed | 40 | (*To elucidate*) “personally relevant factors (product, context, and person factors) that influence ONS [*oral nutritional supplements*] consumption in two groups of older nutritionally frail ONS users: community-dwelling persons and care home residents with mainly somatic disorders.” | 100% |
| *Dewey et al.,* *2008 (79)* | Qualitative study | UK | Malignancy | Healthcare professionals | Mixed | 14 | “To explore how nurses currently manage weight loss and eating difficulties in (advanced cancer) everyday practice as well as exploring what guides their decision-making with regard to choice of nutritional interventions and support strategies employed.” | 80% |
| *Dhuibhir et al.,* *2019 (181)* | Quantitative descriptive study | Ireland | Mixed diagnoses | Healthcare professionals | Inpatient | 31 | “To explore factors that influence dietitians’ ONS [*oral nutritional supplements*] clinical practice, evaluate dietitian hedonic preferences and the overall impression of a specific range of ONS products, and study phenylthiocarbamide (PTC) sensitivity in relation to ONS hedonic ratings.” | 100% |
| *Doll-Shankaruk et al.,* *2008 (80)* | Quantitative descriptive study | Canada | Older adults | Healthcare professionals and patients | Inpatient | 11 | “To determine the most efficient and effective method for implementing an interdisciplinary medication pass nutritional supplement program (MPNSP) in Extendicare’s long-term care facilities in western Canada by piloting the program in one facility. In addition, the objective was to evaluate the effects of the MPNSP on residents’ body weight, skin integrity, and laboratory values related to nutritional status. Resident adherence and staff perception were also assessed.” | 100% |
| *Enriquez-Fern et al.,* *2022 (81)* | Quantitative descriptive study | Canada | Malignancy |  | Outpatient | 150 | “To identify snack foods preferred for fortification among patients with cancer and to determine the influence of experienced symptoms on snack food selection.” | 80% |
| *Faccio et al.,* *2021 (82)* | Randomized controlled trial | Brazil | Malignancy |  | Outpatient | 85 | “To assess the tolerance to and efficacy of specialized nutritional supplementation in oncologic patients who were receiving specific treatments.” | 60% |
| *Fearon et al.,* *2003 (83)* | Randomized controlled trial | UK | Malignancy |  | Outpatient | 200 | (*To compare*) “a protein and energy dense supplement enriched with n-3 fatty acids and antioxidants (experimental: E) with an isocaloric isonitrogenous control supplement (C) for their effects on weight, lean body mass (LBM), dietary intake, and quality of life in cachectic patients with advanced pancreatic cancer.” | 60% |
| *Fiatarone et al.,* *2000 (84)* | Randomized controlled trial | USA | Older adults |  | Inpatient | 50 | “To study the benefits of supplementation in residents of a large long-term care facility […] hypothesized that addition of multinutrient oral supplements to the diet of frail elders would improve their overall nutritional status and functional level.” | 60% |
| *Forli et al.,* *2001 (85)* | Randomized controlled trial | Norway | Lung disease |  | Outpatient | 71 | “To see whether intensified nutritional support with regular follow-ups increased the patient’s chance of increasing energy intake and improving nutritional status compared with a simple support in candidates for lung transplantation.” | 100% |
| *Gazotti et al.,* *2003 (86)* | Randomized controlled trial | Belgium | Older adults |  | Mixed | 80 | “To prevent the occurrence of weight loss during hospitalisation and following discharge by daily oral supplementation.” | 80% |
| *Gillis et al.,* *2019 (87)* | Qualitative study | Canada | Malignancy |  | Mixed | 27 | “(*To conduct*) a nutrition-focused qualitative analysis of the patient experience and of the implementation of ERAS programs across our province to better understand the barriers limiting that limit successful adoption of ERAS program nutrition elements.” | 100% |
| *Ginzburg et al.,* *2018 (88)* | Quantitative descriptive study | Israel | Older adults |  | Outpatient | 86 | “To determine level of adherence to dietary recommendations after hospitalization and identify barriers for adherence.” | 80% |
| *Gosney et al.,* *2003 (7)* | Quantitative descriptive study | UK | Older adults |  | Inpatient | 96 | “To ascertain the prescription and consumption of nutritional supplements (sip feeds) on a single day within elder care wards. Additionally, we aimed to obtain anthropometric and biochemical data on patients who were either prescribed or not prescribed supplements in order to compare the relative indications for their use. Costings were obtained for the wastage of sip feeds during the deﬁned 24-hour period.” | 80% |
| *Grass et al.,* *2015 (8)* | Non-randomized study | Switzerland | Malignancy |  | Outpatient | 141 | “To identify patient- and disease-related risk factors that could predict patients’ compliance with preoperative nutritional supplementation.” | 100% |
| *Gronstedt et al.,* *2020 (89)* | Randomized controlled trial | Sweden | Older adults |  | Inpatient | 102 | “To investigate the effects of combining STS [*sit-to-stand exercises*] and daily protein-rich oral nutritional supplementation (ONS) on physical function, nutritional status and body composition, health related QoL [*quality of life*], and resource use in older NH [*nursing home*] residents.” | 60% |
| *Hanani et al.,* *2018 (90)* | Randomized controlled trial | Japan | Malignancy |  | Mixed | 27 | “To evaluate whether a nutritional supplement with a high blend ratio of ω-3 fatty acids can minimize weight loss and attenuate increases in inflammatory marker levels during the perioperative period in patients undergoing surgery for head and neck carcinoma.” | 60% |
| *Hashizume et al.,* *2019 (91)* | Quantitative descriptive study | Japan | Mixed diagnoses |  | Outpatient | 255 | “To examine whether or not the adherence of patients varies according to their receiving prescription or over-the-counter ONS [*oral nutritional supplements*].” | 80% |
| *Hazzard et al.,* *2021 (92)* | Qualitative study | Australia | Malignancy |  | Outpatient | 10 | “To explore patient experiences of nutritional care, including involvement with a clinic that combines the services of specialist oncology nurse, dietitian and speech pathologist, while undergoing treatment for HNC in regional Australia.” | 100% |
| *Herbert et al.,* *2017 (93)* | Qualitative study | UK | Malignancy | Healthcare professionals | Mixed | 26 | “To gain an understanding of the facilitating factors and challenges of implementing an ERAS [*Enhanced Recovery After Surgery*] programme within a UK context in three different specialities: colorectal, head and neck and thoracic with a focus on the nutritional elements.” | 100% |
| *Hertlein et al.,* *2018 (94)* | Non-randomized study | Germany | Malignancy |  | Mixed | 47 | “To determine whether peri-operative immunonutrition can decrease complications and the length of stay (LOS) in malnourished ovarian cancer patients.” | 80% |
| *Hestevik et al.,* *2020 (96)* | Qualitative study | Norway | Older adults |  | Outpatient | 24  | “To explore these groups’ perceptions regarding the food, meals and nutritional care provided in the transition between hospital and home care services, focusing on the first 30 days at home.” | 100% |
| *Hestevik et al.,* *2020 (95)* | Qualitative study | Norway | Older adults | Healthcare professionals | Inpatient | 23 | “To explore healthcare professionals’ views on how older persons and their family caregivers participate in decisions about their own nutritional care and possible barriers for that participation.” | 100% |
| *Ho Norshariza et al.,* *2017 (97)* | Quantitative descriptive study | Malaysia | Malignancy |  | Outpatient | 1 | Case report on collagen peptide supplementation postoperatively and the effect on lean muscle mass in patients with rectal adenocarcinoma. | 0% |
| *Hogan et al.,* *2019 (98)* | Qualitative study | Australia | Malignancy |  | Outpatient | 20 | “To explore enablers and barriers for patients of overall compliance with preoperative oral nutrition supplements in patients undergoing pelvic exenteration surgery for cancer.” | 0% |
| *Hogan et al.,* *2020 (99)* | Randomized controlled trial | Australia | Malignancy |  | Outpatient | 108 | “To examine the effects of preoperative immunonutrition compared with standard polymeric supplements matched for energy, protein, volume, length of stay, and postoperative complications in pelvic exenteration surgery, taking into consideration compliance.” | 100% |
| *Holst et al.,* *2011 (100)* | Qualitative study | Denmark | Mixed diagnoses |  | Inpatient | 12 | “To obtain knowledge concerning hospitalized patient’s experiences of being undernourished, in order to understand the implications these findings might have to nutrition nursing in hospitals.” | 100% |
| *Holst et al.,* *2013 (101)* | Qualitative study | Denmark | Mixed diagnoses | Healthcare professionals | Mixed | 41 | “To investigate barriers for nutrition therapy in the transition between hospital and home and hereby to identify areas for potential improvements.” | 40% |
| *Hopanci Bicakli et al.,* *2017 (17)* | Non-randomized study | Turkey | Malignancy |  | Outpatient | 69 | “To evaluate the effects of compliance of patients with individual dietary counselling on body composition parameters in HNC [*head and neck cancer*] patients under RT [*radiotherapy*].” | 80% |
| *Huang et al.,* *2020 (102)* | Randomized controlled trial | China | Malignancy |  | Outpatient | 114 | “To investigate the effect of prophylactic ONS [*oral nutritional supplements*] on nutritional status and treatment tolerance in locally advanced NPC [*nasopharyngeal carcinoma*] patients.” | 40% |
| *Hübner et al.,* *2012 (103)* | Randomized controlled trial | Switzerland | Malignancy |  | Outpatient | 145 | “To assess the clinical beneﬁt of preoperative IN [*immunonutrition*] compared with standard enteral nutrition on postoperative complication rates in patients at nutritional risk scheduled for major GI [*gastrointestinal*] surgery.” | 80% |
| *Hulsbaek et al.,* *2021 (104)* | Randomized controlled trial | Denmark | Older adults |  | Mixed | 23 | To investigate the feasibility and preliminary effect of a 12-week intervention consisting of anabolic steroid in addition to physiotherapy and protein-rich nutritional supplement on knee extension strength and function at 14-weeks follow-up after hip fracture surgery. | 80% |
| *Hulsbaek et al.,* *2022 (105)* | Qualitative study | Denmark | Older adults |  | Outpatient | 19 | “To explore patient perspectives of participating in a multimodal intervention consisting of anabolic steroid in addition to physiotherapy and protein-rich nutritional supplement following hip fracture.” | 80% |
| *Hung et al.,* *2005 (106)* | Randomized controlled trial | Taiwan | Kidney disease |  | Outpatient | 39 | “To determine the effect of an increase in serum leptin levels by increasing energy intake on recombinant human erythropoietin (rHuEPO) response in long-term hemodialysis (HD) patients.” | 20% |
| *Ida et al.,* *2017 (107)* | Randomized controlled trial | Japan | Malignancy |  | Mixed | 126 | “To evaluate whether perioperative administration of an eicosapentaenoic acid-enriched supplement can prevent bodyweight loss after total gastrectomy for gastric cancer.” | 40% |
| *Imamura et al.,* *2021 (108)* | Non-randomized study | Japan | Malignancy |  | Mixed | 149 | “To determine whether therapy completion levels would increase in patients receiving postoperative adjuvant chemotherapy in combination with intake of an OENS [*oral elemental nutritional supplement*].” | 60% |
| *Ishiki et al.,* *2013 (109)* | Randomized controlled trial | Japan | Malignancy |  | Inpatient | 27 | “To investigate the efﬁcacy of this amino acid jelly in the terminal phase of cancer patients with decreased oral intake.” | 20% |
| *Jackson et al.* *2015 (110)* | Randomized controlled trial | UK | Kidney disease |  | Outpatient | 10 | “To conduct a randomised controlled external pilot trial of the feasibility of undertaking a study to assess the effect of an intradialytic ONS [*oral nutritional supplements*] on the nutritional status of haemodialysis patients.” | 60% |
| *Jeloka et al.,* *2013 (111)* | Randomized controlled trial | India | Kidney disease |  | Outpatient | 50 | “To look for the effect of the two oral formulae supplements on nutritional parameters in dialysis population.” | 40% |
| *Jobse et al.,* *2015 (16)* | Randomized controlled trial | Germany | Older adults |  | Inpatient | 87 | “To analyse compliance of nursing home residents with a low-volume, nutrient- and energy dense ONS [*oral nutritional supplements*] in detail […]. To determine the role of compliance for the effectiveness of the intervention and to identify residents’ characteristics associated with compliance.” | 60% |
| *Jukkola et al.,* *2005 (112)* | Non-randomized study | Australia | Older adults |  | Inpatient | 200 | “Through nutrition screening, identify patients at greatest risk of malnutrition in order to prioritise nutrition intervention. To improve the consumption rate of supplements offered to elderly malnourished patients through the use of a ‘nutrition as medication’ program.” | 100% |
| *Karlsson et al.,* *2021 (113)* | Randomized controlled trial | Sweden | Older adults |  | Inpatient | 101 | “To deepen the understanding of the residents for whom the intervention was most beneﬁcial and which individual factors facilitated a beneﬁcial response. […] to separately analyze the intervention group to identify factors associated with response in the primary outcome of 30-second Chair Stand Test and in various composite scores. […] to analyze relevant factors for adherence to the 2 intervention components (ie, exercise and nutritional supplementation).” | 40% |
| *Keithley et al.* *2002 (114)* | Randomized controlled trial | USA | Other (HIV-infection) |  | Outpatient | 90 | “To compare the effects of an immune-enhancing oral formula and a standard oral formula on nutrition and immune measures in asymptomatic HIV-infected persons.” | 80% |
| *Keller et al.,* *2013 (115)* | Qualitative study | Canada | Mixed diagnoses | Healthcare professionals | Inpatient | 91 | “To identify enablers and challenges and, speciﬁcally, the activities, processes and resources, from the perspective of nutrition care personnel, required to provide quality nutrition care.” | 100% |
| *Kobayashi et al.,* *2017 (18)* | Non-randomized study | Japan | Malignancy |  | Outpatient | 82 | “To evaluate the efficacy of postoperative oral nutritional supplements.” | 100% |
| *Kong et al.,* *2018 (116)* | Randomized controlled trial | Korea | Malignancy |  | Mixed | 127 | “To examine the effect of a perioperative oral nutritional supplement in malnourished patients who undergo gastrectomy.” | 60% |
| *Kraft et al.,* *2012 (117)* | Randomized controlled trial | Germany | Older adults |  | Outpatient | 26 | “To evaluate the feasibility and explore the patients’ acceptance of the telemedical concept.” | 0% |
| *Lad et al.,* *2005 (118)* | Mixed methods study | UK | Older adults | Healthcare professionals and patients | Inpatient | 70 healthcare professionals, 40 patients | (*To examine*) “compliance, factors that influence compliance, views and attitudes of elderly patients and their HCPs [healthcare professionals] on prescribed ONS [*oral nutritional supplements*].” | 20% |
| *Lambert et al.,* *2014 (119)* | Non-randomized study | Australia | Mixed diagnoses |  | Inpatient | 18 | “To identify factors inﬂuencing the NAM [*Nutrition as Medication*] program in acute renal and geriatric wards at a single institution with particular reference to nursing administration, patient consumption and other environmental inﬂuences.” | 60% |
| *Lambert et al.* *2017 (120)* | Qualitative study | Australia | Mixed diagnoses | Healthcare professionals and patients | Inpatient | 70 | “To identify and explore factors inﬂuencing the efﬁcacy of the NAM [*Nutrition as Medication*] program at a major tertiary hospital in New South Wales, Australia, from a qualitative perspective. This included exploring issues relating to knowledge, administration and patient consumption from a patient and health professional perspective.” | 80% |
| *Lammel Ricardi et al.,* *2013 (121)* | Non-randomized study | Brazil | Mixed diagnoses |  | Inpatient | 398 | “To detect the total acceptance rate and a possible association between oral nutritional supplements intake and nutritional status.” | 100% |
| *Lauque et al.,* *2000 (122)* | Randomized controlled trial | France | Older adults |  | Inpatient | 88 | “To validate a nutritional intervention programme for elderly people living in nursing homes.” | 20% |
| *Laviano et al.,* *2020 (123)* | Randomized controlled trial | Multiple countries | Malignancy |   | Outpatient | 55 | “To assess the safety and tolerability of TMN [*Targeted Medical Nutrition*] during chemotherapy […] the evaluation of the efficacy of TMN in improving measures of clinical relevance, including changes in body weight, muscle function, and lipid profiles, and compliance with TMN as an add-on nutritional supplement. Analyses of survival and chemotherapy-related outcomes were also evaluated.” | 60% |
| *Lawson et al.,* *2000 (124)* | Non-randomized study | UK | Other (orthopaedic patients) |  | Inpatient | 187 | “To assess level of patient compliance with nutritional supplementation when prescribed postoperatively to unselected orthopaedic patients as part of a large controlled trial researching the clinical benefits of non-targeted nutritional supplementation.” | 80% |
| *Lawson et al.,*  *2021 (125)* | Randomized controlled trial | Canada | Malignancy |  | Outpatient | 34 | (*To explore*) “changes and correlations in muscle characteristics, body composition and dietary intake in response to amultimodal prehabilitation intervention.” | 80% |
| *Lidoriki et al.,* *2020 (23)* | Quantitative descriptive study | Greece | Malignancy |  | Outpatient | 78 | “To explore postoperative compliance with ONS [*oral nutritional supplements*] in patients who underwent GI [*gastrointestinal*] cancer surgery. Oral supplementation began at hospital discharge and data regarding compliance and barriers to consumption of the supplements were collected 1 month after hospital discharge.” | 100% |
| *Liljeberg et al.,* *2019 (26)* | Non-randomized study | Sweden | Mixed diagnoses |  | Outpatient | 96 | “To assess adherence to oral nutrition supplements (ONS) among hospital outpatients and to assess patient characteristics, experiences of ONS, and the characteristics of ONS prescriptions in clinical practice.” | 100% |
| *Liljeberg et al.,* *2021 (126)* | Qualitative study | Sweden | Mixed diagnoses | Healthcare professionals | Outpatient | 13 | “To obtain a deeper understanding of specific aspects that are of importance for dietitians when providing a nutrition therapy including ONS [*oral nutritional supplements*].” | 100% |
| *Lombard et al.,* *2014 (127)* | Non-randomized study | Netherlands | Older adults |  | Inpatient | 108 | “To evaluate the effect of ED-ONS [*energy dense, small volume oral nutritional supplement*] (ED-ONS; ≥2 kcal/ml) on the compliance in an observational set-up to obtain data from daily clinical practice on a geriatric ward.” | 80% |
| *Malafarina et al.,* *2021 (128)* | Non-randomized study | Spain | Older adults |  | Inpatient | 282 | “To assess if the impact of oral nutritional supplements (ONS) on nutritional and functional status in malnourished older persons living in nursing homes shown by clinical trials are also found outside a trial setting.” | 100% |
| *Mantovani et al.,* *2004 (129)* | Non-randomized study | Italy | Malignancy |  | Outpatient | 28 | “To test the efficacy and safety of an integrated treatment based on diet, p.o. pharmaconutritional support, and drugs in a population of advanced cancer patients with CACS/OS [*cancer-related anorexia/cachexia syndrome/oxidative stress*].” | 60% |
| *Martin et al.,* *2019 (130)* | Non-randomized study | Spain | Older adults |  | Mixed | 402 | “To assess nutritional status, quality of life (QoL) and function in malnourished or at risk for malnutrition community-dwelling (CD) and nursing homedwelling (NHD) elderly patients with type 2 diabetes mellitus (DM2), receiving treatment with a diabetes-specific oral nutritional supplement (DSONS).” | 80% |
| *Mayr et al.,* *2016 (131)* | Randomized controlled trial | Germany | Other (older adults; Diabetes Mellitus) |  | Outpatient | 40 | (*To evaluate*) “effects of a diabetes-specific carbohydrate modified oral nutritional supplement (ONS) during 12 weeks administration in 40 elderly type 2 normal weight patients with diabetes with previous involuntary weight loss.” | 100% |
| *Mayr et al.,* *2000 (132)* | Non-randomized study | Germany | Mixed diagnoses |  | Outpatient | 51 | (*To evaluate*) “the safety, acceptability and efficacy of a high-energy, fibre-containing oral nutritional supplement in patients who were either malnourished or suffered from acute weight loss and were therefore in need of a high-energy and/or fibre supplement.” | 80% |
| *Mb O Connell et al.,* *2017 (133)* | Qualitative study | Denmark | Other (healthcare professionals at ward specialised on leg wounds and leg amputation) | Healthcare professionals | Inpatient | 13 | “To explore the barriers for nutritional care as perceived by nursing staff at an acute orthopaedic ward, aiming to implement evidence-based nutritional care.” | 100% |
| *McCormick et al.,* *2007 (134)* | Non-randomized study | Ireland | Older adults |  | Inpatient | 46 | “To observe adherence to nutritional supplementation by elderly patients in both acute and long term care settings and to determine whether specific interventions improved compliance.” | 20% |
| *McDermott et al.,* *2003 (135)* | Non-randomized study | UK | Other (HIV-infection) |  | Outpatient | 95 | “To determine the effectiveness of intensive dietary counseling plus an oral nutrition supplement on energy and protein intake, weight, and fat-free mass (FFM) in HIV-seropositive adults with wasting.” | 80% |
| *McMurdo et al.,* *2009 (22)* | Randomized controlled trial | UK | Older adults |  | Outpatient | 253 | “To determine whether the oral nutritional supplementation of undernourished older people upon discharge from hospital improves muscle function and reduces disability.” | 40% |
| *Meade et al.,* *2007 (136)* | Non-randomized study | Australia | Kidney disease |  | Outpatient  | 32 | “To (1) investigate the nutritional suitability of various Australian sports protein supplements for dialysis patients and (2) test the hypothesis that sports protein bars would be accepted by patients on dialysis as an alternative supplement option.” | 20% |
| *Merriweather et al.,* *2014 (137)* | Qualitative study | UK | Other (ICU) |  | Outpatient | 17 | “To explore the factors influencing nutritional recovery in patients after critical illness and to develop a model of care to improve current management of nutrition for this patient group.” | 60% |
| *Miller et al.,* *2005 (138)* | Randomized controlled trial | Australia | Older adults |  | Inpatient | 49 | “To provide a detailed evaluation of adherence to nutrition supplements by patients with a lower limb fracture.” | 40% |
| *Myers et al.,* *2010 (141)* | Quantitative descriptive study | UK | Other (cystic fibrosis) |  | Outpatient | 563 | (*To investigate*) “factors associated with treatments in adults with CF [cystic fibrosis].” | 40% |
| *Nasrah et al.,* *2020 (142)* | Quantitative descriptive study | Canada | Malignancy |  | Outpatient | 94 | “[…] it is difficult to develop strategies to address the barriers to poor adherence to nutritional advice in cancer cachexia as the relative frequency and importance of both nutrition-impact symptoms and non-symptom-related factors have not been defined. To address this gap in knowledge, a survey of barriers to successful nutritional intervention was performed in sequential patients attending the McGill Cancer Nutrition Rehabilitation clinic at the Jewish General Hospital (CNR-JGH) in Montreal.” | 20% |
| *Neo et al.,* *2020 (143)* | Qualitative study | Republic of Singapore | Older adults | Healthcare professionals | Inpatient | 15 | “To explore Enrolled Nurses' perceptions of providing nutritional care to hospitalised older people in Singapore.” | 100% |
| *Neoh et al.,* *2020 (144)* | Non-randomized study | Malaysia | Malignancy |  | Outpatient | 50 | “To evaluate changes in nutrition impact symptoms (NIS) and nutritional and functional status that occur throughout radiotherapy in head and neck cancer (HNC) patients.” | 100% |
| *Olde Rikkert et al.,* *2015 (145)* | Non-randomized study | Multiple countries | Older adults |  | Mixed | 201 | “To evaluate the longterm safety and compliance to Souvenaid in patients with mild AD [*Alzeimer’s Disease*]. In addition, the study explored the longterm impact of Souvenaid on memory performance in an uncontrolled design.” | 100% |
| *Olsson et al.,* *2002 (146)* | Qualitative study | Sweden | Malignancy |  | Inpatient | 15 | “To record and describe patients’ experiences of the intake of food and fluid, appetite, hunger, and changes in weight during the three months following GI [*gastrointestinal*] surgery.” | 100% |
| *Palma-Milla et al.,* *2016 (147)* | Randomized controlled trial | Spain | Malignancy |  | Mixed | 38 | “To examine the effect of the preoperative consumption of a new, immunomodulatory, oral nutrition formula in patients with head and neck cancer.” | 40% |
| *Pastore et al.,* *2014 (148)* | Randomized controlled trial | Brazil | Malignancy |  | Outpatient | 69 | “To evaluate compliance of cancer patients to EPA-enriched supplementation at the beginning of chemotherapy, and its effects on inflammation.” | 40% |
| *Patursson et al.,* *2021 (149)* | Randomized controlled trial | Denmark | Malignancy |  | Outpatient | 26 | “To determine the effect of a combined nutritional intervention consisting of dietary counselling and a daily oral nutritional supplement (ONS) containing 33.8 g protein and 2.2 g EPA and 1.1 g DHA compared to standard care.” | 40% |
| *Percival et al.,* *2013 (150)* | Non-randomized study | UK | Malignancy |  | Outpatient | 243 | “National guidelines recommend screening patients with thoracic cancer to identify those requiring nutritional support. To help quantify this area of need, the associated workload and explore its impact, we report findings from a dedicated rehabilitation service.” | 20% |
| *Pison et al.,* *2011 (151)* | Randomized controlled trial | France | Lung disease |  | Outpatient | 122 | “To increase BMI [*body mass index*] and fat-free mass index (FFMI) in order to achieve better exercise tolerance, quality of life and survival.” | 80% |
| *Planas et al.,* *2005 (152)* | Randomized controlled trial | Spain | Lung disease |  | Outpatient | 24 | “To investigate the effects of oral nutritional repletion on quality of life in stable COPD [*chronic obstructive pulmonary disease*] patients.” | 60% |
| *Previtali et al.,* *2020 (153)* | Non-randomized study | Italy | Malignancy |  | Mixed | 35 | “To investigate the prevalence of malnutrition and the feasibility of a prehabilitation policy and postoperative standardized caloric target in a group of patients affected by primary localized RPS [*retroperitoneal soft tissue sarcomas*].” | 80% |
| *Puranen et al.,* *2015 (154)* | Qualitative study | Finland | Older adults |  | Outpatient | 40 | “To describe the process and feasibility of our randomised, controlled intervention study (NuAD trial) that positively affected the nutrition and quality of life, and prevented falls of home-dwelling persons with Alzheimer disease (AD).” | 20% |
| *Qin et al.,* *2022 (155)* | Mixed methods study | China | Malignancy |  | Outpatient | 111 | “To survey adherence to ONS [*oral nutritional supplements*] in gastrointestinal cancer patients with an ONS prescription and the factors associated with it.” | 80% |
| *Rassmusen et al.,* *2020 (156)* | Qualitative study | Denmark | Older adults | Healthcare professionals | Mixed | 11 | “To investigate the perspectives of health professionals on physical exercise and nutritional optimisation for frail older people in relation to discharge after an acute admission to hospital, and which factors may influence interventions to prevent frailty.” | 100% |
| *Rattray et al.,* *2020 (157)* | Qualitative study | Australia | Malignancy | Healthcare professionals | Inpatient | 18 | “To explore dietitians’, doctors’, nurses’, and foodservice staffs’ perceptions of providing postoperative nutrition care among colorectal patients.” | 100% |
| *Reynolds et al.,* *2021 (158)* | Qualitative study | Ireland | Older adults |  | Outpatient | 13 | “To explore the lived experience of being malnourished and barriers and facilitators to management with a particular focus on ONS [*oral nutritional supplements*].” | 80% |
| *Roberts et al.,* *2003 (159)* | Randomized controlled trial | UK | Older adults |  | Inpatient | 381 | “To assess whether prescription of oral sip-feed supplements in small quantities in the medicine prescription chart and distribution at medication rounds could increase total energy intake (EI) and provide sufﬁcient energy to prevent nutritional decline.” | 80% |
| *Rondanelli et al.,* *2020 (160)* | Randomized controlled trial | Italy | Older adults |  | Inpatient | 140 | (*To evaluate*) “the safety and efficacy of a muscle-targeted nutritional support on the outcome of a physical exercise rehabilitation programme.” | 80% |
| *Sadarangani et al.,* *2020 (161)* | Qualitative study | USA | Older adults | Healthcare professionals | Outpatient | 13 | “To identify barriers and facilitators of healthy nutrition among ADC [*adult day care*] users born in Vietnam and China.” | 80% |
| *Salamon et al.,* *2018 (162)* | Randomized controlled trial | Australia | Kidney disease |  | Outpatient | 18 | “To evaluate the acceptability and impact of two different forms of oral nutrition supplementation for 16 weeks on nutritional markers and quality of life of malnourished patients undergoing PD [*peritoneal dialysis*].” | 20% |
| *Sandmael et al.,* *2017 (139)* | Randomized controlled trial | Norway | Malignancy |  | Outpatient | 41 | “To evaluate the feasibility of an exercise and nutrition intervention during radiotherapy (RT) compared with after RT, and to examine preliminary effects on skeletal muscle mass.” | 20% |
| *Sandmael et al.,* *2019 (140)* | Qualitative study | Norway | Malignancy |  | Outpatient | 10 | “To describe how patient with HNC [*head and neck cancer*] experience the nutritional situation and perceive nutritional support from diagnosis to the post-treatment phase.” | 100% |
| *Schmidt et al.,* *2020 (163)* | Non-randomized study | Denmark | Malignancy |  | Outpatient | 41 | “To investigate acceptability and compliance to a nutritional drink with ﬁsh-oil compared to an equivalent dose ofﬁsh-oil administered as capsules in patients receiving chemotherapy for GI tract cancers. […] to investigate, if there was a difference between a nutritional drink or capsules with respect to nutritional status and side effects. […] to examine, if n-3 LC PUFAs affect leukocyte and platelet counts, and markers of dose-limiting toxicities of chemotherapy.” | 60% |
| *Scott et al.,* *2009 (164)* | Non-randomized study | USA | Kidney disease |  | Outpatient | 88 | “To determine the effects of peridialytic oral supplements on nutritional markers and quality of life (QOL) in patients receiving maintenance hemodialysis.” | 100% |
| *Seemer et al.,* *2021 (165)* | Non-randomized study | Germany | Older adults |  | Inpatient | 55 | (*To*) “present an Individualised modular nutritional intervention concept for NH [nursing home] residents with (risk of) malnutrition and describe its application and acceptability.” | 80% |
| *Seguy et al.,* *2020 (19)* | Non-randomized study | France | Older adults |  | Outpatient | 191 | “To compare health care costs between patients that were prescribed ONS [*oral nutritional supplements*] by their general practitioner and those who were not, and to assess the effect of ONS prescription on the risk of hospitalisation.” | 80% |
| *Sharma et al.,* *2002 (166)* | Randomized controlled trial | India | Kidney disease |  | Outpatient | 40 | “To evaluate the beneﬁts of short-term enteral nutrient supplementation in MHD [maintenance hemodialysis patients] patients, using a high-calorie and high-protein blend formula, either a low cost home-prepared (HP) blend, or a commercially available supplement (CNS), and to study its effect on selected parameters of nutritional status.” | 40% |
| *Shirakawa et al.,* *2012 (167)* | Non-randomized study | Japan | Digestive system disease |  | Mixed | 21 | “To ascertain the feasibility and effectiveness of preoperative enteral immunonutrition using an immune-enhanced formula (Impact) in patients undergoing pancreaticoduodenectomy.” | 60% |
| *Short et al.,* *2015 (168)* | Qualitative study | UK | Malignancy |  | Inpatient | 16 | “To explore CRS [*colorectal surgery*] patients’ experiences of perioperative nutrition within an ERAS [*Enhanced Recovery After Surgery*] programme in order to identify potential barriers and facilitators to the delivery and uptake of nutritional practices to inform future ERAS developments.” | 100% |
| *Sjogren et al.,* *2018 (169)* | Qualitative study | Sweden | Older adults | Healthcare professionals and patients | Inpatient | 8 healthcare professionals, 4 patients | “To illuminate the experience of participating in nutritional care from the perspectives of older people and registered nurses. A further aim is to illuminate the latter’s experience of nutritional care per se.” | 100% |
| *Skladany et al.,* *2020 (9)* | Quantitative descriptive study | Slovakia | Digestive system disease |  | Outpatient | 450 | “To evaluate adherence to ONS [*oral nutritional supplements*], the associated factors, and its impact on outcome among ALCD [advanced chronic liver disease] patients who are discharged from the hospital.” | 100% |
| *Smith et al.,* *2020 (170)* | Randomized controlled trial | UK | Older adults |  | Outpatient | 308 | “To investigate (i) whether first line treatment for malnutrition using a combination of ONS [*oral nutritional supplements*] and DA[*dietary advice*] is more effective than DA alone, at improving nutritional outcomes, QoL [*quality of life*], healthcare use and (ii) the acceptability and satisfaction of both ONS and DA interventions, in free living older malnourished people.” | 60% |
| *Solheim et al.,* *2017 (171)* | Randomized controlled trial | Norway and UK | Malignancy |  | Outpatient | 46 | “To examine the feasibility and safety of a multimodal intervention (n-3 polyunsaturated fatty acid nutritional supplements, exercise, and anti-inflammatory medication: celecoxib) for cancer cachexia in patients with incurable lung or pancreatic cancer, undergoing chemotherapy.” | 20% |
| *Stange et al.,* *2013 (172)* | Randomized controlled trial | Germany | Older adults |  | Inpatient | 77 | “To investigate the effects of a low-volume, nutrient- and energy-dense ONS [*oral nutritional supplements*] on nutritional and functional status as well as quality of life (QoL) of nursing home residents, deliberately including those with cognitive and mobility impairment.” | 60% |
| *Steiner et al.,* *2003 (173)* | Randomized controlled trial | UK | Lung disease |  | Outpatient | 85 | “To augment exercise training, patients randomised to the treatment arm were supplied with a carbohydrate rich supplement. […] hypothesis was that this intervention would enhance the physical outcome of pulmonary rehabilitation and that these benefits would not be confined to underweight patients. […] to measure the changes in health status, body weight, and composition resulting from this therapeutic combination.” | 80% |
| *Storck et al.,* *2020 (174)* | Randomized controlled trial | Switzerland | Malignancy |  | Outpatient | 52 | “We hypothesized that the addition of a leucine-rich whey protein supplement to a multimodal therapy improves physical function in advanced cancer patients.” | 40% |
| *Stow et al.,* *2015 (176)* | Randomized controlled trial | UK | Older adults |  | Inpatient | 63 | “To explore trial design, staff and resident acceptability of the interventions and outcome measures and to provide data to estimate the parameters required to design a definitive RCT.” | 20% |
| *Stow et al.,* *2018 (175)* | Qualitative study | UK | Older adults | Healthcare professionals and patients | Inpatient | 12 healthcare professionals, 4 patients | “To examine care home residents and staff perceptions of the acceptability of participating in a feasibility trial evaluating nutritional interventions in the treatment of malnutrition.” | 100% |
| *Taib et al.,* *2021 (177)* | Quantitative descriptive study | UK | Older adults |  | Inpatient | 27 | To assess the feasibility, effectiveness and acceptability of such an intervention [ice-cream based oral nutritional supplement (ONS ice-cream) for orthogeriatric patients in hospital] among older adults in hospital with hip fractures. | 100% |
| *Tanaka et al.,* *2018 (178)* | Non-randomized study | Japan | Malignancy |  | Outpatient | 20 | (*To assess*) “compliance to the ED [*elemental diet*] and the incidence of OM [*oral mucositis*] according to the amount of the ED that was orally administered.” | 100% |
| *Tanaka et al.,* *2021 (179)* | Randomized controlled trial | Japan | Malignancy |  | Outpatient | 113 | “To elucidate the preventive effect of an ED [*elemental diet*] against OM [*oral mucositis*] in patients with EC [*esophageal cancer*] receiving DCF [*docetaxel, cisplatin, and 5-fluorouracil*] therapy using the central review system.” | 80% |
| *Trachootham et al.,* *2015 (180)* | Non-randomized study | Thailand | Malignancy |  | Outpatient | 74 | “To investigate the potential effect of Nutri-jelly on health-related quality of life (HRQOL) and nasogastric (NG) tube feeding use in head and neck cancer patients undergoing definitive radiotherapy.” | 80% |
| *van der Berg et al.,* *2015 (182)* | Randomized controlled trial | Netherlands | Mixed diagnoses |  | Inpatient | 234 | (*To investigate*) “whether the distribution of ONS [*oral nutritional supplements*] during medication rounds, either in 2 higher volumes or in 4 lower volumes, would increase the intake of the supplements. The other objective was to evaluate the effect of lower volumes of ONS at a higher frequency on patient compliance with the consumption of ONS.” | 60% |
| *van der Meij et al.,* *2010 (183)* | Randomized controlled trial | Netherlands | Malignancy |  | Outpatient | 40 | “To investigate the effects of an oral nutritional supplement containing (n-3) PUFA on nutritional status and inﬂammatory markers in patients with stage III NSCLC [*non-small cell lung cancer*] undergoing multimodality therapy.” | 80% |
| *Verma et al.,* *2000 (185)* | Non-randomized study | UK | Digestive system disease |  | Outpatient | 39 | “To explore the safety, tolerance and efficacy of various nutritional supplements in the long-term management of patients with quiescent Crohn’s disease. […] we have applied the elemental diet E028 Extra taken orally in addition to normal food to maintain remission in patients with quiescent Crohn’s disease over a one-year period.” | 80% |
| *Verma et al.,* *2001 (184)* | Randomized controlled trial | UK | Digestive system disease |  | Outpatient | 33 | “To examine the safety and efficacy of nutrition supplement in a group of patients with steroid dependent Crohn disease, with particular emphasis on whether nutritional treatment can provide an effective alternative to chronic steroid therapy.” | 40% |
| *Vermeeren et al.,* *2004 (186)* | Randomized controlled trial | Netherlands | Lung disease |  | Inpatient | 56 | “To investigate the feasibility and the effectiveness of oral nutritional supplementation to improve protein and energy intake during hospitalization for an acute exacerbation in nutritionally depleted patients with COPD [*chronic obstructive pulmonary disease*].” | 80% |
| *Vikstrom et al.,* *2021 (187)* | Qualitative study | Sweden | Older adults | Healthcare professionals | Inpatient | 25 | “To describe the experiences of NH [*nursing home*] staff concerning supporting the residents in their completion of the combined intervention [*daily physical activities combined with oral nutritional supplementation*].” | 100% |
| *Wall et al.,* *2020 (188)* | Non-randomized study | New Zealand | Digestive system disease |  | Outpatient | 59 | “To determine whether adult adherence to EEN [*exclusive enteral nutrition*] was associated with the personality trait conscientiousness [*in patients with Crohn’s disease*].” | 60% |
| *Wan et al.,* *2021 (21)* | Mixed methods study | China | Malignancy |  | Outpatient | 122 | “To evaluate the compliance of patients after gastrectomy in taking ONS [*oral nutritional supplements*] and to explore the promoting and hindering factors.” | 100% |
| *Weenen et al.,* *2014 (189)* | Quantitative descriptive study | Multiple countries | Mixed diagnoses | Healthcare professionals | Mixed | 94 | “To assess unmet patient needs and research priorities in the EN [*enteral nutrition*] market by means of quantitative questionnaires targeting EN key opinion leaders (KOLs).” | 100% |
| *Wengstrom et al.,* *2009 (190)* | Non-randomized study | Sweden | Older adults |  | Mixed | 32 | “To investigate compliance with individual nutritional support and to evaluate whether body weight and body fat could be maintained in elderly persons during a six-month period following hip fracture.” | 80% |
| *Wong et al.,* *2021 (191)* | Quantitative descriptive study | Singapore | Mixed diagnoses |  | Mixed | 129 | “To determine (1) characteristics and demographics of patients receiving MNP [*medical nutrition products*] reimbursement via MediFund financial assistance, (2) clinical and nutrition outcomes of patients receiving MNP reimbursement via MediFund, (3) the cost of MediFund support for these patients, and (4) problems faced by patients and caregivers.” | 100% |
| *Wu et al.,* *2013 (192)* | Randomized controlled trial | Taiwan | Kidney disease |  | Outpatient | 109 | “To determine whether the use of a nonprotein calorie (NPC) supplement in patients with CKD [*chronic kidney disease*] on low-protein diets would result in adequate caloric intake and suppress the progression of renal disease.” | 40% |
| *Xie et al.,* *2021 (193)* | Randomized controlled trial | China | Malignancy |  | Outpatient | 77 | “To evaluate the feasibility, safety, and efficacy of a short‐term oral nutritional supplementation (ONS) on postoperative BWL [*body weight loss*] and QoL [*quality of life*] in patients undergoing esophagectomy.” | 80% |
| *Young et al.,* *2018 (194)* | Non-randomized study | Australia | Older adults |  | Inpatient | 320 | “To evaluate the impact of planned, incremental changes to nutrition care through dietary and mealtime interventions on the energy and protein intakes of older medical inpatients over this period. […] to evaluate key nutrition care processes (fortiﬁed meals and mid-meals, ONS, nutrition screening, dietetic input mealtime assistance and interruptions) to help understand changes in the primary outcomes.” | 100% |
| *Zak et al.,* *2009 (195)* | Randomized controlled trial | Poland | Older adults |  | Mixed | 80 | “To determine whether specifically structured, intensive exercise regimens, combined with nutritional supplementation, might improve and help sustain individual muscle strength and mobility, and possibly enhance individual functional capabilities in an on-going quest for active prevention of care-dependency.” | 80% |
| *Zhang et al.,* *2022 (196)* | Randomized controlled trial | China | Malignancy |  | Outpatient | 468 | “To determine the effect of an evidence-based nutrition education and counseling (NEC) program on nutrition status among cancer patients receiving radiotherapy.” | 60% |

\*Studies where healthcare professionals was the study population.

†Inpatient setting, e.g., hospital, nursing homes.