

Raising Awareness about Undernutrition: Patients Association Nutrition Checklist to the Nutrition Wheel

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Association

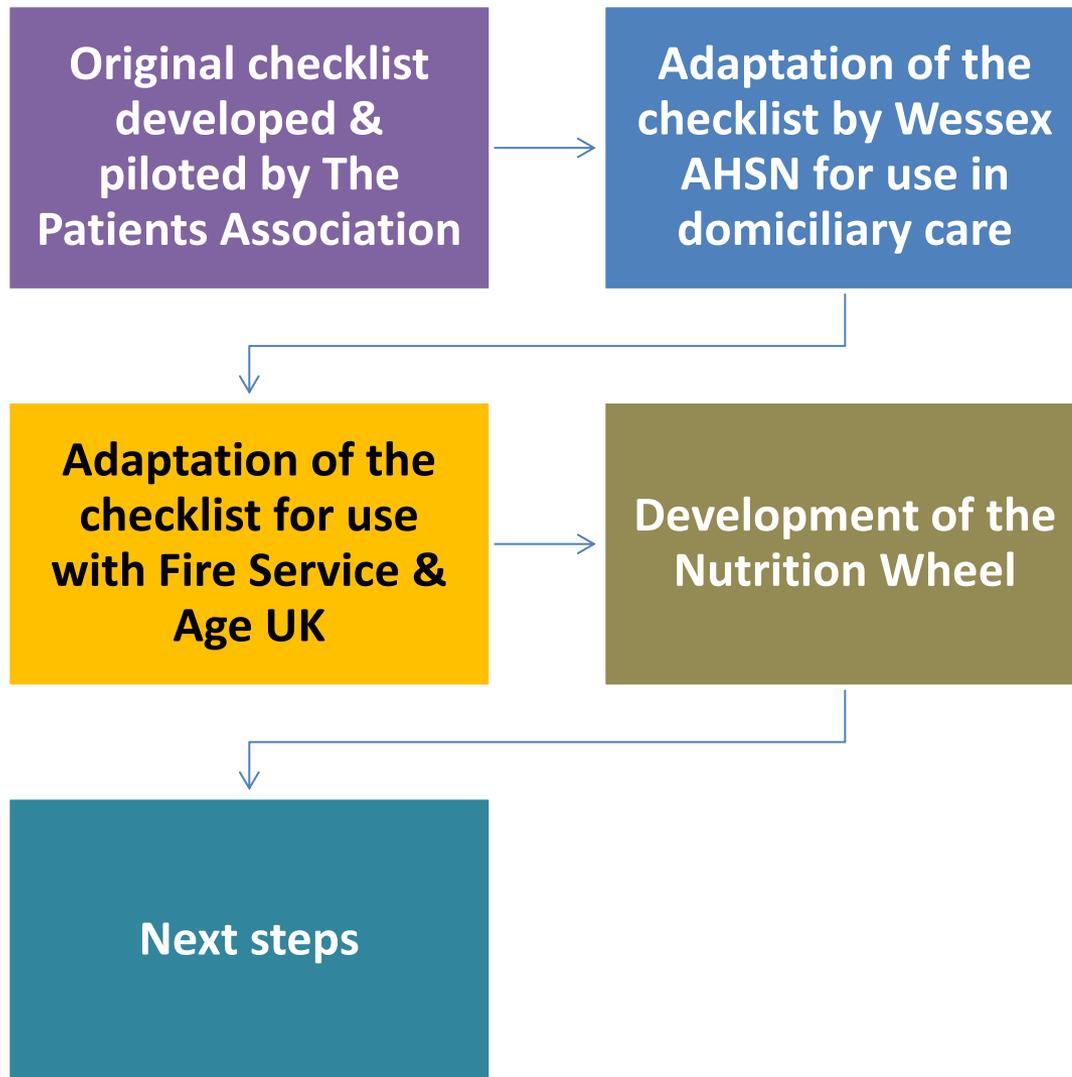
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Wessex
Academic Health
Science Network

 the patients association

nutrition checklist



Who we are and what we do

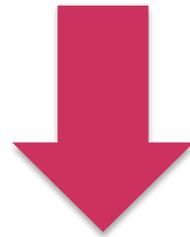
- Long established, independent charity
- Non-disease specific
- Helpline, campaigning and project work

***‘listening to patients,
speaking up for change’***

nutrition checklist

Aims

- To raise awareness of the possibility of being underweight or undernourished
- To help identify the need for nutritional advice
- To provide pointers for action



To identify and help reduce under-nourishment

Focus of the nutrition checklist

- In the community
- Amongst those over 65 (especially frail elderly)
- To be useful for people potentially at risk, relatives and staff
- To be usable anywhere (not weights and measures)
- To be simple and easy to fill in
- To encourage conversations about nutrition and weight amongst families and with professionals

Evolution of the nutrition checklist

- Created in 2016 – positive response
- Partnership working to develop – Bournemouth University, Wessex AHSN, Malnutrition Taskforce
- Pilot projects established with:
 - Domiciliary care
 - Fire Service and Age UK
 - GP practices in Buckinghamshire and Suffolk
 - Nutrition wheel
- Aim to establish best model to take forward for future development

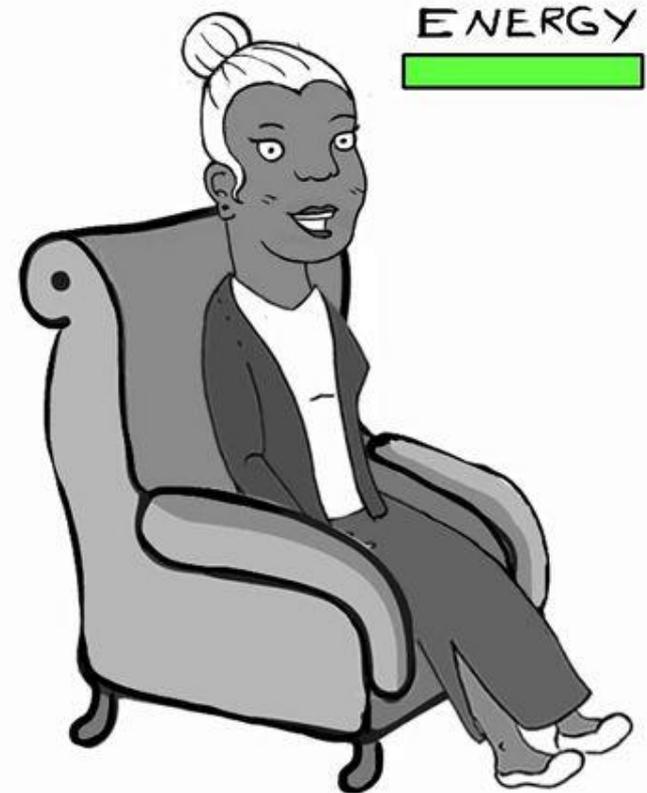
Elements of the nutrition checklist

Section A: key questions to assess need for advice to gain weight or eat differently

Section B: factors which may contribute to risk of under-nutrition (physical, social, appetite)

Section C: next steps (including seeking advice from healthcare professional) plus tips, advice and information about eating

Patients Association Nutrition Checklist



Adaptation for use in domiciliary care

- The original checklist was shortened and amended to include advice, signposting, leaflet suggestions and space to record action plan & next steps
- Piloted with Pramacare, a domiciliary care agency in Poole
- We provided training on undernutrition and the use of the checklist to 11 staff. A focus group was held at the end
- Checklist was used on 15 of their clients
- 40% (n=6) identified as at increased risk of undernutrition
- Staff found the checklist easy to use with useful signposting
- Pramacare plan to include the checklist in their 'toolbox', using it with those clients who are thought to be losing weight or are underweight



Adaptation for use with Fire Service & Age UK

- Shorter version was required: Section A was condensed into 4 questions (removing a question around special diets)
- Section B was condensed further and actions / signposting included specific to local & Age UK services
- We approached Hampshire Fire & Rescue to discuss including Part 4 questions into their Safe & Well checks as part of a 3-month pilot
- We approached Age UK Southampton to discuss receiving referrals from the First Service for any older people who were found to be at increased risk from these 4 questions
- Early results suggest the checklist is easy to use and Age UK Southampton found it very useful in guiding the conversation



Development of the Nutrition Wheel

1. Results of a project we ran with Age Concern Hampshire in 2016 piloting the use of the PaperWeight Nutrition Armbands highlighted the need for an interactive tool to act as a conversation starter that includes the importance of asking questions to determine unintentional weight loss
2. In 2017, a group of 7 students from BU agreed to develop the questions and signposting / advice from the checklist into an initial prototype as part of their 'Service Improvement Project'
3. The students obtained some initial feedback from 7 volunteers in lunch clubs and 12 service users



Final prototype design by the students



Development of the Nutrition Wheel

4. The students obtained some initial feedback from 7 volunteers in lunch clubs and 12 service users – feedback included:
 - 🍏 Design easy to understand and straightforward to use – with or without volunteer
 - 🍏 Provision of national numbers helpful (especially Citizen's Advice)
 - 🍏 A 'friendly' way to have the conversation
 - 🍏 Keen for the signposting advice on the information sheet
5. The Nutrition Wheel was further amended and 100 are being printed for piloting purposes. A tear-off information/advice sheet produced



Learning from projects using the nutrition checklist

GP pilots still underway – end April:
quantitative and qualitative evaluation

Know already: can be very helpful for people and staff

Know already: training about under-nutrition vital; needs a local champion and expert

Future plans for the nutrition checklist

- Finish pilots and evaluate in April 2018
- Determine best model(s) for success
- Seek partners to take forward to next stage
- Consider wider roll out and potential take up
- Establish research project to test

Next steps

1. Research study to look at concurrent validity of the Part A (four) questions with 'MUST'



To date we have attended 7 lunch / activity clubs in Hampshire, and collected data on 97 people

2. Collect data on the feasibility & usefulness of the Nutrition Wheel with voluntary sector & care navigators

3. Further piloting of the short version of the Nutrition checklist

