



Working together for the best nutritional outcomes for people using and accessing registered care services

‘Promoting Continence is Everybody’s Business links to food and fluid’



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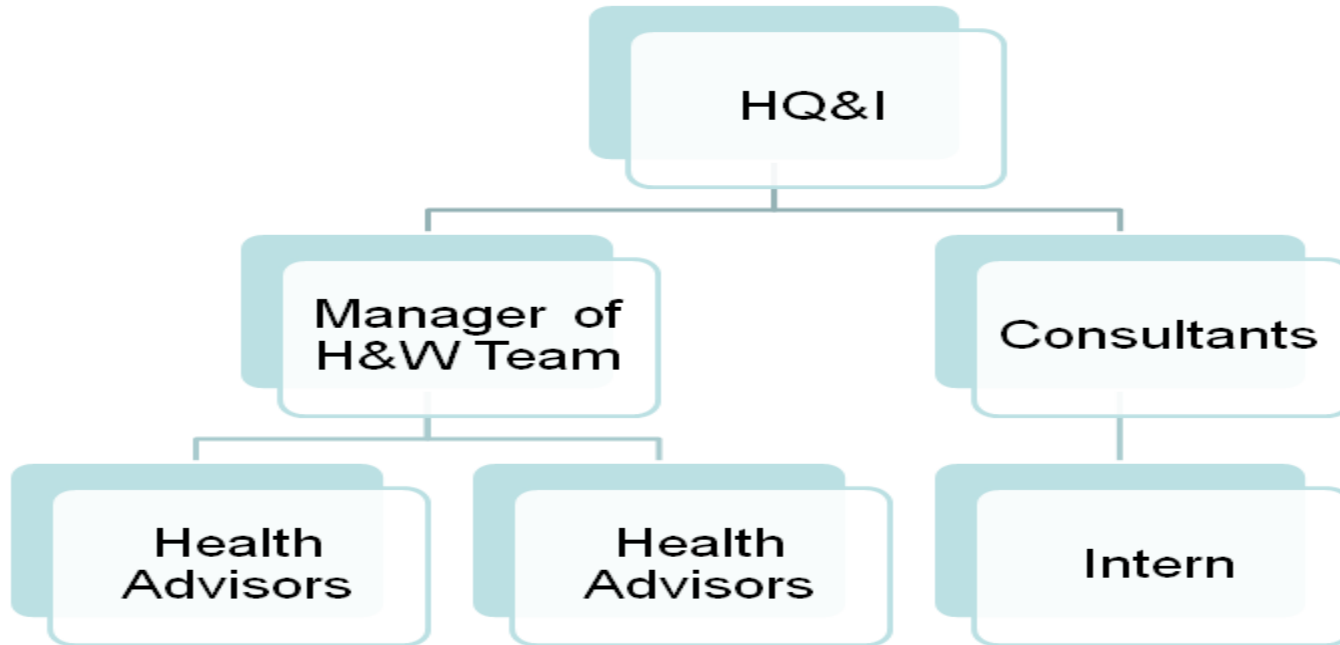


Aim of the session:

- Update of the changes at the CI within the Health Team
- National statistics that link to nutrition
- The resource – key messages
- What's next? – working together
- Q&A



Line Management of Health & Well-being Improvement Team





Statistics - Summary at Dec 2014 Annual Returns data for Care Homes for Older People (CHOP)

- **868** CHOP submitted a 2014 Annual return
- **32,869** people living in these care homes
- **18,403** service highlighted as on meds for constipation = **56%** of all residents
- 4,771 were using supplements = 14.5%
- 2,938 were deemed faecal incontinent only = 9%
- 11,272 were deemed incontinent of urine only = 34%
- 14, 105 were deemed incontinent of both U&F = 43%
- How many staff have received continence CPD - ?

And - 1 in 5 residents in a recent study were suggested as being dehydrated

Complaint statistics

1 April 2014 to 31 March 15

- Received **4,436** complaints – increase of 19%
- Formally registered **2,037**
- **1,992** complaints were completed
- **993** complaints were completed about CHOP
- **562** were upheld

The top five specific reasons for complaints being made

- General health and welfare
- Staff levels
- Communication between staff and service users, relatives and carers
- Staff other
- Staff training and qualifications





Most common nutrient deficiencies in older people

- Water
- Vitamin C
- Vitamin D
- Iron/folic acid
- Dietary fibre
- Kcals



Hydration

- 6-8 cups
- 1500mls
- 1600mls

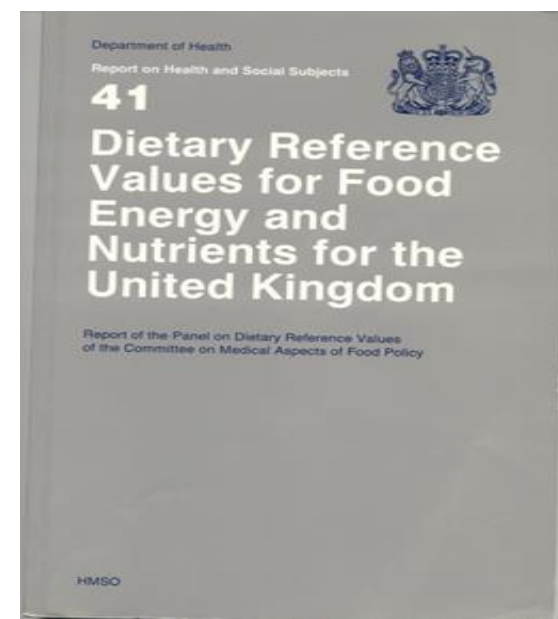
- 30 mls per kg
- 25-35 mls per kg





Dietary Reference Values

- DRV's apply to **healthy** people. They do not take into account the effect on energy and nutrient needs imposed by some diseases/conditions.
- Avoid deficiencies
- Advice to promote health
- For **groups** of people





Nutritional care in care homes: current position

- challenges in maintaining optimum hydration
- high proportion of residents on medication for constipation
- Mealtime experience
- generally seeing a downward trend in % residents with low BMI but some exceptions
- growing trend for overweight and obesity
- some residents still losing weight even although on fortified diet and/or prescribed dietary supplements



Promoting Continence: The Resource

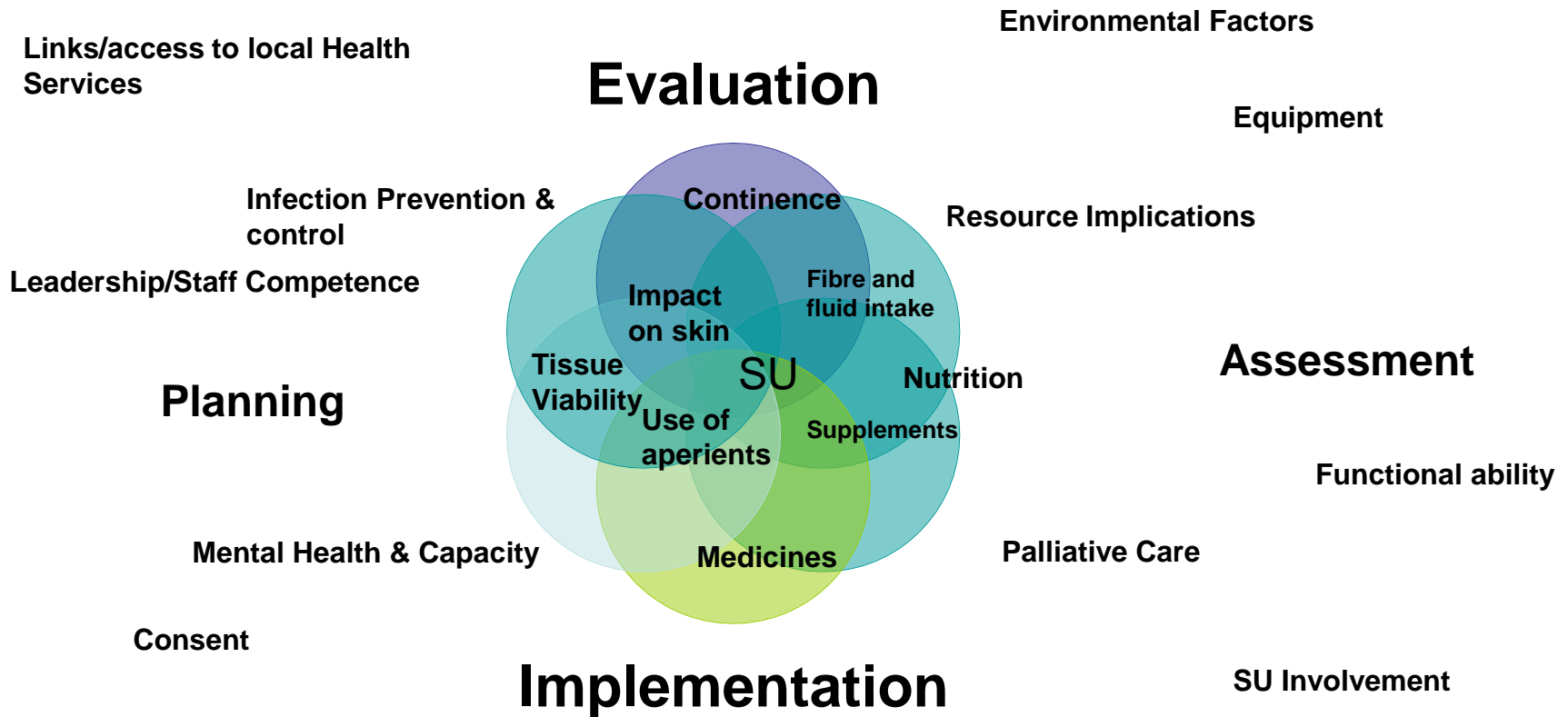
This resource has 5 key messages

1. Know me and what's **important in my life** and do what's **best for me**
2. Know me and how I **communicate**
3. What do I **need** to stay continent, how **you can** help
4. Create an **environment** that supports me to be **independent** and **promotes continence**.
5. Look for every **opportunity** to **promote** my continence –**Be creative**

Launched 5 June 2015



Working together – whole person





Next steps

- How do we work together?
- Bladder & Bowel Health promotion events in February 2016
- Care Home 'cook book'...
- Veggie cook book
- Snacks for Older People
- Local contacts
- Sharing best practice



How can the Care Inspectorate help?

- HUB > <http://hub.careinspectorate.com> > links to best practice/guidelines
- New today on website
- Health Guidance
- Health care triggers > benchmark/self assess
- Use inspection reports/complaint outcomes on web as a benchmark to improve quality of care
- Use best practice to inform policies / procedures
- Contact consultants/advisers



Thank You For Listening

