



Wessex
Academic Health
Science Network



Hampshire and Isle of Wight
Sustainability and Transformation Partnership

HYDRATION IN CARE HOMES PROJECT LAUNCH

19th April 2018



Hampshire
County Council

Introduction

Matt Hutchinson
Head of Service South



Housekeeping



**Fire
Alarm**

Toilets

Smoking

Phones

Refreshments

Aims

❖ To improve the practice of hydration in care homes in order to prevent falls, building on positive results of previous work carried out in the North and West Hampshire CCG's, Kent, Surrey and Sussex.





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Background and Purpose

Dr Sarah O'Callaghan
Hydrate Lead
Kent, Surrey, Sussex AHSN

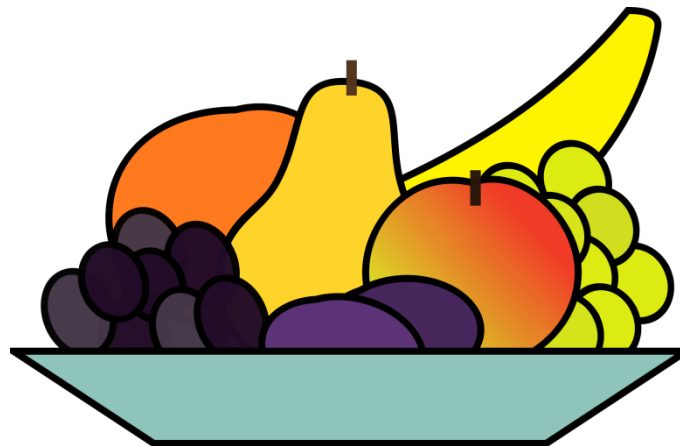


Success Stories

Christine Fermor
Registered Manager
Westholme Care Home



WESTHOLME NURSING AND RESIDENTIAL CARE HOME HYDRATION PROJECT



Introduction

- Westholme Nursing and Residential Care Home is a 74 bedded home
- Residents mostly with Dementia
- 1 main kitchen and 8 kitchenettes



How we implemented the hydration project

- The pilot
- Training/Workshops
- Champions in Hydration
- Resources
- Red cups



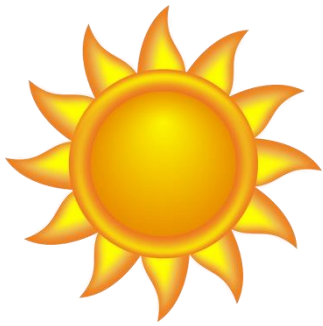
Outcome from the workshops

- Themes for the day
- To improve communication – Nurses during medication rounds offer more drinks to residents
- Shorter straws
- Blenders for all kitchenettes
- Oral care- to purchase soft tooth brushes
- Kitchen staff to provide fruits in the units
- Staff to drink with residents - socialising
- Cups were too heavy – suggested china light cups for teas
- Staff to improve communication with the kitchen

Outcome from the workshops

- Fresh Fruits such as melons, bananas, strawberries
- Jellies, ice-cream





Achievement

- All staff feeling part of the project
- Resources which they asked for were provided
- There is a sense of achievement and inclusion from staff as they take the lead role
- Families getting involved
- Dining experience



Results

- An audit was taken prior to the project for 6 months (Falls/Pressure Sores/Urinary Tract Infections)
- 6 months after the implementation of the project, falls reduced by 38%
- Staff are motivated and understand the importance of hydration- embraced the idea and feel enlightened about hydration
- Its working so well – residents like it, pick up the red glasses and drink. The cups were a success, easy to spot

Summary of the hydration project

- 150 Red Glasses
- Visual Posters Displayed
- Four Hydration Champions including 1 from the catering team
- Blenders in all kitchenettes
- Staff socialise with a drink
- Themes of each week
- Drinks throughout the day and night available

Demonstration

- Please try some of the hydration samples from the team and enjoy !





The Vision

Mandy Grahamsley
Strategic Quality Lead
HCC Care




Why Hydration?

- ❖ In January 2015 to December 2017 there were 8,363 slips, trips and falls in HCC care homes
- ❖ 33% (one third) of these resulted in a physical injury
- ❖ Of the slips, trips and falls that resulted in an injury, 21% (one in 5) were taken to hospital
- ❖ In total, there were 75 slips, trips and falls that resulted in a hip fracture between Jan 2015- Dec 2017
- ❖ The average cost of a hip fracture to the NHS is £14,163




What do CQC say

 Regulation 14:





“The nutritional and hydration needs of service users must be met”

 This means adequate hydration to sustain life and good health, including providing support if necessary

The well-led domain and relevant KLOEs

-  W3 How are people who use the service, the public and staff engaged and involved?
-  Prompt W3.1 How are staff actively involved in developing the service? Are they encouraged to be involved in considering and proposing new ways of working, including ways of putting values into practice?
-  Prompt W3.2 Are there strong links with the local community? How has the service strengthened relationships beyond the key organisations?



Well-led domain - continued

-  W4 How does the service continuously learn, improve, innovate and ensure sustainability?
-  Prompt W4.1 Are resources and support available to develop staff and teams, and drive improvement?
-  Prompt W4.3 How is success and innovation recognised, encouraged and implemented?
-  Prompt W4.5 How does the service measure and review the delivery of care, treatment and support against current guidance?

Well-led domain continued

- ❖ W5 How does the service work in partnership with other agencies?
- ❖ Prompt W5.1 How does the service work in partnership with key organisations, (including multidisciplinary teams) to support care provision, service development and joined-up care?

Other KLOEs to consider

-  E3 How are people supported to eat and drink enough to maintain a balanced diet?
-  E5 How are people supported to live healthier lives, have access to healthcare services and receive ongoing healthcare support?

The Project

2 Assessment Tools

- ROC
- Cups and Pees

Hydration Champions

- Training and support

Regular Review and monitoring

- Future Events

Break





Group Activity

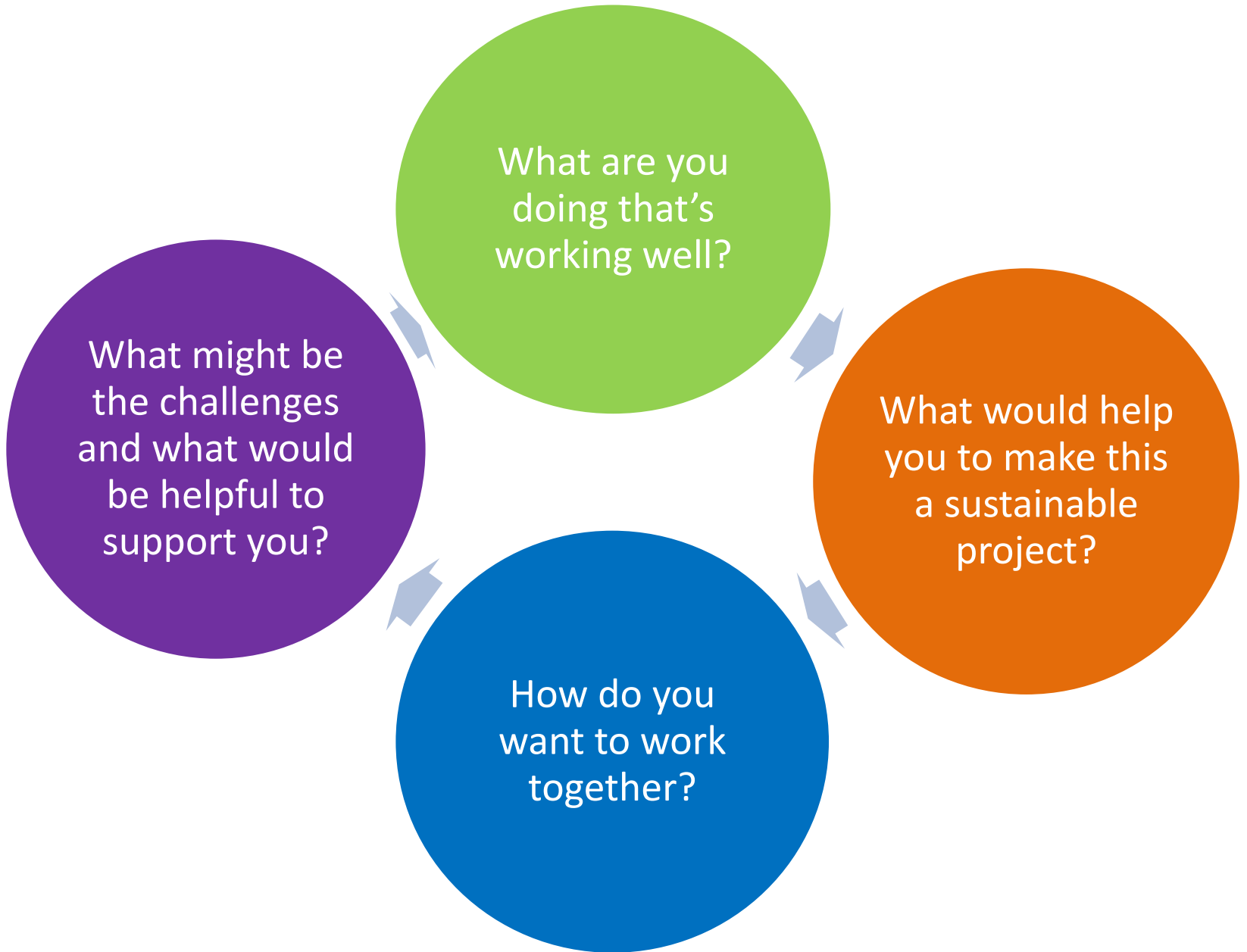
Emma Ware
Service Manager HCC Care



What can YOU do?



Small Group Activity



Champion's Role

- 💎 What do you think this role looks like?
- 💎 What should be the expectations of the role?
- 💎 What would make you feel valued?




Signing the Charter

- ♥ Managers please sign the charter and leave on your table
- ♥ This will be returned to you by PaCT once it has been scanned and saved
- ♥ Complete the order form for the number of Posters




Next Steps

Champions need to attend one of the following Training Dates:

 Wednesday 16th May at Alton Maltings
12.45 to 16.30

OR

 Tuesday 22nd May at Havant Plaza
09.15 to 13.00

Evaluations





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