



In hospital and in the community

proud to make a difference

Sheffield Teaching Hospitals



NHS Foundation Trust

Nutrition and hydration

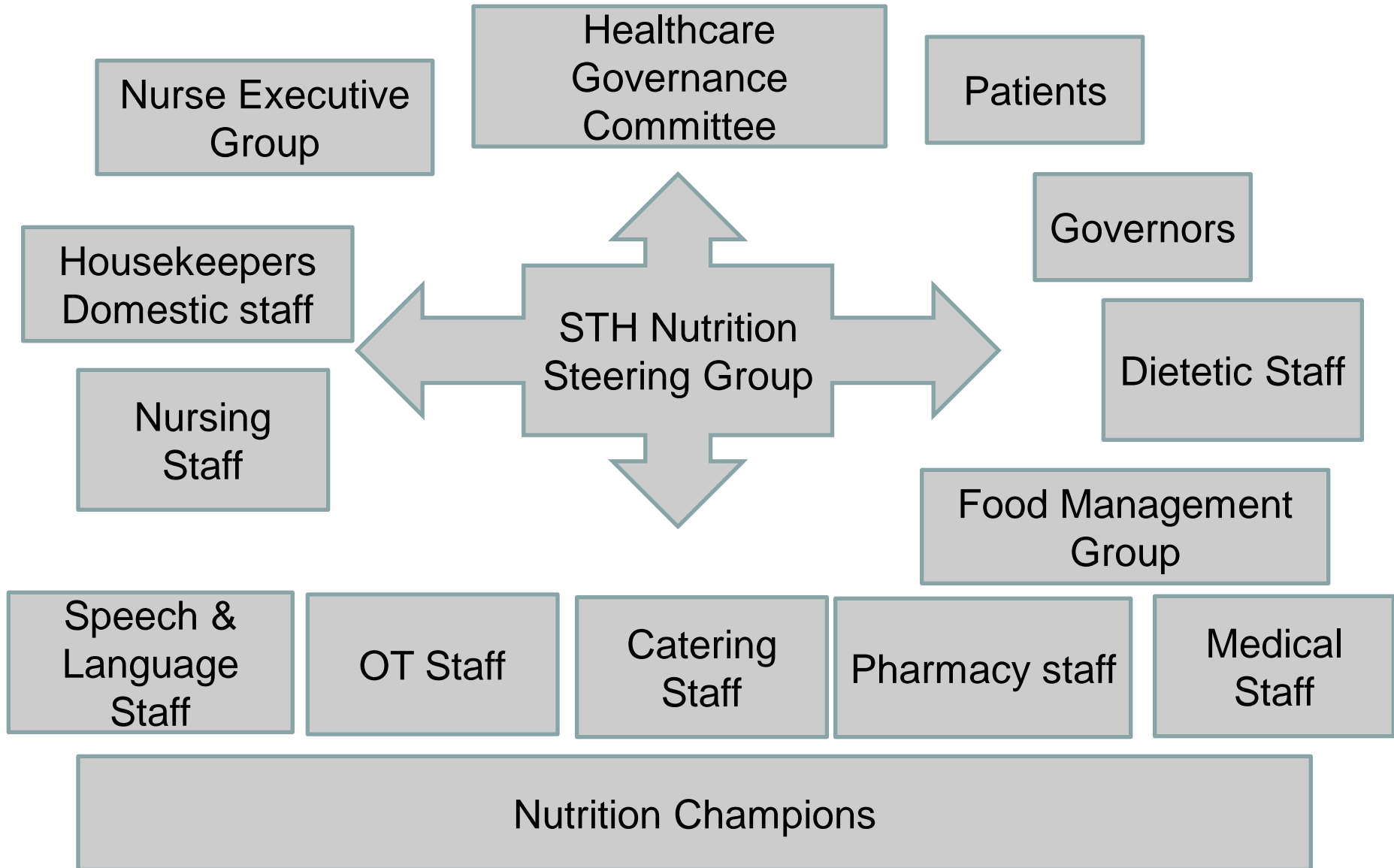
The fundamentals of care

Gill Meek
Elaine Cotton
Jo Sessions
Emma Wilson

Background

- Malnutrition costs the NHS £13 billion annually
- Food and drink are essential for recovery
- Nutrition & hydration cited in patient complaints

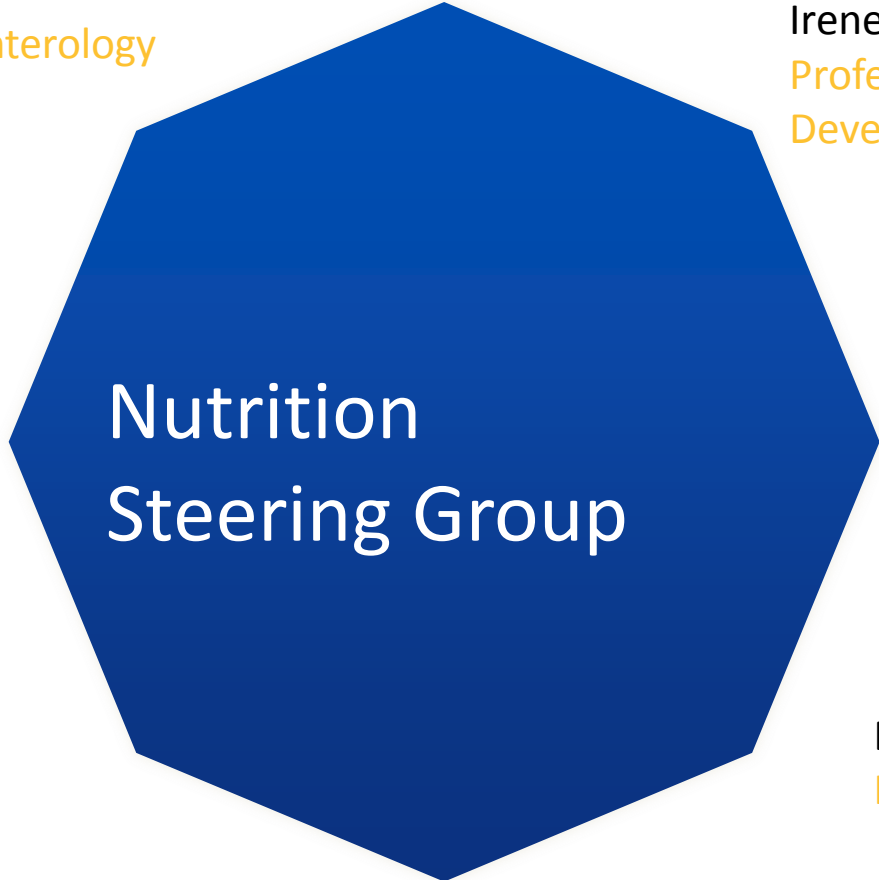
Nutrition & Hydration Infrastructure at STH



STH Nutrition Steering Group

- Set up in 2006 in response to NICE guidance
- Provides strategic direction, leadership, and approval upon specific issues relating to nutrition and hydration for patients.
- A multidisciplinary approach -Members of the nutrition steering group have specific expertise in different aspects of nutrition and provide an advisory role to staff in the Trust.





Christina Wong
Consultant Pharmacist

Mark McAlindon
Consultant Gastroenterology

Irene Mabbott
Professional and Practice
Development Manager

Jane Hesketh
Community
Dietetics

Elaine Cotton
Head of Dietetics

Ann Eckford
Patient Governor

Gill Meek
Nurse Director: Surgical

Emma Wilson
Head of Catering

Jo Sessions
Specialist Practitioner

Sue Pownall
Speech & Language Therapy



Nutrition support in adults

February 2006



NICE QS24

The quality standard for nutrition support in adults requires that all care services take responsibility for the identification of people at risk of malnutrition and provide nutrition support for everyone who needs it.

An integrated approach to the provision of services is fundamental to the delivery of high-quality care to adults who need nutrition support. It is particularly important that nutrition support services are multidisciplinary and overseen and led by senior level staff from across settings, for example through nutrition steering groups or committees.



Health and Social Act 2008 (Regulated Activities) Regulations 2014 (Regulation 14)

Every provider organisation is required to make sure the individuals in care have enough to eat and drink to meet their nutrition and hydration needs and receive the support they need to do so. Individuals “must have their nutritional needs assessed and food must be provided to meet those needs. This includes where people are prescribed nutritional supplements and/or parenteral nutrition” (Source: CQC website)

Nutrition Champions

- Motivated keyworkers in nutrition and hydration practices at STH
- Developing the role - increasing numbers across STH
- From a variety of staff groups – utilising the knowledge & enthusiasm



HANAT

- HANAT is “Hydration And Nutrition Assurance Toolkit”
- A toolkit to assist ward staff - covering all aspects of nutrition and hydration
- Key point – ownership by the clinical areas
- A snapshot, with audit data about how that area is doing
- Mandatory for all STH inpatient areas
- Launched – End of 2014

How is HANAT doing ?

- Since the start of 2015:
 - Currently 46/68 wards working with HANAT
 - Increased numbers of Nutrition Champions – 65 new champions in 2015
 - Staff training and support continues
 - Raised awareness – staff happier to evaluate own practices
 - Improvements in MUST compliance
 - Multidisciplinary working, attendance at food tastings, food managements meetings improving all the time

Sharing Good Practice

- Emphasis within HANAT = good practice is shared
- Often the simple changes are most effective
 - Bendable cutlery - Chalk board
 - Red lid system - MUST teaching
- Results of the audits and action plans from each area about *their* results forthcoming

Food Management

- Quarterly meetings
- Tastings
- Tours



Eating For Health

- Ward Meal Service Protocol
- Working with Wards
- Food Choices
- Soil Association
- Fresh Food
- Sustainably Sourced
- Food and Drink Strategy



Nutrition and Hydration Awareness Week

- An annual event
- Linking in with the national & international movement
- Showcasing good practices around STH



Conclusion

- Nutrition and Hydration is important to staff at STH as well as patients
- HANAT, as part of a multifaceted approach is working for STH
- Wards are already changing practice to engage in HANAT
- Ownership and the whole team pulling together on Nutrition and Hydration practices





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Any questions?

