

Nutrition: tackling undernutrition in older people across Wessex



What was delivered in 2016/17?

2,000 older people, still living independently, screened for undernutrition, and given an individualised care plan or directed to advice or services.



2,000 people

people screened for undernutrition across the programme, and given either an individualised care plan or signposting to appropriate advice or services.

Spread of good work from earlier projects:

- Agreement to roll out the Dorset malnutrition programme, piloted in Purbeck, to all of Dorset (including Poole and Bournemouth)
- Southern Health Managing Malnutrition in the Community project – started in March 2017
- Funding by The Burdett Trust (£140k) for INSCOPPe NPT research project to support the Southern Health project (above) - to be managed by Bournemouth University. Project started in January 2017



Raising awareness of undernutrition in older people:

- Evaluation of use of modified 'MUST' structured questions and Paperweight armband by the voluntary sector (Age Concern Hampshire; Dorset POPP)
- Publication of OPEN Nutrition Toolkit to support nutritional care across Wessex and wider. Interest from other AHSNs in the toolkit
- Tool development to support use of structured questions and signposting by Care Workers based on Patients Association Nutrition Checklist – to be evaluated in 2017/18
- Over 250 people have either attended training or awareness sessions on undernutrition in 2016/17
- Two posters shortlisted at national BAPEN conference for best poster prize
- Three articles in practice nursing journals outlining the work of the programme
- Successful conference with 120 attendees held in November 2016

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What's planned for 2017/18

- Over 5,000 people screened for risk of being undernourished and either individual care plans (health and social care) or advice given with signposting to relevant services (voluntary sector / care workers)
- Potential savings (health and social care) of £2m per annum by the end of 2018. Calculated based on published health economic studies
- Implementation and evaluation of innovative approaches for identifying and caring for people at risk of being undernourished
- Raised awareness of undernourishment in 1,000 people (health and social care professionals; voluntary sector; carers etc.) by end of 2018
- Provision of an evaluated nutritional care toolkit, including specific tools for use by care workers

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