

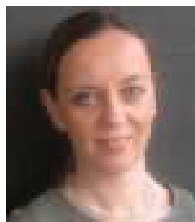
Welcome to the autumn addition of SE Connect, the South East's official newsletter updating you on what is happening in and around your region. This issue I am pleased to include an article from Dr Eleni Tsiompanou on 'Nutrition and Life Style in Palliative care'. Happy reading!!

Neel Radia, South East Chair

A warm welcome to our new members in the South East:

Eileen Steinback – Brakes
Tim Fisher – Garners Food Service
David Bennett – Rational UK
Mike Jackson – Sunrise Senior Living
Maureen Leonard – London Borough of Harrow

Marion Wickson – Apetito Ltd
Ed Bevan – Acquire Services Ltd.
Cathy Forbes - Student Member
Simon Jarrett – Sunrise Senior Living
Julie Lardi – Tillery Valley Foods



Nutrition and lifestyle in palliative care **By Dr Eleni Tsiompanou, MD**

Associate Specialist in Palliative Medicine
Princess Alice Hospice and Kingston Hospital, Surrey, UK
Chair of the Food and Nutrition Group at Help the Hospices

Food, exercise, lifestyle and the external environment

We've known since Ancient times that food, exercise and lifestyle plus the external environment in which we live, have a definite influence on our health. This has now been verified beyond any doubt through epidemiological research and experiments. Good nutrition helps us to have a feeling of well-being, preserve and increase our strength and energy, maintain a healthy weight and retain adequate stores of useful nutrients, tolerate treatment related side effects, decrease the risk of infection and heal and recover quickly.

Nutrition in palliative care

In palliative care, good nutrition can enhance recovery, when healing is possible. Poor nutrition on the contrary results in poor resistance to infections, impaired wound healing, increased susceptibility to pressure ulcers and fatigue. Good, nutritious food can also contribute to the patient's overall sense of wellbeing. A drop in essential amino acids or glucose can adversely affect the nervous system and behaviour. Last but not least, food has a major psychological and social significance.

Variety of nutritional issues

The types of patients in palliative care have changed significantly over the years. Because of earlier referrals, palliative care features earlier in the patient's care plan. Most patients will be cared for in the community, some will be seen in Day Care Units and only a very small percentage will be admitted to a hospice. Furthermore, in recent years an increasing number of patients with non-cancer chronic illnesses have the input of palliative care professionals in the community. These are mainly patients with neurological conditions, advanced heart and lung disease, renal failure and increasingly elderly people with dementia.

Each one of our patients is an individual and so they need to have personalised advice. If they live alone they will need practical advice on how to prepare nutritious food when, at the same time, they can experience overwhelming fatigue. Practical advice on where to get good 'meals on wheels' can be extremely important for them. Their individual preferences need to be taken into account: if they like eating meat and two vegetables, they may ignore dietary advice to eat, for example, fish. On the other hand, a serious illness often leads people to make radical changes to their lifestyle in an attempt to become stronger.

Help the Hospices 'Food and Nutrition Group'

Recognising the importance of nutrition in palliative care, Help the Hospices formed the Food and Nutrition Group (FNG) in 2006. The FNG meets every 3 months and has multi-professional representation from palliative care doctors, nurses, researchers/academics, dietitians, physiotherapists, chefs, caterers, social workers and service users. We aim to raise awareness and provide guidance on the importance of nutritional care within palliative care across all healthcare environments. In conjunction with the Help the Hospices National Audit Group we are developing a Nutrition Audit Tool that can be used by all hospices.

We produced a Consensus Statement, which has been widely endorsed by national and international bodies, including the NACC. This can be viewed at <http://www.helpthehospices.org.uk/our-services/running-your-hospice/food-and-nutrition/consensus-statement/>

Significantly, the Group has also produced a video of patient-doctor which is available on-line and gives a unique view, emphasizing the need for patient-centred, personalised holistic care, with emphasis on nutrition and lifestyle.

See the video online at: <http://www.helpthehospices.org.uk/our-services/running-your-hospice/food-and-nutrition/patient-perspective/>

The FNG has an ultimate aim to ensure that safe and high quality nutritional care is in the agenda of every healthcare professional and volunteer involved in the care of people with life-limiting illnesses.

RSPH Level 2 Award in Healthier Food & Special Diets

Congratulations to all the South East members who completed the 1-day course and passed the examination to gain the above award. Not all 20 members could make the awards presentation at the South East September meeting but those who were present are pictured below. More courses to come in 2011.



SE Christmas Seminar & Party 2010

If you have not bought your ticket to this end of year event, then what are you waiting for?

Confirmed speakers include:

Philippe Rossiter – Chief Executive of Institute of Hospitality

Derek Johnson – NACC National Chair

Margaret Faulkner – Giving 2-hour interactive workshop training on 'Communication'

2 presentations from the finalists of the Tina Welch Community & Care Awards 2010

Evening:

**'When I grow up, I want to be'
Themed Christmas Party**



NACC Affiliated members of Institute of Continuous Professional Development

Please remember to let your South East Regional Officers know if you require a CPD Certificate for attending your South East Regional Seminars and Training Days.

The South East supports Continuous Professional development

Tina Welch Community & Care Catering Awards 2010

The South East Tina Welch award has now been launched. Please send your entries to cheryl.hoy@hertscommunitymeals.co.uk

The aim of the award is to promote and share best practice in the field of community and care catering within our region.

Deadline for entries is Friday 22nd October 2010

From the entries 2 finalists will be invited to give a 10-minute presentation at the November South East Meeting.

If you require further information please feel free to contact me on neel@rajfoods.com

Good Luck



Tina Welch picking up the Community Meals Award

Sautéed Lambs Liver on Bubble & Squeak with onion Marmalade

Lamb Liver	100g
Potato	100g
Carrots	75g
Onions	1 large
Cabbage	75g
Madras Powder	1 pinch
Cinnamon	1 pinch
Sugar	25g
Balsamic Vinegar	splash

Season & seal the liver. Boil the peeled potatoes, carrots & cabbage. Sauté half of the onion, fry with madras powder and to the cooked vegetable and mash together then mould into a cake. Sauté the second half of onion with cinnamon and sugar leave to slowly cook in the oven. Deglaze the liver pan with vinegar and plate up the dish.

This recipe is by Kyle Knight from Forest Dene Care Home.

Care Cook of the Year 2011

Information and entry forms for the NACC Care Cook of the Year 2011 have now been distributed.

The South East will be holding our Care Cook Offs on Wednesday 23rd March 2011 at the Unilever Head Office in Leatherhead.

We wish all contestants good luck for this competition and look forward to seeing you at the March Meeting

Dates for your Diary:

23rd March 2011 – SE Care Cook Off

15th June 2011 – SE Seminar

28th Sept. 2011 – SE Seminar

25th November – SE Christmas Seminar

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