



Wessex
Academic Health
Science Network

Wessex AHSN

Nutritional Care Wessex Newsletter

Issue 4
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Welcome to Nutritional Care Wessex

Welcome to the fourth issue of the Wessex Academic Health Science Network (Wessex AHSN) Nutritional Care Wessex Newsletter. This edition covers the following news and project updates:

- Following on from a pilot project at the Queen Alexandra Hospital Portsmouth suggesting a simple and pragmatic way to improve hydration in older people, we are investigating the effectiveness of using coloured glasses on hydration
- An update on the different ways we are spreading best practice in nutritional care for older people throughout Wessex
- An update on a project we are doing with the voluntary sector and domiciliary care workers (in collaboration with the Patients Association and Bournemouth University), which aims to pilot a 'Nutrition Checklist' and produce an interactive tool to help them to identify and support older people at risk of becoming undernourished.

Contact us

Please contact us at nutrition@wessexahsn.net

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Programme Clinical Lead: Jane Murphy, Professor, Bournemouth University

We'd love to hear from you if

- you are interested in being updated with the work of Nutritional Care Wessex
- you would like to become involved with this work
- you are working within Wessex and running or part of an initiative involved with reducing malnutrition in older people.

Nutrition in Older People Conference November 2016: ongoing benefits

We had many positive comments from those who attended our conference in November 2016. We'd like to thank everyone who contributed towards the day, particularly those who presented, brought posters and participated in the workshops. The content of the day shared the breadth and depth of local work relevant to prevention of undernutrition of older people in the community. We hope those who participated in the workshops enjoyed them and gained insight into the practice of colleagues. One of our aims is to share any lessons learned and to continue sharing this information in the hope that the benefits spread. We have uploaded the posters, presentations and videos from the conference onto our website for anyone to access from <http://wessexahsn.org.uk/projects/88/nutrition-events-in-wessex>

The outputs collected in the workshops were shared with participants for their future reference and as a reminder of the discussion and points shared at the time.

The simple ideas are the best....

Hydration and nutrition are both important for a person's health and wellbeing. At the conference, we welcomed a presentation which tested a way to increase the amount drunk by hospital patients.

Toni Kingston (Registered nurse) from Queen Alexandra Hospital Portsmouth shared a pilot project which provided evidence that hospital patients using coloured glasses drank more than patients that used clear glasses. Toni's project produced data (see table below) on the total amount of fluid consumed from each of two wards where there was high patient turnover during the nine day period of the project.

	Fluid offered	Fluid Drunk	Fluid wasted	% consumed
Red ward – active	9050ml	7370ml	1680ml	81%
Lilac ward - control	4700ml	1415ml	3285ml	30%

These findings seemed to demonstrate the significant benefits to be gained from optimising patients' hydration with a solution which is both pragmatic and affordable.

Following on from Toni's presentation, the Wessex AHSN carried out a literature review looking at the evidence for the use of coloured vessels in getting people to drink more fluid. Searches revealed only one relevant result (Bunn et al, 2015), a systematic review looking at the evidence for a variety of strategies in improving fluid intake in care home residents. With only one small study using coloured cups

with dementia patients, there is limited evidence in the literature to advocate the routine use of coloured cups / glasses.

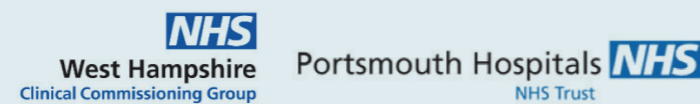


The next step was for the Wessex AHSN to obtain more evidence to establish the effect of coloured glasses in different settings, for those with and without dementia, and with larger sample sizes.

The AHSN is now working in partnership with Queen Alexandra Hospital (Portsmouth Hospitals NHS Trust) and some nursing homes in Portsmouth and Winchester (in partnership with West Hants CCG) to produce anonymised individual level data taken from locations where a population of older people is more stable.

For more information on the importance of good hydration in older people and ideas on how to improve the amount older people drink see our hydration toolkit (<https://www.slideshare.net/WessexAHSN/toolkit-improving-hydration-among-older-people>) or visit the Kent Surrey and Sussex AHSN website for more information on their Hydrate in Care Homes project (<http://www.kssahsn.net/what-we-do/supporting-our-ageing-population/Hydrate/Pages/default.aspx>)

Reference: Bunn, D., Jimoh, F., Wilsher, S.H. and Hooper, L. (2015). Increasing fluid intake and reducing dehydration risk in older people living in long-term care: a systematic review. *Journal of the American Directors Association*, 16 (2): 101-113



Spreading good practice

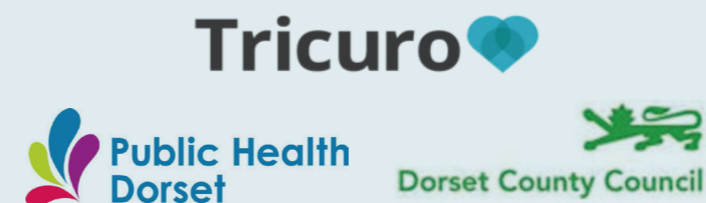
We have recently updated the nutrition project pages of the Wessex AHSN website to highlight our range of projects past and current, as well as having a new page dedicated to undernutrition awareness and training which features the Older People's Essential Nutrition (OPEN) Toolkit - <http://wessexahsn.org.uk/OPEN-toolkit>. Information on the launch of our Toolkit was featured in edition 3 of our newsletter, which can be downloaded from our 'news and publications' page: <http://wessexahsn.org.uk/projects/129/news-and-publications>.

Our programme featured in Public Health England's report on promising innovations for improving the nutrition of older people in the community

In February, Public Health England (PHE) produced an impact assessment, reviewing evidence of what has been shown to work in helping older people in the community to maintain a healthy diet. The study comprised a literature review and a review of expert opinions and emerging good practice. Two of the eight projects featured in the report are supported by the Wessex AHSN Nutrition in Older People Programme, namely the Pan-Dorset Malnutrition Programme and OPEN Eastleigh. Information on these projects in the context of PHE's report can be found on our website at <http://wessexahsn.org.uk/news/1734/ahsn-s-work-highlighted-in-national-public-health-england-report>.

Best practice 'MUST' screening roll out across Dorset

From small beginnings in a surgery in Wool, Dorset's malnutrition screening programme has evolved to become Pan Dorset, supported by the Wessex AHSN, Dorset CCG, Dorset County Council, Dorset Healthcare and Tricuro. The programme team is gradually training all health and social care staff working with adults in the community within Dorset. Staff are trained on how to complete a nutritional screening assessment (using the Malnutrition Universal Screening Tool ('MUST')) and on the advice to give if someone is found to be at risk of malnutrition. The screening results are entered onto a shared database, working together to ensure a continuum of care and ultimately, best practice for all. In the first four months of 2017 alone, 305 staff have been trained and 460 people have been screened for risk of malnutrition.



From novel practice to routine practice Implementing Nutritional Screening in Community Care for Older People (INSCCOPE)

Wessex AHSN has partnered with Bournemouth University and the University of Southampton, to explore how best to implement service improvements to screening and treatment for undernutrition.

We are currently involved in a service development project for integrated community teams (ICTs) with Southern Health NHS Foundation Trust, to implement a new model of nutrition screening and care for older people, drawing on the Wessex AHSN OPEN toolkit. The new procedure will be first implemented by ICTs in Andover, Winchester and Basingstoke, with plans to further roll out across Hampshire. The effectiveness of the new model will be evaluated with respect to: (1) staff knowledge relating to screening and treatment of undernutrition; (2) patient outcomes relating to undernutrition.

In addition to understanding the effectiveness of the model with respect to staff knowledge and patient outcomes, it is also important to understand factors that may help or hinder implementation of the new model, and embedding it as a routine aspect of care. Funded by the Burdett Trust for Nursing, led by Professor Jane Murphy (Bournemouth University, the INSCCOPE project will explore implementation and embedding of the new model over 12 months. The project is informed by Normalization Process Theory (NPT - <http://www.normalizationprocess.org/>), and data collection and analysis will be led Dr. Mike Bracher, Post-doctoral Research Fellow (Bournemouth University).

The ambition of the project is to maximise the potential for scalability and cost effectiveness of this new model, by providing an evidence base to support implementation across diverse settings in the health service.

For further information please contact Dr. Mike Bracher (Post-doctoral Research Fellow, Bournemouth University – mbracher@bournemouth.ac.uk; or Jane Murphy – jmurphy@bournemouth.ac.uk)

For more information on our work, please visit our website: <http://wessexahsn.org.uk/programmes/9/nutrition>



Development of a 'Nutrition Checklist' and interactive tool to complement 'MUST'

There are many staff and volunteers in non-professional roles who work with older people in the community, e.g. voluntary sector staff, care navigators, domiciliary care workers. For these staff, formal 'MUST' screening may not be appropriate for a number of reasons. However, these people hold positions and roles which have the potential to identify undernutrition early (and interact with older people who may not have regular contact with healthcare professionals) and provide information and signposting to help the older person. In light of this, a project is being undertaken in collaboration with the Patients Association and Bournemouth University, which aims to pilot a 'Nutrition Checklist' and also produce a simple interactive tool which will help identify and support older people 'at risk' of becoming undernourished. The proposed tool does not replace 'MUST', but could operate as more of a 'pre-assessment' for staff who would not be using 'MUST'.

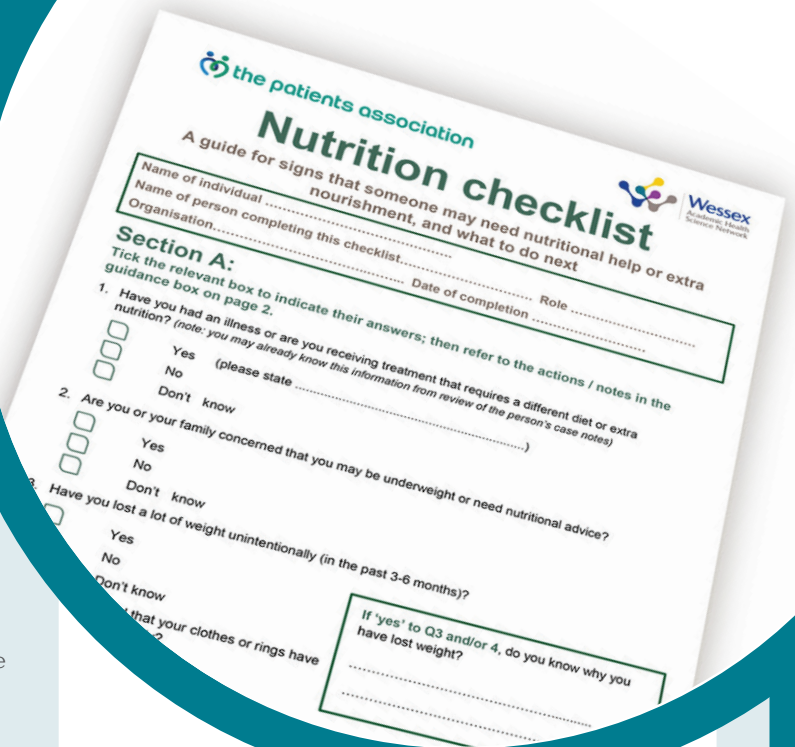
The 'Nutrition Checklist' for use with Domiciliary Care

In April 2017, a new project was launched working with a domiciliary care company in Dorset (Pramacare). It aims to understand how a new 'Nutrition Checklist' tool could be used by care locality managers and other staff to identify whether any of their clients are at risk of undernutrition and put appropriate care plans in place, as well as assessing the barriers and facilitators to using the checklist.

Working with the Patients Association, we are using a modified version of their newly-launched Nutrition Checklist, which consists of key questions to focus discussions around weight and nutrition and provides clear advice and signposting to appropriate support for older people living in the community. Care locality managers have received training on undernutrition, how to use the Nutrition Checklist, and what actions to take for individuals identified at risk of undernutrition.

This three-month project should be completed by July 2017. As part of the evaluation we will collect information on how the checklist has been used by staff and recorded in care plans e.g. actions and signposting to appropriate advice. We will also find out more about the care staff experiences and how they have been using the checklist as part of their practice to help improve nutritional care.

For more information about the Patients Association and Nutrition Checklist see <https://www.patients-association.org.uk/>



A new interactive tool

A new tool is currently being developed to be used by the voluntary sector to help initiate conversations about undernutrition using structured questions. Discussion with partner organisations (including dietitians, the Patients Association, Bournemouth University) has led to the following scope for a tool being developed:

- interactive and engaging, making the older person part of the activity
- simple to use with instructions as part of the tool so that minimal training is needed for the operator to understand what to do
- use structured questions to identify recent unexplained weight loss and explore some reasons why this weight loss has occurred
- suggest actions and signposting to help reduce the person's risk
- provide clarity on when a person should seek an appointment with their GP or practice nurse

The scope has been taken to a team of Adult Nursing and Midwifery students at Bournemouth University who will work to develop a tool as part of their assignment on service improvement. The next step will be to pilot this tool with people working in the voluntary sector.

Useful Links

- www.malnutritiontaskforce.org.uk/resources/malnutrition-factsheet/
- www.malnutritiontaskforce.org.uk/prevention-programme/
- www.nice.org.uk/guidance/cg32
- www.malnutritionpathway.co.uk
- www.malnutritiontaskforce.org.uk/resources/

- www.bapen.org.uk/commissioning-toolkit.pdf
- www.cqc.org.uk/what-we-do/how-we-do-our-job/fundamental-standards
- www.nice.org.uk/guidance/qs24
- www.bda.uk.com/publications/NutritionHydrationDigest.pdf