

Newsletter

NUTRITION AND



HYDRATION WEEK

A Global Challenge

2017 : March 13th - 19th

Series 4 No 9

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Thank you for sharing your plans with us. To hopefully inspire you if you haven't do so to utilise Nutrition and Hydration Week to promote your great work, or to share your plans with us here are a few examples of the information we have received.

Kathleen Blackburn from Venice, Florida sent us this message. "Thank-you again for including us in Nutrition and Hydration Week. We here in America will participate in daily events throughout the week, including the tea party on March 15th and also a St. Patrick's Day meal on the 17th. Once plans are finalized a copy will be forwarded.

Enjoying all of your ideas and materials."

The Canadian Society for Nutrition Management held a webinar entitled Improving Nutrition and Hydration - Hosting a Tea Party. The session also included one Continued Education point for attendance.

The session was about the benefits to patients/clients/customers, and also to staff and clinical colleagues about 'Hosting a Tea Party'.

The session covered

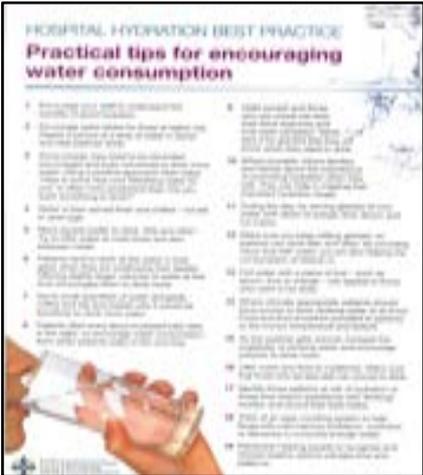
- Planning - What, When, Why & How
- The Menu/offer
- What and whom is involved
- How to theme the 'Tea Party'
- Benefits for Patients/Clients/Customers
Catering/Nutritional staff and Nutritional Managers
Clinical Staff
- Overcoming any barriers
- Leaving a legacy - making the 'Tea Party' a regular event

The north Welsh Betsi Cadwaladr University Health Board's (BCUHB) Catering, Nutrition Nurses, Occupational Therapy, Speech and Language Therapy, Pharmacists, the Communications Team, Occupational Health, Improvement Team and other dietitians are in the final stages of bringing the week's plans together; and are optimistic it

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will be the most successful year yet!

These are their plans.

The event	The detail	The location
<p>1. Global tea Party</p>	<p><u>Wednesday 15th March</u> will see an afternoon tea party celebrated around the world! The BCUHB Catering departments have engaged with the event annually, and each year it becomes bigger and better!</p> <p>This year the Tea Parties will be held on every ward between 2 – 4pm, in every unit across the Health Board. These provide an ideal opportunity to showcase the dedication to improving nutrition and hydration for patients, to patients, their families, loved ones, carers, and staff. It is also the opportunity to launch new initiatives....</p> <p>The Event is fully supported by Catering and Dietetics, while Ward Managers will retain ownership of the Event. A visit from the Chairman and Chief Executive to ‘serve tea and cake to patients’ is a wonderful opportunity to highlight to the media the dedication of the Board to improving patient care.</p>	<p>Acute and community hospitals, mental health units and CYP areas</p>
<p>2. Wise up on Water!</p> <p>Hydration poster launch</p>	 <p>A snapshot audit of hydration awareness on wards during N&H Week 2016 demonstrated some areas of poor knowledge, and also demonstrated the poor hydration status of clinical staff (appendix).</p> <p>This poster has already been produced ready for distribution to all areas on <u>Monday 13th</u>, and will be placed in a highly visible spot on the first day of the week! As per the Wise Up on Water campaign (attached), we are dedicated to improving the hydration status of patients AND staff. This poster points out the key messages to ensuring adequate hydration.</p> <p>The Improvement Team are looking at options to embed the poster electronically to enable patients and families to ‘scan and view’ on their phone! The ‘scan and view’ object will give some key BCUHB messages around the importance of promoting hydration.</p>	<p>Acute and community hospitals, mental health units and CYP areas</p>

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<p>3. ‘Quality Check In’ on nutrition and hydration</p>	<p>It is essential that Ward Managers and Matrons are closely involved with the nutrition and hydration needs of their patients. It is vital they are ‘checking in’ on N&H on a daily basis to inform accountability, identifying needs for improved quality care and to facilitate change.</p> <p>1000 Lives+ have published a core toolkit to facilitate change, this is simply an assessment of daily quality.</p> <p>This year we are excited to launch our ‘Quality Check Ins’ in nutrition and hydration! It is proposed that the ‘Check ins’ will commence with a celebratory visit by a Matron in the pilot areas, who will look for areas demonstrating good practice, plus supporting innovative solutions to improvement.</p> <p>Using the 1000 Lives guide, the Improvement Team have developed some prompt questions to use during a ‘ward walk around’ to facilitate action..</p>	<p>During N&H Week - Selected wards on each site (East / Centre / West) as pilot, aiming for this to be the launch of a legacy approach to improvement.</p> <p>Eventually ALL acute and community hospitals, mental health units and CYP areas</p>
<p>4. Power of 3</p>	<p>A joint launch by Catering, Dietetics and Nursing (‘The 3’), with support from Speech and Language Therapists, Occupational Therapists and pharmacy.</p> <p>Working as one, a senior member from each of ‘The 3’ with support from other services (which may vary per site) will observe the ‘last 9 yards’ (or so) of a patient’s meal from the kitchen, to their side, and the mealtime occasion.</p> <p>The process quality will be scrutinized and reviewed. Patients will be asked their opinion of the service and treatment they received.</p> <p>A range of questions will be asked of ward documentation and patients, which will enable the population of a national BAPEN database. This allows benchmarking of quality across the country. As yet, this tool has not been populated by any other Health Board in Wales!</p> <p>Tuesday 14th</p>	<p>During N&H Week - Each acute site, 2 wards and 2 patients.</p> <p>Legacy: this will be continued at 2 – 3 monthly intervals; the team have also agreed to continue meeting regularly to prepare for future improvements – these will be fed up to INCHS and PAG as appropriate.</p>
<p>5. BCUHB Nutrition and Hydration Logo</p>	<p>Working with our communications team has resulted in a BCUHB Nutrition and Hydration logo aimed to use in the following ways:</p> <ul style="list-style-type: none"> - As laminated or magnetic objects to be placed on patients’ whiteboards to identify ‘need’ for (e.g) snack menus. (Similar to the butterfly for dementia). - Maybe as car stickers - Use the logo for the campaign promotion and at the foot of all our email signatures - And maybe! Tea Parties could have cakes made with the logo on them. 	<p>Acute and community hospitals, mental health units and CYP areas</p>

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<p>6. Artist work!</p>	<p>The Trust have identified one, possibly 2 artists who we are hoping can work with us to develop:</p> <p>Promotional poster: this will act as a legacy to demonstrate the BCUHB dedication to improving nutrition and hydration. It will prove WE CARE AT EVERY LEVEL.</p> <p>Pee charts! The Trust would like the same artist to develop a simple illustrated BCUHB ‘pee chart’ which they would aim to distribute to all public toilets (patients and staff).</p>	<p>Everywhere! Launch during the week.</p>
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<p>7. Other work and events</p>	<p>Education and Teaching: Dietitians on each site are continuing their work in providing staff education around improving patient nutrition and hydration. During the week there will be planned teaching in different areas.</p> <p>Promotion boards: Every year the Trust have place nutrition and hydration promotion and information boards in prominent positions (usually outside dining rooms) with free water bottles for those passing by.</p> <p>Snacks: The Trust are currently investigating barriers to patients receiving nourishing snacks, which may lead to further initiatives in the working year.</p>	<p>Community hospitals, residential and nursing homes.</p>
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We have heard from Rebecca Hosking the Lead Stroke Dietitian at the Royal Cornwall Hospital about their plans. Here they are -

1. Front entrance display with three sections

- Theme of the day
- General N & H week information
- Diet of the day

2. 5 of their lovely Dietitians have volunteered to follow a therapeutic diet for the week and raise money for a related charity to increase the profile and provide publicity for the week. The diets planned to be followed and charity beneficiary are -

- Pureed diet - Stroke Association
- Gluten Free - Coeliac UK
- Renal - Kidney Research
- Liquid - Crohn's and Colitis UK
- Clean Diet - Macmillan

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They are hopeful that Cornwall Food will be able to provide some patient meals so they can experience what it is like to be an inpatient and a patient at home. They are planning to use the Trusts Facebook and Twitter feeds to blog about our experiences.

3. Afternoon Tea - There are plans to hold afternoon teas on the 15th, and they are confirming their final plans for this.

4. Staff quiz - After success last year using the Trust's daily bulletin and survey monkey this will be run again this year. (Editor's note : If it work's utilise it again don't re invent!)

5. Taste Testing Tuesday - the theme for Tuesday. Last year Cornwall Food brought their roadshow to promote our locally sourced delicious patient food and give staff and visitors a chance to try it. They are aiming to do something similar again this year, a bit of myth busting about the quality of hospital food (Rebecca was salivating at the thought of lamb in cider she tried last year!).



For those who did not order them, this is a photo the Nobisco NH Week napkin.

Brakes have a series of information sheets including a recipe that follow the theme of the day for the week, plus they added a couple extra for the weekend - Smoothie Saturday and Sunday Sundaes.

Contact for Newsletter items, photos, plans, ideas, any comments send them to info@nutritionandhydrationweek.co.uk;

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