

Nutrition: tackling undernutrition in older people across Wessex



This programme had three focus areas:

- Nutritional screening and care planning by integrated teams (health and social care) in community
- Innovative approaches for increased awareness and identification of people at risk of being undernourished by volunteers and carers
- The 'OPEN' toolkit



4,371
people screened
in 2017-18



In total
7,020
screened by the
programme



417
health and social care
staff trained in 2017-18



1,074
trained in total by
the programme

What was delivered in 2017-18?



- The Dorset Malnutrition Programme was rolled out across the **six Dorset localities** with plans to extend to Poole and Bournemouth in 2018. This programme has been shortlisted for a HSJ Value Award
- Work with Southern Health NHS Foundation Trust: implementation of new nutrition screening and care planning procedure in one business unit. A parallel collaborative project (INSCCOPE) between Southern Health, Bournemouth University, the University of Southampton and the AHSN, to identify barriers to nutritional screening and care planning in the community and solutions to embed new procedure. **Received Burdett Trust Funding of £140K.**
- Collaboration with the Patients Association to further develop the Nutrition Checklist; to include signposting. Piloted use in different settings: domiciliary care; fire service and the voluntary sector
- Validation of Nutrition Checklist questions vs 'MUST' (nationally recommended tool for nutritional screening) in **300 luncheon club attendees**
- Design of Nutrition wheel (with Bournemouth University students) based on the adapted Patients Association Nutrition Checklist. Feasibility work starting in May 2018
- OPEN toolkit continues to be shared. New developments include two training videos. The nutrition checklist and nutrition wheel will also be included once validation and feasibility work completed
- OPEN undernutrition awareness leaflet has been adapted and adopted for use by the CCGs in Hampshire



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Awards and posters at events in 2017-18:

- Two posters at Patient Safety Congress. The OPEN toolkit poster = winner of Education and Training poster category
- 3 x abstracts and posters at BAPEN national conference
- 3 x posters at BDA live
- Dorset Malnutrition Programme shortlisted for HSJ Value Awards (Improving value in the care of frail older adults category)
- Nutrition in Older People programme team shortlisted for the Complete Nutrition Awards 2018 'Community Nutrition Professional of the Year' category

Plans for 2018-19:

The Nutrition in Older People Programme ended in March 2018, however, key ongoing elements will be included in the Healthy Ageing Programme (e.g. INSCCOPE; Nutrition Wheel; Nutrition Checklist)



"The lady was so kind and helpful. It was an eye opener to see how low my weight had become. She really encouraged me back into eating properly."

Mrs A, Corfe Mullen



"I lost weight in hospital and found it hard to put it back on but knowing someone was taking an interest made it easier."

Mrs C, Verwood

Winner!

Shortlisted for a HSJ Value Award 2018

