

TUESDAY 7 SEPTEMBER 2010 20 CAVENDISH SQUARE, LONDON

A Practical Guide to

Improving Nutrition and Hydration on the Wards

Following the launch of the High Impact Action:
Keeping nourished – getting better



Topics include:

- Why the need to improve Nutrition and Hydration on the Wards?
- An overview of the High Impact Action: Keeping Nourished – getting better
- Developing Nutrition as a nursing indicator to benchmark the quality of patient care
- Ensuring the safety of patient care: update from the ‘no needless malnutrition’ workstream of the Patient Safety Federation
- The impact of the Productive Ward on improving nutritional care
- Developing a multidisciplinary Nutrition team to ensure a whole system approach to nutritional care
- Are the 10 key characteristics for Good Nutritional Care in Hospitals being implemented? Progress to date and moving forward

Case studies:

- Implementing ‘Keeping Nourished – Getting Better’ in practice
- Improving Nutrition and Hydration in older people
- Changing practice in nursing homes to improve nutritional care

Chair and speakers:

Sally Bassett *Deputy Chief Nurse and Clinical Director Forensics Team, PwC and former Deputy Chief Nurse NHS East of England*

Debbie Dzik-Jurasz *Associate Director of Nursing Whipps Cross University Hospital NHS Trust*

Liz Evans *Nutrition Nurse Specialist Buckinghamshire Hospitals NHS Trust and Chair National Nurses Nutrition Group*



In Partnership with





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“Public expenditure on disease-related malnutrition in the UK in 2007 has been estimated at in excess of £13 billion per annum, about 80% of which was in England.”

COMBATING MULNUTRITION:
RECOMMENDATIONS FOR ACTION, REPORT
FROM THE ADVISORY GROUP ON
MULNUTRITION, LED BY BAPEN, 2009

Chaired by **Sally Bassett** *Deputy Chief Nurse and Clinical Director* Forensics Team, PwC and *former Deputy Chief Nurse* NHS East of England and held in partnership with the NHS Institute, this sixth annual Improving Nutrition on the Wards conference will focus on the High Impact Action: ‘Keeping nourished – getting better’ and the drive for quality and productivity. **Dr Ailsa Brotherton** *Senior Research Fellow* Department of Nursing, University of Central Lancashire will discuss an overview of this High Impact Action, providing background information on why nutrition was selected and the impact of improving nutrition and hydration on the wards on quality of care and cost savings.

Gillian Prager *Director of Clinical Standards & Engagement* NHS Milton Keynes and *Workstream Chair* NHS South Central Patient Safety Federation ‘No Needless Malnutrition’ will explore the issues of ensuring the safety of patient care and provide an update from the ‘No Needless Malnutrition’ workstream, which aims to achieve a 50% reduction in the occurrence of malnutrition within a healthcare setting.

The focus of the day will then shift to case studies highlighting the issue of improving nutrition and hydration in practice. Delegates will hear from **Karen Dyson** *Modern Matron* NHS Darlington who will discuss the High Impact Action ‘Keeping Nourished – Getting Better’ and how this works in practice. This will be followed by further case studies on improving nutrition and hydration in older people and changing practice in nursing homes to improve nutritional care.

The closing address will be made by **Debbie Dzik-Jurasz** *Associate Director of Nursing* Whipps Cross University Hospital NHS Trust who lead the RCN Nutrition Now Campaign. Debbie will concentrate on the 10 key characteristics for Good Nutritional Care in Hospitals and how they are being implemented concluding with national advancements in the improvement of nutrition and hydration in hospitals.



“The NHS Institute has developed high impact actions (HIAs) for improving the quality and efficiency of NHS services in delivering care for vulnerable people, particularly frail, older, patients. In November 2009, the Chief Nursing Officer announced 8 HIA areas, including the HIA “Keeping nourished – getting better – stop inappropriate weight loss and dehydration in NHS provided care”. Currently, we are developing guidelines to support SHA nurse leads in work to implement HIAs as part of delivering improvements in frontline care.”

GOVERNMENT RESPONSE TO THE NUTRITION ACTION PLAN DELIVERY, DEPARTMENT OF HEALTH, FEBRUARY 2010

10.00 Chair's welcome and opening address

- the Care Quality Commissions Essential standards of quality and safety for nutritional care and the development of an observational tool to test compliance with the standard
- the role regulation plays in driving quality improvement

KEYNOTE INTRODUCTION

10.20 Why the need to improve Nutrition and Hydration on the wards?

Liz Evans

Nutrition Nurse Specialist Buckinghamshire Hospitals NHS Trust and Chair National Nurses Nutrition Group

- key findings and recommendations from the report 'Combating Malnutrition' in relation to improving Nutrition and Hydration in hospitals and other NHS settings
- the nursing contribution to making improvements
- promoting nutritional screening and removing the barriers

10.45 An overview of the High Impact Action: Keeping Nourished – getting better

Dr Ailsa Brotherton

Senior Research Fellow
Department of Nursing, University of Central Lancashire

- background and overview of the High Impact Action: Keeping Nourished – getting better
- why Nutrition was selected as a High Impact Action
- the impact of improving Nutrition and Hydration on the wards on quality and productivity

11.10 Questions and answers, followed by coffee and exhibition at 11.20

FOCUS: Improving Nutrition and Hydration on the wards: contributing to the drive for quality and productivity

11.45 Developing Nutrition as a nursing indicator to benchmark the quality of patient care

Gerry Bolger

Programme Director - Quality in Nursing
Department of Health

- prioritising Nutrition and Hydration as a nursing indicator of quality of patient care
- engaging and supporting frontline nurses in benchmarking Nutrition
- learning from the data to make improvements

12.10 Ensuring the safety of patient care: update from the 'No Needless Malnutrition' workstream of the Patient Safety Federation

The 'no needless malnutrition' workstream of the Patient Safety Federation aims to achieve a 50% reduction in the occurrence of malnutrition within a healthcare setting.

Gillian Prager

Director of Clinical Standards & Engagement NHS Milton Keynes and Workstream Chair NHS South Central Patient Safety Federation 'No Needless Malnutrition'

- ensuring every patient receives nutritional screening and an appropriate care plan using a recognised nutritional screening tool
- developing improved training and education to raise awareness of good nutritional care
- engaging board level commitment for ensuring best nutritional care across an organisation
- aiming for a 50% reduction in the occurrence of malnutrition within a healthcare setting: update, developments and moving forward

12.35 The impact of the Productive Ward on improving nutritional care

Catherine Davies

Head of Nursing
Hereford Hospitals NHS Trust

- freeing time for nurses to spend on direct patient care at meal times
- the impact of the Productive Ward on improving nutritional care in Hereford
- the cost and efficiency savings of improving nutritional care

13.00 Questions and answers, followed by lunch and exhibition at 13.10

FOCUS: Improving Nutrition and Hydration in practice: case studies

14.00 Implementing 'Keeping Nourished – Getting Better' in practice

Karen Dyson

Modern Matron
NHS Darlington

- identifying a patient's nutritional needs and ensuring they are met
- implementing improvements to stop inappropriate weight loss and dehydration on the wards: experiences in Darlington
- the impact on the quality and safety of patient care including length of stay

14.25 Improving Nutrition and Hydration in older people

Andrea Turner

Ward Manager
Southend University Hospital NHS Trust

- implementing a system of 'feeding buddies' to help vulnerable patients to eat
- understanding the nutritional needs of older people on the wards and the need to provide help with eating
- the difference this has made to patient care in Southend

14.50 Changing practice in nursing homes to improve nutritional care

Dorothy Jeffery Staff Nurse with

Mari Jones Matron Manager "St Catherine's" Nursing Home part of the Summer Hill Group, Newport

Dorothy was the winner of the Nursing Standard, 'Nursing Innovation in Managing Malnutrition' 2009 Award

- introducing new ideas to change and improve practice: the '2.15pm programme'
- the benefits of the scheme for residents and staff
- disseminating good practice

15.15 Questions and answers, followed by tea and exhibition at 15.25

15.45 Developing a multidisciplinary Nutrition team to ensure a whole system approach to nutritional care

Speaker to be announced

- developing a multidisciplinary Nutrition team and clearly defining roles
- the role of the dietician in improving Nutrition and Hydration on the wards
- an overview of the Nutrition services in Lancashire and how patients have benefited

CLOSING ADDRESS

16.15 Are the 10 key characteristics for Good Nutritional Care in Hospitals being implemented? Progress to date and moving forward

Debbie Dzik-Jurasz

Associate Director of Nursing Whipps Cross University Hospital NHS Trust and former Project Lead RCN Nutrition Now Campaign with Ward Sister

- implementing the 10 key recommendations for Good Nutritional Care in Hospitals: progress to date
- tackling ongoing barriers to implementing the characteristics
- moving forward: national advancements in the improvement of Nutrition and Hydration in hospitals

16.45 Questions and answers, followed by close 17.00

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