



**Wessex**  
Academic Health  
Science Network

**Wessex AHSN**  
**Nutritional  
Care Wessex  
Newsletter**  
Issue 3



## Welcome to Nutritional Care Wessex

Welcome to the 3rd issue of the Wessex Academic Health Science Network (Wessex AHSN) Nutritional Care Wessex Newsletter. At Wessex AHSN we have been busy working with our partner organisations, providing support in the implementation of initiatives for good nutritional care based on the National Institute for Health and Care Excellence (NICE) guidelines (CG32) 2006 for nutritional support in adults (Quality Standard QS24 2012). We have developed our Older Peoples Essential Nutrition (OPEN) toolkit, and are evaluating approaches for the identification and care of older people who may be at risk of becoming undernourished, as well as signposting by the social care and voluntary sectors.

In this newsletter we give a brief overview of the NHS England commissioning guidelines for excellent nutrition and hydration (October 2015) and how the Nutrition in Older People Programme can support organisations to achieve these recommendations. We also share the programme's progress, successes and lessons learned:

- Development of a nutritional care toolkit (OPEN)
- Working with volunteers in Eastleigh
- Dementia care in Bournemouth, solutions shared through a workbook and YouTube
- Success of a pilot project leads to Dorset county-wide roll out

## Contact us

Please contact us at [nutrition@wessexahsn.net](mailto:nutrition@wessexahsn.net) 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.

We'd love to talk to you, and it will help us to keep a comprehensive list of all activities and help to share knowledge and good practice.

**Programme Clinical Lead:** Dr. Jane Murphy, Associate professor, Bournemouth University

**Programme Manager:** Kathy Wallis, Wessex AHSN

## Commissioning Excellent Nutrition and Hydration 2015 – 2018

The NHS England guidelines – Commissioning Excellent Nutrition and Hydration 2015 – 2018 were published in October 2015 <https://www.england.nhs.uk/wp-content/uploads/2015/10/nut-hyd-guid.pdf>. These guidelines aim to support commissioners to improve the delivery and commissioning of the nutrition and hydration needs of their population. They do not cover the specialised commissioning of those with complex nutrition and hydration care needs.



- Putting clear monitoring and evaluation procedures in place
- Working within the framework of the Equality Act 2010

Wessex AHSN supports these principles through the provision of the Older Peoples' Essential Nutrition (OPEN) toolkit. The way in which this toolkit is implemented will vary according to locally agreed objectives, the Wessex AHSN Nutrition in Older People Programme therefore provides practical implementation advice to support your initiatives locally. Should you need more specialised advice, we can also help by providing you with access to a network of experts across the Wessex region.

### Reference

M. Elia, R. M. Smith, Improving Nutritional Care and Treatment: Perspectives and Recommendations from Population Groups, Patients and Carers, BAPEN, 2009. Available from: [http://www.bapen.org.uk/pdfs/improv\\_nut\\_care\\_report.pdf](http://www.bapen.org.uk/pdfs/improv_nut_care_report.pdf) [Accessed 3rd November 2016]

The recommendations in the guidelines have been developed using the data on malnutrition prevalence within the population (Elia 2009), the known benefits associated with prevention of malnutrition through improved health outcomes for individuals, and the resulting avoidance of costs to health and social care which are incurred by those who are malnourished. Examples of good practice are shared through the link <https://www.england.nhs.uk/commissioning/nut-hyd/>

The commissioning guidelines relevant to the care of older people recommend that services are commissioned in a way which takes steps to prevent malnutrition and dehydration occurring, and that this should be achieved by:

- **Training:** ensuring that their workforce is educated to identify possible malnutrition and to use the Malnutrition Universal Screening Tool ('MUST') developed by the British Association for Parenteral and Enteral Nutrition (BAPEN)
- **Joint working:** working together across health and social care
- **Working to best practice guidelines:** treating those at risk in accordance with the National Institute for Health and Care Excellence (NICE) pathways



## Development of the Older Peoples' Essential Nutrition (OPEN) toolkit

The OPEN toolkit was developed and piloted during a project undertaken in partnership with organisations from health, social care and voluntary sectors in Eastleigh, and is therefore suitable for use across all care settings.

The toolkit brings together materials developed by experts from across the Wessex region and best practice guidelines from NICE, BAPEN, the Malnutrition Task Force, and is endorsed by the British Dietetic Association (BDA).

The OPEN toolkit contains training and awareness materials, generic nutritional care pathways, an evaluation framework, and a hydration toolkit, and is available to download from our website at:

<http://wessexahsn.org.uk/projects/106/older-people-s-essential-nutrition-open-resources>



## Working with volunteers

The Wessex AHSN are piloting some projects to evaluate how voluntary sector organisations can help spread good nutritional care.

We have trained two volunteers from One Community (Eastleigh) and are supporting them to screen patients in a GP practice one morning a week. From this, they are using agreed care pathways to provide basic dietary advice and signposting to those 'at risk' of undernutrition. We will use this data to evaluate the role of volunteers in supporting staff in general practice, as well as determining the prevalence of malnutrition risk in the practice.

We also provided training on using the PaperWeight Nutrition Armbands, providing basic dietary advice and signposting suggestions to volunteers from Age Concern Hampshire to enable them to support people at risk of undernutrition. The armbands provide an indication of whether someone is likely to be underweight and should always be used in conjunction with questions about recent weight loss. Whilst the armbands have been found to act as a 'prop' to help start a conversation about nutrition, they are not always being used appropriately with questions on weight loss. We are now modifying the protocol to improve the process going forward.

### Several benefits of volunteer involvement have been identified:

- Their unique role in interacting with older people in their communities, many of whom are 'hard to reach' or may not have regular contact with healthcare professionals
- Many volunteers have a position of influence, knowledge and trust within their community
- Benefits to volunteers themselves, e.g. access to nutrition training and feeling like they are making a difference

### Jean Roberts-Jones, CEO of One Community says:

*"Volunteers have a unique role in delivering messages about nutrition in health settings as they sit alongside patients helping them overcome some of those other issues which affect weight loss. They have time to explore issues such as why patients can't be bothered to eat or even if they can afford a balanced diet."*

For further information please contact Annemarie Aburrow, dietician for the nutrition programme

[annemarie.aburrow@wessexahsn.net](mailto:annemarie.aburrow@wessexahsn.net)

For more information about the work of One Community in Eastleigh, please go to <http://1community.org.uk/>



## Improving nutrition for people with dementia – supporting nursing and care home staff

Ensuring that people are eating and drinking enough is an important part of providing good quality care for someone with dementia, but can become increasingly challenging as the disease progresses. The reasons behind this are complex and could relate to physical difficulties with swallowing, being unable to remember when they last ate or drank or no longer being able to sense hunger and thirst.

Thanks to funding from the Burdett Trust for Nursing, academics from Bournemouth University have been working in partnership with care homes, councils, health care professionals and care givers in Dorset to explore the problem and find ways to support staff to provide excellent care.

By working together with staff in care homes, the team have drawn out examples of best practice and strategies for supporting people with dementia to eat and drink well. These include offering people visual choices between food and immersing them in food preparation and using smells, tastes and memories to help spark their appetites.

"As part of our research, we worked with staff in local care homes to monitor how much people with dementia were eating and drinking. We also used innovative Sensewear™ armbands, which allowed us to see how much energy people were expending and how often they were sedentary or active. Our results showed that around half weren't eating enough to meet their daily energy needs," explains Jane Murphy, Project Lead.

"For busy care staff, it can be difficult to assess what those reasons are. That's why we developed a workbook and Youtube film which busy care staff can dip in and out of in their own workplaces. Both resources are packed full of tips about nutrition in general and different ideas to help support people with dementia to eat and drink well. We worked with local care homes to create the tools, so we know these approaches work in practice."

Since the beginning of 2016, the resources have been shared widely across the UK. Further evaluation has shown that this is making a difference to the wellbeing of people with dementia with staff implementing more person-centred approaches to nutrition-related care and importantly, is leading to weight gain in people who were at risk of or losing weight.

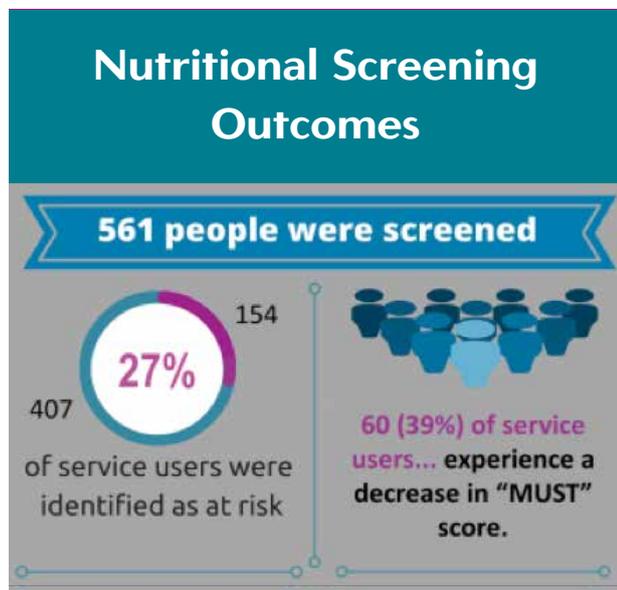
For further information visit the project website [www.bournemouth.ac.uk/nutrition-dementia](http://www.bournemouth.ac.uk/nutrition-dementia). or contact Jane Murphy: [jmurphy@bournemouth.ac.uk](mailto:jmurphy@bournemouth.ac.uk)



## Successful Pilot Project in Dorset moves into County-wide rollout

Positive outputs from initial Dorset projects in Purbeck and Christchurch have led to plans to roll out this integrated approach for community based malnutrition screening and care across Dorset. Wessex AHSN funding will provide resource to support this rollout.

The data over the 20 month period are below.



These results have enabled the Dorset County Council project team to develop a business case which has been agreed by all of the relevant health and social care organisations for a county-wide rollout.

The continuing collection of data from the Dorset programme rollout will enable us to bring together evidence on the impact on nutritional status of providing good nutritional care in the community care setting. From this evidence we will endeavour to estimate the potential cost avoidance using national research estimates.

For further information contact Sue Hawkins, Care Catering Service Manager, Dorset County Council [sue.hawkins@tricuro.co.uk](mailto:sue.hawkins@tricuro.co.uk)



## OPEN conference: Reducing Undernutrition – Spreading the Responsibility

Our annual nutrition conference was held on 17th November in Southampton.

### Keynote Speakers were:

Dr Rachel Pryke, RCGP Clinical Lead for Nutrition

Dr Trevor Smith, BAPEN Lead on Data and Measurement

Download the slides for the conference presentations from our website: <http://wessexahsn.org.uk/projects/126/nutritional-care-wessex-conference-2016-reducing-undernutrition-spreading-the-responsibility>

## The current activities of the Wessex AHSN Nutrition in Older People Programme

The current activities of the programme focus on four areas: Proof of concept and evidence, Overcoming barriers to Implementation, Exploiting the Wessex expertise and Spread of good nutritional care.

<p><b>Proof of concept and evidence</b> Roll out across Dorset Data collection and evidence re outcomes Write up of Eastleigh work</p>	<p><b>Spread of good nutritional care</b> Agree metrics for successful spread Events with commissioners / providers Support of organisations to implement and embed Spread of toolkit materials</p>
<p><b>Overcoming barriers for implementation</b> Review and evaluation of approaches to increasing identification of those at risk (e.g. armbands, use of volunteers, self-screening tool)</p>	<p><b>Exploiting Wessex expertise</b> Developing Nutritional Care Wessex Working with national groups (e.g. Malnutrition Taskforce; Age UK; Apetito) Other AHSNs</p>

Through our projects, the data we are collecting are providing evidence of the numbers of undernourished older people living in the community and demonstrating how simple integrated approaches including health, social care and voluntary sectors can improve the nutritional status of this population, and thus have a positive impact on their health outcomes.

We have however come across barriers to the implementation of nutritional screening, for example: conflicting priorities with clinical work load, lack of acceptance that nutritional screening was the role of all parties involved with the projects, and changes in key managers who had been the champions of the projects. The challenges have varied according to setting. Through evaluation we have learnt lessons around commitment, the importance of simplicity of screening procedures, and the need for integrated working in nutritional care. These lessons have led to further projects exploring new approaches to incorporate into each care setting.

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

## Useful Links

<http://www.malnutritiontaskforce.org.uk/resources/malnutrition-factsheet/>

<http://www.malnutritiontaskforce.org.uk/preventionprogramme/>

<https://www.nice.org.uk/guidance/qs24>

[www.malnutritionpathway.co.uk](http://www.malnutritionpathway.co.uk)

[www.malnutritiontaskforce.org.uk/resources.html](http://www.malnutritiontaskforce.org.uk/resources.html)

[www.bapen.org.uk/commissioning-toolkit.pdf](http://www.bapen.org.uk/commissioning-toolkit.pdf)

[www.cqc.org.uk/organisations-we-regulate/registering-firsttime/essential-standards](http://www.cqc.org.uk/organisations-we-regulate/registering-firsttime/essential-standards)

[www.publications.nice.org.uk/quality-standard-for-nutrition-support-in-adults-qs24](http://www.publications.nice.org.uk/quality-standard-for-nutrition-support-in-adults-qs24)

[www.bda.uk.com/publications/NutritionHydrationDigest.pdf](http://www.bda.uk.com/publications/NutritionHydrationDigest.pdf)