



Wessex
Academic Health
Science Network

Wellbeing and Wealth

Nutrition in Older People Programme: What have we achieved?

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Background – the problem facing us

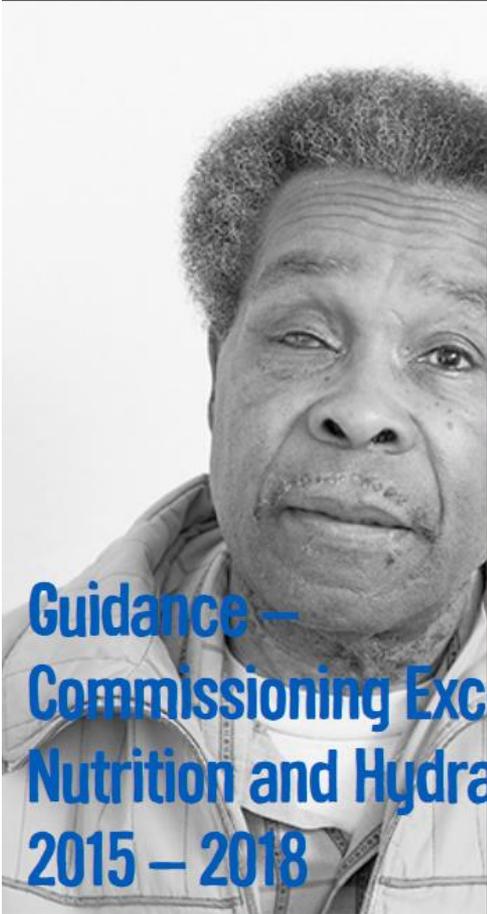


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- **Of the 11.6 million older people in the UK, over a million are estimated to be malnourished or at risk of malnutrition (undernutrition), of whom about 93% live in the community**
- **The number of over 65s set to increase by 64% over the next 20 years**
- **£££ - Undernutrition in the UK costs > £19 billion (BAPEN/NIHR 2015)**
- **Despite NICE guidance, it is under-recognised and under-treated across care settings (Elia 2005)**



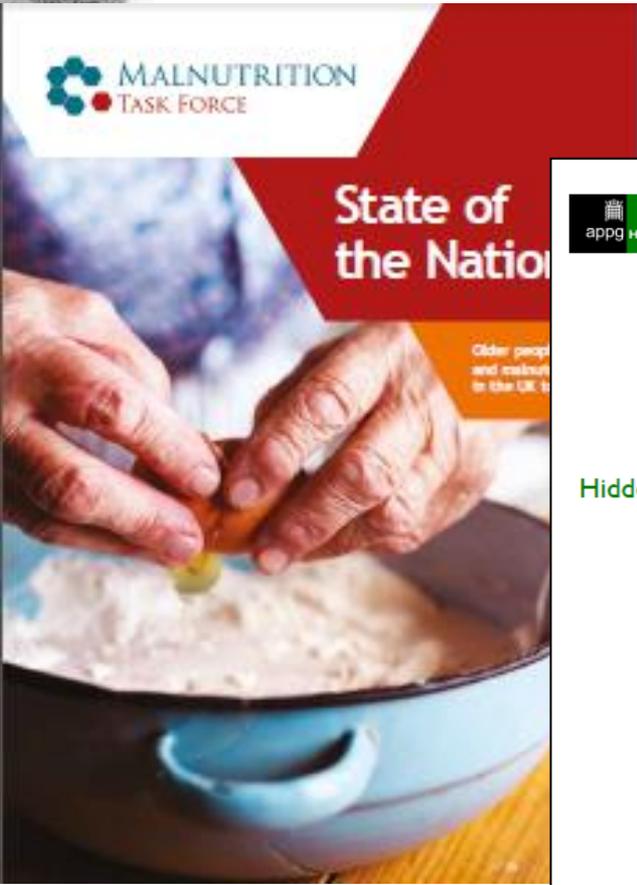
NHS
England



Guidance –
Commissioning Excellence
Nutrition and Hydration
2015 – 2018



MALNUTRITION
TASK FORCE



State of
the Nation

Older people
and malnutrition
in the UK



appg Hunger

Hidden hunger and malnutrition in the elderly

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This report was written by Andrew Forsay.

Nutrition in Older People Programme



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Implementation of integrated nutritional care in the community care setting for the screening, prevention and treatment of undernutrition in older people

- Spread of approaches for integrated community nutritional screening and treatment
- Development and evaluation of tools to support care workers and volunteers in raising awareness about undernutrition, identifying who may be at risk, providing signposting for support
- OPEN undernutrition toolkit

14% older people at risk (1 million)

93% at risk live in community

Increased risk of illness

Increased health and care use

Cost 2-3 times more if undernourished

Malnutrition Screening and Care



- Screened over 4600 people for malnutrition
- Average prevalence of 20%
- Prevalence ranges from 8% in general practice to 41% in domiciliary care
- 56% of people were screened by professionals not previously screening



Integrated Working

- **Pan Dorset Malnutrition Programme:** collaborative working health and social care; nutritional care pathways; electronic data collection
- **OPEN Eastleigh Project:** evaluating the implementation of collaborative working between health, social care and the third sector
- **Southern Health NHS Foundation Trust:** implementation of a new procedure for screening and care planning in community teams. Research of barriers and enablers funded by Burdett Trust for Nursing using Normalisation Process Theory

Project	2014 / 15	2015 / 16	2016 / 17	2017/18
Dorset Malnutrition Programme	Wool GP Surgery trial	Purbeck Pilot	Christchurch – early adopter	Rollout across Dorset
OPEN project, Eastleigh	Project design	Eastleigh Project		
Southern Health Screening Procedure			Learning from Eastleigh and design	Implementation in 1 business unit

Raising Awareness

- Voluntary Sector and carers
- Trained 1030 staff & volunteers in malnutrition identification & treatment
- Engaged with a wide range of people working in the community, e.g. Fire Service, NHS, domiciliary care, social services, third sector organisations

Project	2014 / 15	2015 / 16	2016 / 17	2017/18
Training and Awareness	1Community	1Community Age Concern Hampshire	Dorset POPP	
PaperWeight Armband			Age Concern Hampshire	
Volunteers in a GP Practice			1Community	1Community
Patient Association Nutrition Checklist			Domiciliary Care pilot	- Fire Service and voluntary sector - Validation with 'MUST' - Nutrition Wheel

Training Packages

- For community staff: GPs, social workers, community nurses and volunteers
- Include PowerPoint slides, case studies, follow up materials and evaluation forms
- Free to download from our website
- Endorsed by the British Dietetic Association

Awareness Materials

- OPEN undernutrition awareness leaflet
- Eating & Drinking well: Supporting people living with dementia printable PDF leaflet
- Eating Well: Guidance for people living with COPD printable PDF leaflet
- Set of 3 awareness posters
- Awareness Video
- 'MUST' video

Other Resources

- **Hydration Toolkit:** practical guide for care home staff and carers
- **Evaluation framework:** to support teams to carry out a robust evaluation of an intervention
- **Generic nutritional care pathways** which can be adapted and localised



To access the toolkit, visit our website:
wessexahsn.org.uk/OPEN-toolkit



Challenges and Opportunities

Challenges

- Other priorities
- Difficult to link health benefit to nutritional status
- Not recognising the issue

Opportunities

- Link to frailty
- Tools to raise awareness and signposting by volunteers / carers etc
- More people need to work in the area to create evidence

‘Making Undernutrition Everybody’s Business’

Today's agenda and expectations:

Morning

- **Health economic implications of disease related malnutrition - can we afford not to get it right?** *Mike Wallace, Strategic Affairs Director, Nutricia*
- **A new nutritional screening and care procedure: Implementation and Identifying and overcoming the barriers** *Kathy Steward, Integrated Services Matron, Southern Health NHS FT*
- **Rolling out good nutritional care in the community across Dorset** *Rosie Ralls, Project Manager*
- **Raising awareness about undernutrition: Patient Association Nutrition Checklist to the Nutrition Wheel** *Heather Eardley, Patient Association and Anne Marie Aburrow, Wessex AHSN*



Today's agenda and expectations:

Afternoon

- “Malnutrition in the community – everyone’s responsibility?” *Liz Weekes, Kings College, London*
- Round Robin sessions - *Have you signed up?*

