



WESSEX  
ACADEMIC HEALTH  
SCIENCE NETWORK

IMPROVING HEALTH THROUGH INNOVATION

# WESSEX ACADEMIC HEALTH SCIENCE NETWORK NUTRITIONAL CARE WESSEX NEWSLETTER

## Issue 1

## Welcome to Nutritional Care Wessex

Welcome to the first newsletter for the Wessex Academic Health Science Network (Wessex AHSN) – 'Nutritional Care Wessex'. In this edition we introduce the Wessex AHSN and the Nutrition programme, as well as provide some headlines and contacts for the work currently taking place.

## 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? Please let us know so we can keep a comprehensive list of all activities and help to share knowledge and good practice.

**Programme Clinical Lead:** Jenny Davies, Acting Consultant (Senior Specialist) in Public Health, Southampton City Council

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

**Programme Dietetic Lead:** Dr Emma Parsons, Research Fellow, Biomedical Research Centre (BRC), University of Southampton

Contact details: <http://wessexahsn.org.uk/> | [nutrition@wessexahsn.net](mailto:nutrition@wessexahsn.net) | [@wessexahsn](https://twitter.com/wessexahsn)

# The Wessex Academic Health Science Network (Wessex AHSN)

Academic Health Science Networks (AHSNs) are pioneering an innovative way of working. We aim to close the gap between best practice and current practice by collaborating with patients, the NHS, academia and industry to co-develop solutions to challenges and unmet needs in the health system.

Wessex AHSN covers a population of three million across nine local authorities, bringing together 10 CCGs, 11 NHS Trusts and five Universities. The needs of our community are at the centre of all that we do: facilitating whole-life and whole-pathway improvements in our priority areas, underpinned by core activity-based programmes that support systemic change. For more information, please visit our website at [www.wessexahsn.org.uk](http://www.wessexahsn.org.uk)



## Wessex AHSN Nutrition Programme

This programme is initially focusing on reducing malnutrition in older people. 14% of older people in the UK (approx 1 million people) are at risk of malnutrition (under-nutrition). Public expenditure related to malnutrition in the UK in 2007 was estimated to be over £13 billion and it is agreed that improved nutritional care could result in substantial financial return on any investment made.

National guidelines (NICE; CQC etc.) exist but are not consistently applied across all care settings and geographies. It is estimated that malnutrition costs for Wessex are at least £520 million (approx. 4% of total UK costs). The programme aims to:

1. Develop and implement an approach(es) for reducing malnutrition in older people, providing evidence of measurable improvements in nutrition, health and well-being outcomes.
2. Develop and test a toolkit that develops capability drawing on learning of evidence based practice, for adoption by local Wessex (and wider) initiatives to improve nutritional care in the elderly
3. Facilitate and lead learning workshops across Wessex as part of encouraging the adoption of the evidence based approaches to reducing malnutrition in the elderly
4. Develop and apply an evaluation framework, to support the evaluation of nutritional initiatives, and their spread.
5. Through partnership and collaboration, develop and co-ordinate communication through appropriate channels to facilitate the sharing of good practice locally and nationally

The following pages highlight initiatives forming part of the programme. For more information contact [Nutrition@wessexahsn.net](mailto:Nutrition@wessexahsn.net)

## Wessex AHSN Nutrition Programme Steering Group

The Wessex AHSN Nutrition Programme Steering Group consists of representatives from the Wessex AHSN member organisations and affiliated members. All members of the group have a specific interest in the reduction of malnutrition in older people.

**Jenny Davies** (Programme Clinical Lead) Acting Consultant (Senior Specialist) in Public Health Southampton City Council

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

**Dr Emma Parsons** (Programme Dietetic Lead), Research Fellow, Biomedical Research Centre (BRC), University of Southampton

**Dr Mike Stroud**, Consultant Gastroenterologist, University Hospital Southampton; BAPEN President

**Dr Steve Wootton**, Director of Infrastructure, BRC, University Hospital Southampton

**Dr Jane Murphy**, Associate Professor, Bournemouth University

**Claire Wood**, Head of Dietetics and Speech and Language Therapy, University Hospital Southampton

**Dr Ali Hill**, Senior Lecturer in Nutrition, Southampton Solent University

**Hilary Rivers**, Head of Service Dietetics S Wilts, GWH NHS Foundation Trust

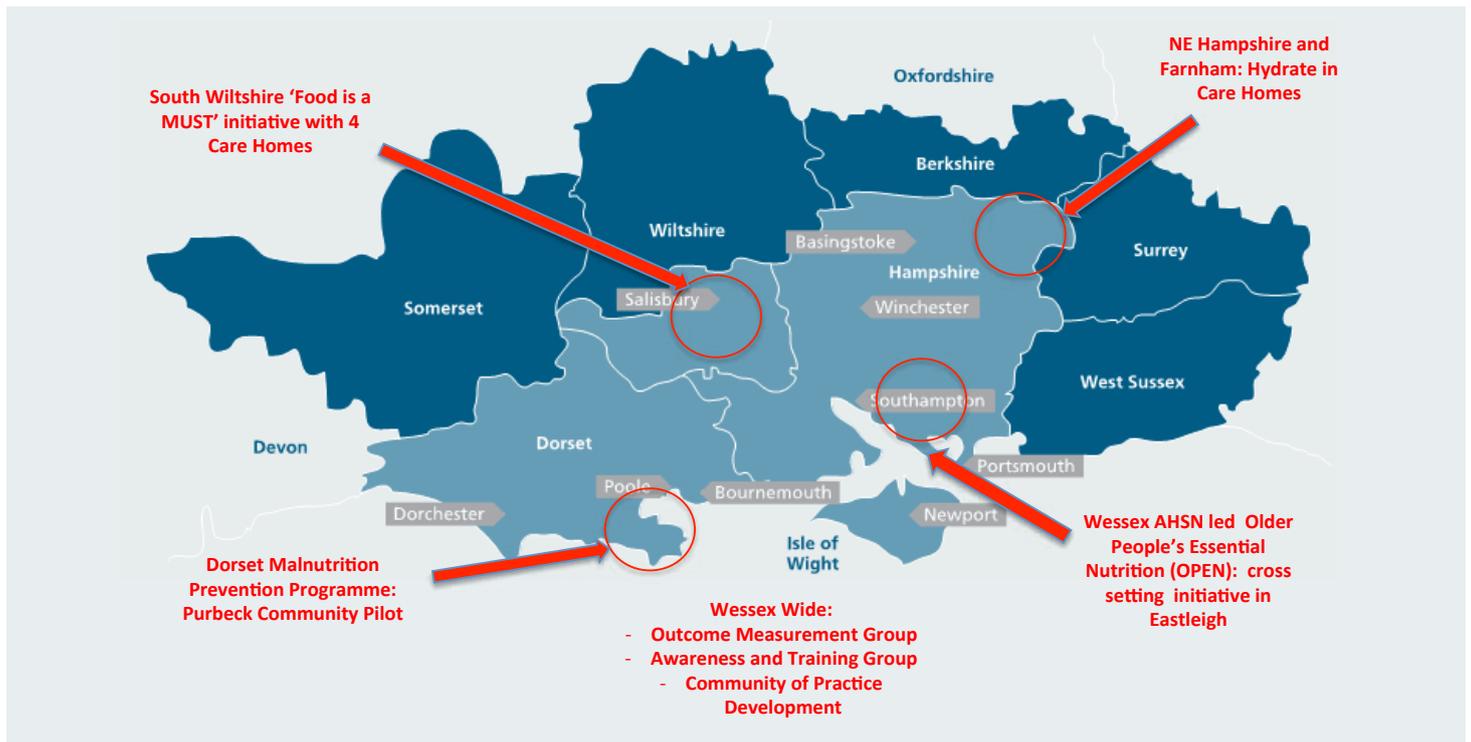
**Sue Hawkins**, Care Catering Services Manager, Catering Services, Dorset County Council

**Dr Sue Green**, Associate Professor (Nursing), University of Southampton

**Michelle Smith**, Health Programme Advisor, Public Health, Dorset County Council

**Karen Ferris**, Commissioning Officer, Older People's Well-Being Team, Hampshire Council Council

# Wessex AHSN Nutrition Programme Activities



## Dorset Malnutrition Prevention Programme

Dorset has created a partnership which aims to provide the highest levels of good practice in nutritional care for adults and as a result launched its Joint Nutritional Care Strategy for Adults in May 2013 (<http://www.dorsetforyou.com/nutritional-care-strategy>).

Initially a pilot run implementing nutritional care pathways for health and social care teams in the community based on one GP practice. A significant number of vulnerable adults were nutritionally screened and subsequently identified as at risk of malnutrition within the community. These individuals were unlikely to have been identified without the nutritional screening intervention being implemented as the majority of screenings to date have been done by teams who had not been screening or received any training in nutritional screening pre intervention.

The initiative has now been rolled out across 5 GP practices in Purbeck. This wider pilot will run for another 6 months to 1 year. The longer term plan is to evaluate the programme further by looking at potential cost savings as well as the health and well-being outcomes for those individuals identified as at risk with the view to the programme becoming Pan Dorset.

This work is one of 5 national Malnutrition Taskforce pilots, and has received funding from the Wessex AHSN.

For further information contact [s.hawkins@dorsetcc.gov.uk](mailto:s.hawkins@dorsetcc.gov.uk)

## Older People's Essential Nutrition (OPEN): Eastleigh

OPEN aims to reduce the number of older people who are malnourished and the associated health and social care use. It is initially being run in Eastleigh, Hampshire with plans to spread wider across Hampshire. The initiative includes:

- Nutritional Care Pathways, based on national guidelines, providing guidance on screening, individualised care plans, co-ordination between relevant workforces and timely care and review
- Raised awareness of the issues of malnutrition in the general public as well as in the community health and social care workforce
- Development of an evaluation framework to support future commissioning of good nutritional care both within Eastleigh, and wider in Hampshire.
- Piloting of a support package (e.g. training and awareness materials, evaluation tools, nutritional care pathways) that can be adopted in other localities

For further information contact [Nutrition@wessexahsn.net](mailto:Nutrition@wessexahsn.net)



## Useful links for Malnutrition

Below are some links to websites which provide help and advice on malnutrition:

### British Association for Enteral and Parenteral Nutrition

A charitable association that raises awareness of malnutrition and works to advance the nutritional care of patients and those at risk from malnutrition in the wider community

[www.bapen.uk](http://www.bapen.uk)

### Malnutrition Taskforce

An independent group of experts across health, social care and local government united to address avoidable and preventable malnutrition in older people.. A particular focus on malnutrition in later life

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

### Age UK

A charity that provides companionship, advice, and support for older people facing later life alone.

[www.ageuk.org.uk/health-wellbeing/](http://www.ageuk.org.uk/health-wellbeing/)

### British Dietetic Association (BDA)

Association of UK dietitians

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

### Managing adult malnutrition in the community

<http://www.malnutritionpathway.co.uk/>

### Nutrition support in adults

Oral nutrition support, enteral tube feeding and parenteral nutrition (CG32)

[www.nice.org.uk/guidance/cg32](http://www.nice.org.uk/guidance/cg32)

### Care quality Commission (CQC) Essential Standards

<http://www.cqc.org.uk/content/essential-standards>

### Dorset County Council and CCG Nutritional Care Strategy:

[www.dorsetforyou.com/nutritional-care-strategy](http://www.dorsetforyou.com/nutritional-care-strategy)

### Hampshire County Council eating Well Living well Community Nutrition Strategy for Older People

<http://www3.hants.gov.uk/adult-services/bettertime/publications-strategies/eating-well-living-well.htm>

## Food is a MUST: South Wiltshire

FOOD is a MUST is a Wiltshire wide initiative centred on a locally agreed, evidence based pathway to support the effective identification and management of malnutrition in community settings.

The South Wiltshire FOOD is a MUST Care Home pilot (4 Care Homes - one residential; 3 with nursing) assesses the benefits of providing more intensive support along with carefully produced documentation and is based on a written agreement between the Dietitians and the Care Home management to meet the objectives of the FOOD is a MUST project.

Self-evaluation feedback (one month post-implementation) and a follow up visit indicate that training and use of FOOD is a MUST documentation supports the Care Home staff to complete accurate 'MUST' screening and develop effective care plans which follow best practice recommendations for identifying and managing malnutrition in the community.

For further information contact [anna.cable@gwh.nhs.uk](mailto:anna.cable@gwh.nhs.uk)

## HYDRATE: NE Hants and Farnham

In May 2014 NE Hants and Farnham CCG started the HYDRATE project to improve hydration among care home residents.

30 homes are participating and have appointed at least one hydration champion in each home who has received training and support from the community dietitian project manager. In addition each home has been supplied with a bespoke resource pack and promotional items. The project pilot, involving 8 homes, has had a positive evaluation from the University of Surrey and the whole project has had good feedback from the homes, who have developed hydration based activities and a wide range of innovative ideas. The project is continuing for 12 months with the aim of producing long term change in hydration awareness and management for care home residents. It is hoped that there will be a reduction in the incidence of falls and urinary tract infections and associated admissions.

For further information contact: [s.o'callaghan@nhs.net](mailto:s.o'callaghan@nhs.net)