

Protected Mealtimes Checklist

1. Seek support from Clinical Directorates & Trust Board

- ➔ Collect Evidence -
 - Observational Mealtime Audits
 - Essence of Care Food & Nutrition Benchmarks
 - PEAT report (England)
 - Council Of Europe Draft Resolution
 - Royal College of Physicians - A Dr's Responsibility
 - Personal Observations/Experience

2. Establish a Multi-Disciplinary Team

- ➔ Including -
 - Patient Representatives
 - Consultants & Doctors
 - Dietitians, Radiographers, Phlebotomists
 - Nursing
 - Housekeepers
 - Caterers
 - Others...

3. Communicate & Develop Understanding

- Engage Stakeholders
- Empower Ward Teams
- Establish A Baseline
- Network with the Wider Healthcare Team
- Publicise Action Plans/Activities
- Provide a Support Network

4. Roll Out & Sustain

- Identify 'Champions'
- Publicise

5. Monitor & Share Good Practice

- Seek & Record Patients Views
- Observational Mealtime Audits
- Essence of Care Food & Nutrition Benchmarks
- Record Examples of Good Practice

Share Evidence -

- Within Trust
- To Professional Groups
- With the Wider NHS

6.

- Review & Action Plan Future Developments

SPONSORED BY: