

# Collaborative Newsletter



August 2023

Issue 3

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## **Intergenerational Project**

The summer is well underway now and we were delighted to be invited to Braehead Primary School in West Dunbartonshire to attend the last day before the summer holidays. Children involved in the Intergenerational Project with Crosslet Care Home got to say cheerio to the residents they had made friends with at the care home.

Children and residents recalled activities they had done together over the past year with smiles and laughter. The school and care home have developed a sustainable model that everyone benefits from. Great example of Intergenerational Relationships.





9am - 4.30pm **Holy Rosary Thursday 24th August** Book your place now via our website

## **SSKINS Study Day**

Join us at Holy Rosary Care Home in Inverclyde for a free education event open to all care home nurses, carers and activity staff on Thursday 24th August.

### Programme:

- Skin Inspection Risk assessment, Skin inspection, What is a Pressure Ulcer? Skin Care
- Surface Assessment for and care of different types of pressure relieving equipment
- Keep moving Repositioning, importance of physical activity
- Incontinence and Moisture Management
- Nutrition and Hydration
- Self-Management

## World Continence Week 2023 19 - 23 June 2023

This year's theme was "Commitment to Collaboration in Continence Care." Joanne Miller, Continence Nurse Specialist, NHSGGC Sphere Bladder and Bowel Service, ran 4 workshops with colleagues in care homes across Greater Glasgow and Clyde. The CHC team supported Joanne at Queens Quay House in West Dunbartonshire. There were various sessions including dispelling myths and misconceptions and demonstrations with practical tips that generated good discussion and learning. Stuart Wilson, HCSW, finished off the afternoon with information on the importance of nutrition and hydration in relation to bladder and bowel health.

Three new workshops have been scheduled and can be booked below using the links.

12th September, <u>Inverclyde Royal Hospital</u> 24th October, <u>Vale of Leven Hospital</u>

21st November, Montrose Day Centre, Paisley



## Meet our team... In this issue we introduce Gillian and Stephen



Gillian Mackay,
Advanced
Practice Care
Home Dietitian

Hello, I am Gillian, Advanced Practice Care Home Dietitian at the Care Home Collaborative. I have been a Dietitian for 20 years and worked across acute and community settings. For 7 years I have specialised in care homes as I really enjoy working with care home staff and residents to support projects that promote nutritional care and enjoyable mealtimes.

Working within the CHC has given me the opportunity to work collaboratively with colleagues across health and social care. In partnership with Care Home Dietetic Team we have developed key projects including; Project Milkshake, testing out standardised nutritional recipes to support the management of nutritional risks in residents, and currently testing out the newly developed Mealtime Champions Training and Observation Tools to enhance the mealtime experience. There is a variety of training now available on the website including, digital resources from our IDDSI and MUST videos and testing the use of webinar training to support access for all homes across GGC.

Hello, I'm Stephen, Project Manager for the Care Home Collaborative (CHC). All my working life has been spent in the NHS, where I have worked on a wide range of different projects, including mental health, children's health and care of the elderly, and everything in between. I joined the CHC in September 2021 and I am excited to be part of this new service.

As a Project Manager most of my work is behind the scenes and supports the whole team. However, I can safely say that I have never worked with a more dedicated and passionate team of people than the members of the CHC. The commitment and enthusiasm from the care home staff I've worked alongside over the last two years has also been incredible. We've started a number of joint projects in care homes, and I'm really looking forward to seeing how these projects make a difference to residents in the future.



Stephen French, Project Manager

## Focus on food, fluid and nutrition

### **New Resources**

The Care Home Dietitians developed training and resources for new staff in one of the care homes on key topics of food, fluid and nutrition as part of a robust induction programme.

Following on from the training sessions, the care home staff and dietitians created these training posters as an additional teaching resource for staff, and have proved to be very popular. We will be using and sharing this resource at the Care Home Collaborative training sessions.

There are three digital posters available on the Care Home Collaborative website under Resources.

- Food Fortification
- Mealtime Experience
- Hydration

Please feel free to use and share.

We welcome all feedback and want to hear from you on how we can improve and create resources that support training and awareness of food, fluid and nutrition in care homes.



## Care Home

## **FOOD FORTIFICATION**



MILK

Key points to support a food first approach for residents who require it

### What is fortification?

Food fortification, also known as food first means adding additional calories, protein and micronutrients to food to increase the nutritional value in the same or a similar portion. Food fortification is a useful tool for those at risk of malnutrition. losing weight or have a generally poor appetite.

## Offer familiar foods Make meals attractive

PROTEIN)

Use suitable portion sizes, offer second

Ensure meals, snacks and drinks are high in calories and protein

Use feeding aids and utensils

Food first strategies

( Allow sufficient time between meals

Ensure resident comfortable and prepared for meal

Remember fresh air and exercise promotes good appetite

### Why do we fortify?



To increase the nutritional value of a residents diet



Provides extra nourishment using familiar foods



To avoid having to ask the person



Way of offering extra nourishment



Improves the flavour of foods

### Who would benefit?

All residents on a MUST step 5 should be given a fortified diet. You may also find that fortification needs to be continued after the MUST step 5 is stopped, to support weight maintenance. If somebody continues to gain weight and is reaching a higher BMI, discontinue fortification.

### **Fortifiers**

### Protein:

- 30g skimmed milk powder = 100kcals and 10g protein
- . 1 pint fortified milk (using whole milk) = 600kcals and 40g protein
- · 3 dessertspoons evaporated milk = 75kcals and 3g protein
- · 2 tablespoons nut butter = 200kcals and 8a protein

Which fluids count?

Eat your water!

Jelly

Water, tea, coffee, squash, juices, fizzy drinks and milk all count as fluid.
Milky drinks e.g hot chocolate and milkshakes are best as they contain protein and calories too.

Clear soup

· 30g cheese = 125kcal and 8g protein



### Carbohydrates:

- 1 teaspoon of sugar = 20kcals
- 1 teaspoon jam or honey = 40kcals
- · 1 heaped teaspoon of hazelnut chocolate spread = 80kcals



- A 9g butter pat = 75kcals
- · 3 dessertspoons of single cream = 60kcals

Care Home MEALTIME EXPERIENCE



Mealtime coordinator

Positioning

the chin level

for a head tilt

to a dining chair **Practical tips** Focus on the person you are helping

to eat some more

Staff involved in meals should know who Requires support, assistance, supervision and/or monitoring during mealtimes
Requires a particular diet e.g. texture modified/fortified

Has chosen to eat in their own room Requires adapted cutlery/crockery/aids Has new/changing needs with their food, fluid and nutritional intake

Ensure the following:

Upright posture
Food within reach
Keep person sitting up after their meal for at least 30 minutes
Head position - should be straight, with

· Shallow cups can help reduce the need

Residents in wheelchairs ideally moved







### Before the Mealtime Consider music, lighting and table set up

- Consider music, lighting and table / set up
  Encourage residents to go to toilet and wash hands before meals
  Ensure there is a calm environment
  Appealing food: consider sights and

### During the mealtime

- Offer positive encouragement Minimise distractions Offer plated visual options to allo
- choice

  Regular encouragement of fluids

  Provide assistance if required

  Staff are focused on the mealtime

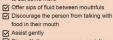
  Ensure residents in rooms get same
- If something is declined offer options

## The position of a person when eating and drinking is key to ensure safety at a comfortable eating experience

### After the Mealtime

- meals
  Where appropriate complete food and fluid chart ideally once the
- meal has ended
- Ensure good oral hygiene after





Sit at eye level and make good eye

Contact

✓ Look for cues when the person is ready

✓ Assist gently
 ✓ Stay with the person you are assisting throughout their meal
 ✓ Use verbal prompts e.g. talking clearly



## **HYDRATION**

## Key Hydration Points Dehydration happens when the am of fluids taken are not enough to

replace the fluids lost. 1 in 5 people living in long term care are dehydrated

- Drinks provide 70-80% of water needs
   20-30% of water needs comes from food
- glasses per day

  30ml/kg is more individualised: Aim minimum 1500mls/day

## Factors that affect hydration



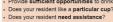




- Signs of dehydration:
- Thirst
  Infrequent passing / passing small
  amounts of urine
  Darker urine colour
  Muscle cramps
  Confusion
  Constipation
- Constipation
  Urinary Tract Infections (UTIs)
  Mood Change
  Mobility Changes Increased falls
  Dry/ Inelastic skin
  Headache
  Dry media

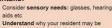


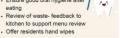
Understand why your resident may be reluctant to drink
Encourage visitors to support fluid intake
Socialise with resident and make it fun
Support residents to decide which drink
they would like
Provide sufficient opportunities to drink
Does your resident like a particular runk

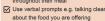












## Care Home Awards 2023

Scottish Care has announced nominations for the 2023 National Care Home Awards are officially open!

There are thirteen categories that recognise innovation and developments. This is an opportunity for us to celebrate and recognise the outstanding work of colleagues in Independent and Third Sector Care Homes across GGC - click the link to nominate now





## **Website Feedback**

The team has been developing the Care Home webpages on the NHSGGC website.

Our website is packed with training specifically for care homes.

We need your feedback to make it even better - email us and tell us what you'd like to see <a href="mailto:ggc.chccontact@ggc.scot.nhs.uk">ggc.chccontact@ggc.scot.nhs.uk</a>



## **Learning opportunities**

- Essentials in Psychological Care Dementia Training 19th September
- SSKINS
   24th August, 5th October and 16th November
- SPHERE Continence Training Programme
   12th September, 24th October and 21st November



Click here or scan the QR code for further details of all our learning opportunities and to book one of our sessions

## How to get involved

There are many ways to get involved and the team welcomes your input.

- Sign-up for our newsletter and updates
- Share your stories of person centred care and good practice.
- Join our groups and inform our work

Contact us for support, information and enquiries.



### Contact us



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