

The development of a toolkit and training package for health, social care and voluntary sector teams working with older people in the community to reduce undernutrition

by A.J. Aburrow¹, E.L. Parsons^{1,2}, R. Jones¹, K. Wallis¹ and J.L. Murphy^{1,3}

¹Wessex Academic Health Science Network, Innovation Centre, Southampton Science Park, 2 Venture Road, Chilworth, SO16 7NP

²NIHR Southampton Biomedical Research Centre, University Hospital Southampton NHS Foundation Trust and University of Southampton, Southampton, SO16 6YD

³Faculty of Health & Social Sciences, Bournemouth University, Bournemouth, BH1 3LT

Overview

- Published data suggests 14% of people over 65 are undernourished – 93% of these are living in the community
- National reports describe a lack of nutrition education in health & social care staff in the community
- The Wessex AHSN recently piloted two whole-system approaches to reducing undernutrition in the community – this involved training to a range of health & social care professionals (Purbeck and Eastleigh) and voluntary sector workers (Eastleigh)
- Bespoke training packages were developed for specific roles, along with nutritional care pathways, an evaluation framework and resources for the general public. These were published in July 2016 as the “OPEN toolkit”

Objectives & Methods

- Develop & evaluate bespoke training packages that could be used for different roles working within the community.** A multi-disciplinary task to finish group was set up develop training packages, which were then piloted with healthcare, social care and voluntary sector staff in Eastleigh through face-to-face delivery by a dietitian. Packages were evaluated through feedback (comparison of pre vs post session questionnaires, session evaluations, numbers trained and nutritional screenings following training), then published online
- Develop nutritional care pathways to guide the person carrying out the screening on appropriate advice to give, actions to take and how to refer on to other services.** Local pathways were developed as part of the Purbeck and Eastleigh projects, which were subsequently ‘genericised’ for the toolkit
- Develop & pilot resources suitable for the general public.** The task to finish group helped develop & review new resources, which were piloted during training and with the general public at events. Resources were published online, with the number of online views monitored
- Develop & publish a hydration toolkit.** The Hydrate Toolkit was developed through collaboration between Kent Surrey Sussex AHSN and Wessex AHSN along with North East Hampshire and Farnham CCG
- Develop an evaluation framework, designed to help teams consider how to do a robust evaluation of nutrition interventions.** Developed by the Wessex AHSN in collaboration with multidisciplinary partners from within the Wessex region and further afield

Conclusions

- Results of this work show the impact that the training packages can have in delivering good nutritional care, including improved screening, potential for improved patient outcomes and cost savings
- The training packages contribute directly to the national undernutrition agenda (e.g. NHS policies and NICE guidance)
- Success of the toolkit is becoming evident in news of the ‘spread’ that is now emerging, where other geographical areas are using the toolkit

Next Steps

- Publish some videos as part of the toolkit, e.g. how to carry out MUST screening, general undernutrition awareness video
- Evaluate the effectiveness of these videos as a means of providing engaging nutrition education
- Evaluate the use of the toolkit by other geographical areas
- Develop a training package for domiciliary care workers, and further develop the training package for voluntary sector workers to include simple methods of assessing risk of undernutrition

Results

Development of training packages

- 27** training sessions delivered (Eastleigh project)
- 182** staff & volunteers trained over 12 months
- 7** bespoke training packages developed

Team / sector	No. sessions delivered	No. attending training
GPs	6	13
Practice Nurses	4	7
Community nursing	2	26
Social care	4	47
Pilot care home	4	52
Community pharmacies	2	3
Voluntary sector	5	34

Effectiveness of training

- 19%** increase in knowledge
- 22%** increase in confidence giving dietary advice & using ‘MUST’
- 95%** rated the training ‘excellent’ or ‘good’
- 375** older people screened for malnutrition in Eastleigh using ‘MUST’ following training (over 12 months)
- 8%** of people were screened by teams not previously trained to screen
- 92%** of people were screened by teams who should have been screening but were not screening regularly prior to training
- ↑ informal application of training, e.g. providing general advice & support

Publishing of the ‘OPEN Toolkit’

- Training packages, undernutrition resources (leaflet and posters), generic care pathways, hydration toolkit and evaluation framework were published in July 2016. The toolkit has received endorsement by the British Dietetic Association
- Our OPEN undernutrition awareness leaflet received **866 views** in a 12 month period



Posters, leaflets & training packages can be downloaded from:
<http://wessexahsn.org.uk/OPEN-toolkit>

