Tackling Undernutrition strategically

Rachael Masters
Team Lead Dietitian
Focus on Undernutrition
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To improve nutrition in care homes, especially weight loss
Focus on Undernutrition

– The aim of “Focus on Undernutrition” is to ensure the:
  – timely detection and treatment of undernourished patients
  – appropriate prescribing of nutritional supplements

– Training and support of staff throughout community settings in County Durham and Darlington, through:
  – Accredited training packages
    – Open and flexible learning
    – Workshops
    – Catering course
  – Shadowing and support
‘MUST’

Focus on Undernutrition

Accredited training

Target audience

Standardised treatment interventions & guidelines
FoU commissioning & funding

• All requirements of FoU linked to a national recommendation

• Commissioning framework – linked to funding:
  – Social Services Darlington
  – PCT quality framework
  – CQUIN
  – Trying to establish LES

• PCT directors, commissioners
• Social services, CSCI
• Patient & public forums
Elderly care homes

- “FoU” open learning packs supported by in-house workshop
  - Accredited by RCN, endorsed by BAPEN

- “Focus on Undernutrition” OFL packs:
  - Trained & carer

- OFL packs cover nutritional needs of older people, identification & treatment of malnutrition with ‘MUST’, implementing ‘MUST’ and guidelines into care homes
FoU catering training

- Head & assistant cooks
- Home managers
- NVQ II - NOCN qualification
- Weekly coursework

- 3 ½ hours for six weeks
  - Part 1: Workshop based
  - Part 2: Catering session

The course covers:
- Menu planning for elderly care homes and UK regulation
- Diabetic diets
- High calorie, protein diets
- Altered consistency diets
- Dementia – finger foods
- Constipation & high fibre diets
Care home rolling programme

- Diabetes
- Swallowing problems
- Dementia
- Obesity
- Dental health
- Assisting residents at mealtimes
- Constipation
- Tissue viability
- Healthy eating for older people
- Passport training (10 stamp) – accredited
Provider community services

• Policy on identification and treatment of undernutrition
• CQUIN
• Mandatory competency based training for all clinical staff
• Mandatory to complete ‘MUST’
  – ‘MUST’ – patient held notes
  – Electronic version of ‘MUST’
  – Electronic care plans and self management plans
  – Equipment: scales and tapes
• Integrate into all provider clinical services
• Audit and evaluation
Medical practices

• Work with medical practices to ensure appropriate prescribing and monitoring of ONS
• Dietitian telephone assessing all patients presently on ONS
• Staff training on identification & treatment of undernutrition
• Establish nurse led clinics to review patients on ONS
  – All patients presently on ONS
  – All patients “at risk” of undernutrition using food as treatment &/or requesting ONS
• Face to face, or telephone reviews

• Local reward scheme
• Electronic auditable templates for ‘MUST’ & treatment
Staff resources
- Adapted ‘MUST’
- Guidelines
- Recipe books
- Care pathways
  - Food first
  - Nutritional supplements
- Toolkits
- Ulna tape measure

PCT backing
- Commissioning framework
- Policy
- GP incentives
- Computer systems
- Management support

Accredited training
- Open learning
- Catering course
- Rolling programme
- Competency frameworks
- Mandatory training

Patient resources
- Fortified drinks
- Patient leaflets
Making a difference…….

YOU can make a difference in improving nutrition in your workplace!
Further information

Rachael Masters
Nutrition & Dietetic Service
Escomb Road Annexe
Escomb Road
Bishop Auckland
County Durham
DL14 6AB

01388 455712

dar-pct.focus-on-undernutrition@nhs.net