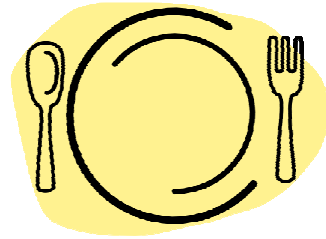


NACC MIDLANDS REGION



Newsletter Autumn 2010



Welcome to the Autumn Edition of the Midlands Newsletter

HEADLINE NEWS

Do you and your workplace recognise and practice the 10 Key Characteristics of Good Nutritional Care?

We have a local interest in these fact sheets as the National NACC Secretary, our very own Ros Speight, was a member of the prestigious group set up to produce them. Ros made it her job to ensure that social care services were fully represented and encompassed within the guidance. You can be sure that they are to the point, easy to read and understand and full of advice. They also contain useful contacts, further reading and support organisations.

Each of the **10 Key Characteristics** has its own supporting **Nutrition Fact sheet** from 1 – 10. Of particular importance is fact sheet 5 below, which highlights the importance of nutritional screening:

<http://www.nrls.npsa.nhs.uk/resources/?entryid45=59865&q=0%c2%acnutrition%c2%ac#skiplinksskiplinks>

10 key characteristics of good nutritional care*

Everyone entering care services is screened to identify those who are malnourished or at risk of becoming malnourished

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The 10 Key Characteristics of Good Nutritional Care

Care providers should:

1. Deliver food service and nutritional care safely.
2. Maintain an environment conducive to people enjoying their meals and being able to safely consume their food and drinks. (In hospitals this is known as 'Protected Mealtimes'.)
3. Support a multi-disciplinary approach to nutritional care, and value the contribution of staff, service users, carers and volunteers.
4. Include guidance on food service and nutritional care in service delivery and accountability arrangements.
5. Screen all patients and service-users to identify malnourishment or risk of malnourishment.
6. Design facilities and services which are centred on the needs of the people using them.
7. Create a personal care or support plan for each patient or service-user, and give them input to identify their nutritional care and fluids needs.
8. Ensure that staff and volunteers have appropriate skills and competencies, and receive regular training.
9. Involve patients and service-users in planning and monitoring arrangements for food services and drinks provision.
10. Create a policy for food service and nutritional care which is centred on the needs of users.





FACTS Feature - What is malnutrition?

Put simply, malnutrition is a state of nutrition (under or over nutrition) in which a lack of protein, energy and other nutrients causes measurable adverse effects on tissue and/or body form, composition, function or clinical outcome. Malnutrition is both a cause and consequence of ill health. We tend to visualise malnutrition as solely affecting starving children in the developing world but it is common at home, particularly in elderly and hospitalised populations and massively increases a patient's vulnerability to disease.

Paul Burstow unveils plan to improve dementia care



Dementia patients and their carers will be encouraged to hold councils and the NHS to account for their performance on dementia care as part of a shift away from top-down intervention. The government has published a [revised implementation plan for its predecessor's national dementia strategy](#)

Burstow told *Community Care* he wanted to use transparent information on service quality to drive improvement, not central government diktat, "We have tried in the past 13 years a top-down approach and we have seen how ineffective it can be," he added, saying the Department of Health's role would be to set out clear outcomes for dementia patients but not prescribe how commissioners and providers should deliver on them.

The DH has commissioned an audit of the current state of dementia care. The action plan prioritises good-quality early diagnosis and intervention for dementia patients, improving care in hospitals and care homes for the client group and reducing the use of antipsychotic drugs.

Burstow said current levels of dementia diagnosis were "truly shocking" - "Unless this changes, the sector will struggle to reduce the number of people with dementia who never receive a diagnosis or indeed stop the use of medication as 'chemical restraints."

Extract from Community Care Magazine

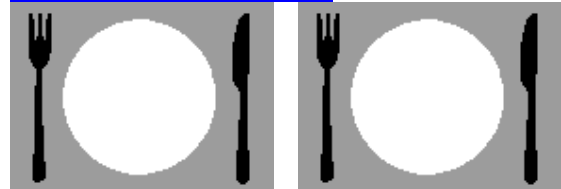
Tuesday 28 September 2010 09:51 Mithran Samuel

Is an Older person you care about malnourished?

Malnutrition can be a dangerous problem in the elderly. It can be caused by many different problems, including: inability to prepare meals, loss of taste, low income, poor appetite, illness and dental problems. Cognitive issues can also play a role in how well or often an elderly person eats. However, there are many different signs and clues that can be seen in a malnourished elderly person. Watching out for these signs is very important for caregivers and family members.

For more info supported by SCIE and a free downloadable leaflet on how to recognize the signs of malnutrition go to:

<http://www.dignityincare.org.uk/Topics/championresources/stakeholderresources/?parent=6667&child=6753&>



"*Let food be your medicine*" – Hippocrates, Ancient Greek physician.

Jail Food Joke

The warden, addressing the three instigators of a failed prison riot, said, "I would like to know two things. First: Why did you revolt? Second: How did you get out of your cell?" One of the three men stepped forward, "Warden, we rebelled because the food is awful."

"I see. And what did you use to break the bars?" The warden asked.

Replied the spokesman, "The Toast..."

Your NACC needs you to shape the future of Social Care Catering

The Executive Committee are committed to getting more members involved in research and development and will be offering opportunities soon to take part in project work to support the care catering services. Make your new year's resolution to get involved with the NACC. Come along to the Midlands meetings have your say and listen to what others have to say about the future of our services. Was your service delivering in the snow? What is Personalisation going to mean to your service? What does the future for social care hold for us all? How would you want to be served? Would you like the service that you offer?



"Staff working in Community Meals are in an ideal position to monitor the health of older people and encourage them to eat well, therefore lowering the risk of malnutrition. Regular delivery of meals to the home is also key to ensuring older people have regular contact with others."

Quote from
Derek Johnson
National Association of Care Catering Chair

NACC Dementia Training June 16th 2010

Tutor; Kate Fisher, Project Officer -
Dementia/Temp Team Manager JackDawe,
Older People – Resources, Nottingham City
Council

The day's training linked closely with Kate's work and her commitment to Dignity in Care. The training hosted at Nottingham City Council offices was very well attended by NACC members and associates. Students ranged from health care professionals to industry representatives and cooks who learned a lot of practical and useful knowledge about dementia. This condition is likely to affect us all in some way either now or in the future and this course explained the symptoms, progression, treatment and most importantly the myths and pre conceptions associated with the condition

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

Sometimes in our work we miss the obvious

Fellow goes into his favourite restaurant where the waiter immediately brings him a bowl of soup. The customer signals the waiter to come back.

"Taste the soup!" he commands.

"Why?" inquires the surprised waiter.

"Taste the soup!" comes the reply.

"Max, you've been coming in here every day for ten years. There's never been anything wrong with the soup."

"Taste the soup!"

"What's wrong, too much salt--not enough salt?"

"Taste the soup!"

"What, the croutons aren't crispy enough for you?"

"TASTE THE SOUP!"

The waiter finally agrees, "All right all right, I'll taste the soup! Where's the spoon?"

"A-HA!" chortles the customer



Ideas Please?

If you have any suggestions for future meetings or venues tell a member of the Midlands Cttee. It's **your** region & **your** meetings & we want to know what **you** want.



**The next Midlands NACC Meeting will be
Thursday December 9th 2010**

Dates for 2011 17th March, 16th June (to be confirmed), 8th September, 1st December

Midlands Committee

Louise Lane Chair, Jane Coleman Deputy, Gina Roche Secretary

Contact details on web site

<https://thenacc.org.uk/>