

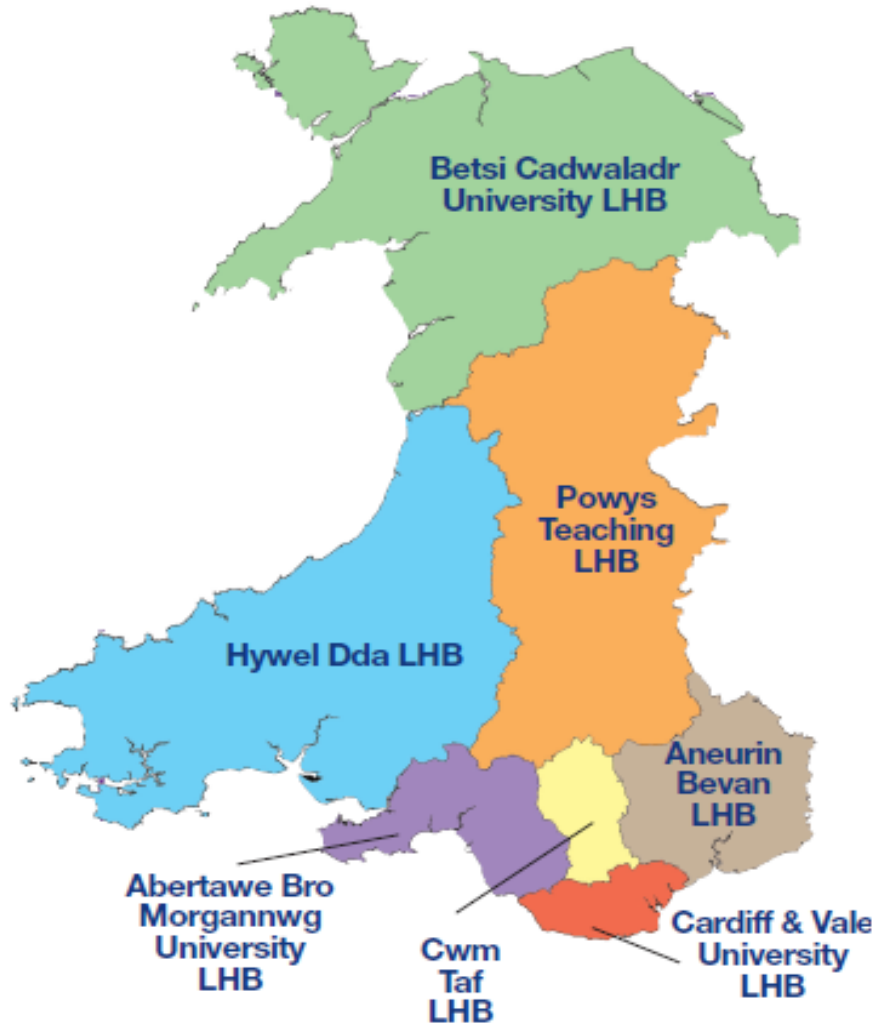
Nutrition Skills for Life™

Delivering quality assured nutrition training initiatives across health and social care in Wales

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BAPEN Conference 2016
November 9th

NHS Health Boards in Wales



- 7 Local Health Boards
- 3 NHS Trusts
 - Welsh Ambulance Service NHS Trust
 - Velindre NHS Trust
 - Public Health Wales
- National Delivery Group
- Community Health Councils



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Population in Wales

Wales has a population of 3.09 million. It has

- 149 people per square km
- 18% of people aged under 16
- 20% of people ages over 65

By 2036, it is estimated that the number of people aged 85 and over will increase by nearly 145%

Public Health Wales Observatory (2016)

Welsh Government primary legislation and key policy documents

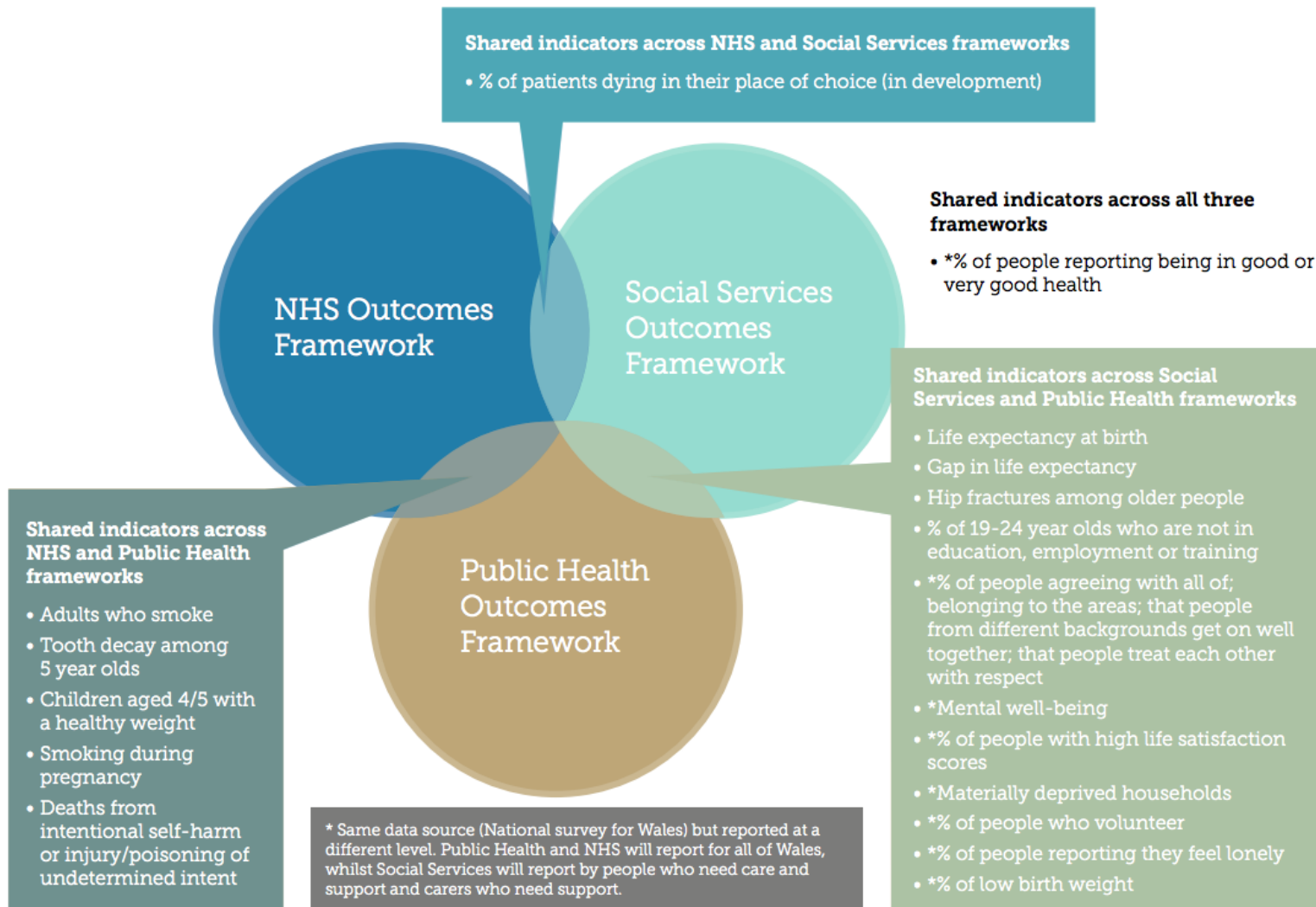
Primary legislation

- Well-being of Future Generation (Wales) Act 2015
- Social Services and Wellbeing (Wales) Act 2014
- Regulation and Inspection of Social Care (Wales) Act 2016

Policy documents

- Together for Health – 5 year vision for the NHS in Wales (2011)
- Prudent Healthcare (2014)
- Sustainable Social Services for Wales: A Framework for Action (2011)
- A Framework for Delivering Health and Social Care for Older People with Complex Needs (2014)

Outcomes Frameworks



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Nutrition Skills for Life™

Background

- Launched in 2006
- Funded by Welsh Government
- All Wales service -operating in all health boards

Aim

- Build capacity of communities to support healthy eating and prevent malnutrition

Nutrition Skills for LifeTM

Objectives

- Increase the capacity of the community workforce in Wales to inform and support communities in healthy eating and prevent malnutrition
- Deliver accredited nutrition training for staff
- Support the development of healthier environments
- Support local community food initiatives
- Support local partnerships to raise the profile of nutrition and help to achieve better health outcomes
- Focus on lower socioeconomic/hard to reach groups
- Focus on 0-25' s and vulnerable older people

Accredited Nutrition Skills Training

Nutrition training for frontline staff	Aim	Intended participants
Community Food and Nutrition Skills.	To equip participants with the nutrition knowledge and skills to cascade evidence based, consistent, food and nutrition messages to community groups they work with.	Those intending to deliver accredited Foodwise for Life, Get Cooking, Dewch i Goginio, Food and Nutrition Skills training e.g. Leisure, Communities First, Families First staff, teachers and teaching assistants, youth workers.
Community Food and Nutrition Skills for the Early Years.	To enable early years staff to communicate food and nutrition messages to children and parents and to improve food and drink provision in their setting.	Flying Start, Families First and Early Years settings participating in the Healthy and Sustainable Pre School Scheme and local snack award schemes.
Food and Nutrition Skills for Those Providing Care and Improving Nutrition Care.	To enable staff working with older adults to improve food and drink provision for those in their care and prevent malnutrition.	Care home nursing and catering staff, community carers, and voluntary organisations.
Courses for community groups	Aim	Intended participants
Introduction to Community Food and Nutrition Skills.	To provide evidence based, accurate, and consistent information on food and nutrition to enable individuals to make healthy and sustainable food choices.	Community groups e.g. children and young people, parents, homeless, drug and alcohol service users.
Get Cooking and Dewch i Goginio.	To equip participants with practical food skills to enable them to prepare healthy, safe, economical meals for themselves and their families.	Community groups e.g. children and young people, parents, homeless, drug and alcohol service users.
Foodwise for Life structured weight management Programme.	To equip participants with the nutrition knowledge and skills to manage their weight.	Individuals with a BMI >25kg/m ²

Prevention of malnutrition training

- Accredited Food and Nutrition Skills for Those Providing Care course (1 day) 1 credit, level 2
- Accredited Improving Food and Nutrition Care for a Client Group course (1 day) 1 credit , level 2
- Non accredited half day training for domiciliary carers
- Prevention of malnutrition for pharmacy technicians- regional training and e-learning
- Guidance for assessors of nutrition and hydration optional session within HSC and CCLD diploma qualifications

Learner Portfolio

Agored Cymru
Unit code: NH22CY011
Level: Two
Credits: 1



Food and Nutrition Skills for Those Providing Care

This training is part of the **NUTRITION SKILLS FOR LIFE™** programme.

Learner name: _____

Learner ID: _____

Course start date: _____

Venue: _____

Unit Details



Unit Title: **Food and Nutrition Skills for Those Providing Care**

Level: **Two**

Credit Value: **1**

NOCN Unit Code: **NH22CY011**

QCA Unit Reference

This unit has 2 learning outcomes.

Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
1. Recognise how a balanced diet contributes to health and well being for a named client group	1.1 Describe the constituents of a balanced diet to include food and fluids 1.2. Describe one healthy eating model 1.3. Assign foods to appropriate food groups 1.4. Select the sources and functions of macro and micro nutrients 1.5. Define malnutrition and identify a minimum of 5 risk factors for it 1.6. Record how health is affected by diet to include: a. Skin b. Heart and Circulation c. Blood d. Digestion and absorption e. Infections f. Bones g. Cognition
2. Understand food and nutrition needs for an individual	2.1. Produce a food and nutrition case study of one individual to include a. Risk factors for malnutrition b. Anthropometric measurements c. Individual factors affecting food and fluid intake d. Availability of food and drink e. Eating environment, support and assistance f. Actual food and fluid intake

Evaluation (2011-2016)

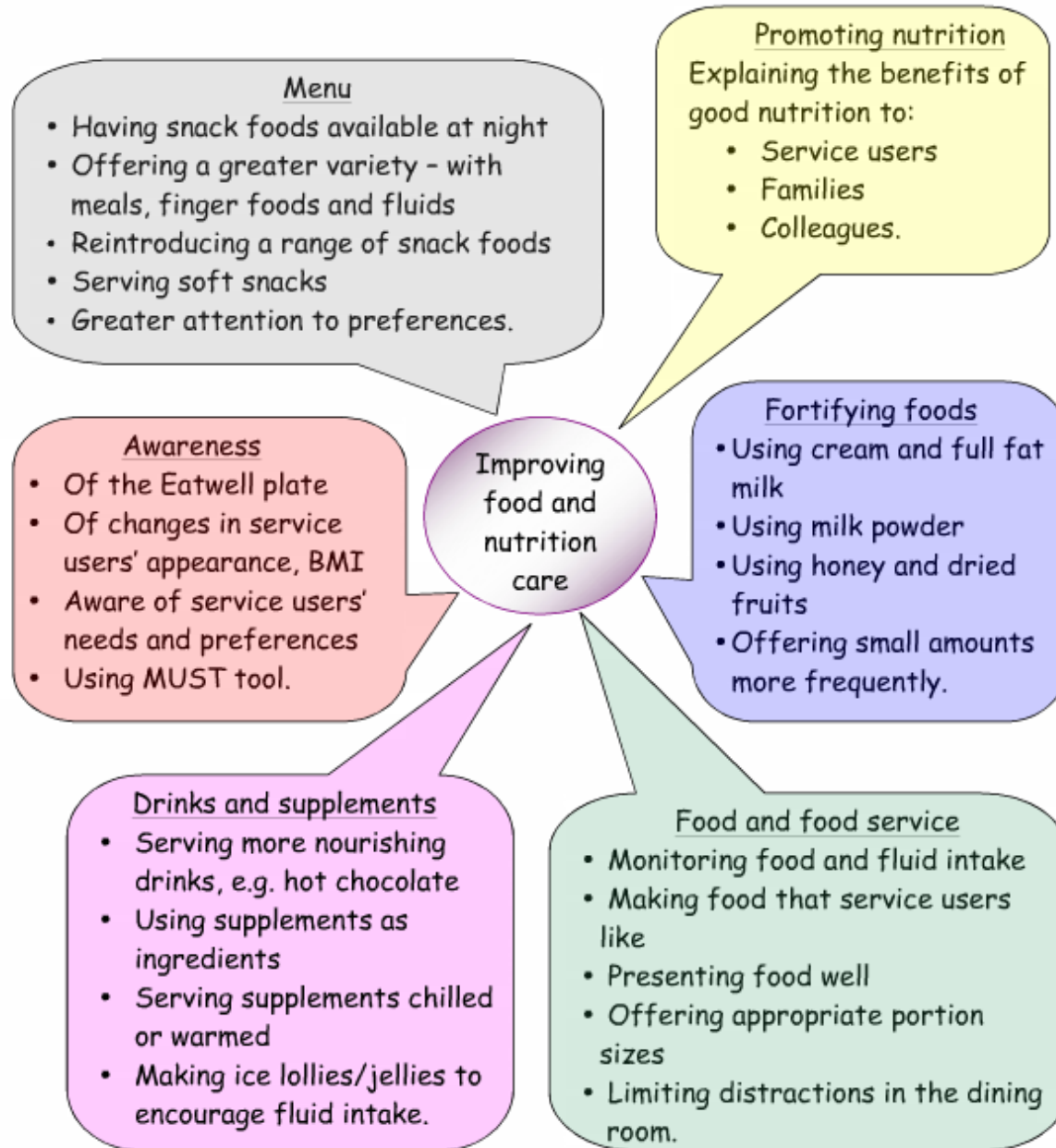
Agored Cymru accredited Course	No. of courses	No. of staff /people trained	Staff groups trained
Level 2 Community Food and Nutrition Skills (3 credits) NH22CY001	131	1363	Youth workers, sports development officer, school nurses, National Exercise on Referral Scheme (NERS) co-ordinators, Designed to Smile staff, Communities First workers, GP practice nurses, learning support assistant.
Level 2 Community Food and Nutrition Skills for the Early Years (2 credits) NH22CY007	160	1862	Early years practitioners, Home Start volunteers, Flying Start support workers, childminders, Healthy and Sustainable Pre School Scheme (HSPSS) setting staff, after school clubs, community nursery nurses, HSPSS co-ordinator.
Level 2 Food and Nutrition Skills for those providing care (1 credit) NH22CY011	181	2021	Social workers, care home staff, caterers, local authority contract and commissioning inspectors, Registered Nurses, generic carers, managers.
Level 2 Improving Food and Nutrition Care (1 credit) NH22CY010	161	1679	Social workers, care home staff, caterers, local authority contract and commissioning inspectors, Registered Nurses, generic carers, managers who have completed NH22CY011.
Level 1 Introduction to Community Food and Nutrition Skills (1 credit) NH21CY019	101	729	Parents, young adults, owners of food businesses participating in Healthy Options Award, leavers of care, foster carers, school pupils/peer leaders.
Level 1 / Get Cooking (2 credits) NF41CY026 or Come and Cook (3 credits) NH21CY028	200	1142	Parents, Communities First staff and volunteers and development officers.
Level 1 Weight Management Programme for Individuals (Foodwise for Life) (2 credits) HJ61CY001	264	1792	Individuals with a Body Mass Index above 25kg/m ²
Total staff trained (Level 2) Total community trained (Level 1)		5246 3663	
Total		8909	

Evaluation (April 1st 2015- March 31st 2016)

- 98% rated the course as good (27%) or excellent (71%)
- 95% learnt something new about nutrition
- 99% would recommend the course to others
- 74% intended to discuss changes to food and drinks with their manager
- 92% intended to share knowledge with their colleagues
- 71% intended to make changes to food provided
- 70% intended to make changes to drinks provided
- 70% intended to make use of resources provided
- 92% gained accreditation

Evaluation at 6 months

What has changed as a result of attending the course?



Screen and Treat posters

Department of Nutrition and Dietetics



Good Food First

Improving nutrition can prevent weight loss, promote weight gain and provide vital nutrients. It can prevent the need for prescribed nutritional supplements.

For residents who are:

- Underweight with BMI 20 or below
- Losing weight
- Only eating and drinking small amounts
- Scoring medium or high if screened



- Use fortified milk
- Fortify foods at mealtimes
- Aim for 3 nourishing snacks and/or drinks between meals each day

Here are some suggestions of what you could use

Food Fortification

Add cream to: (1 tbsp = 75 kcals)

- Porridge
- Cereal
- Scrambled egg
- Soup
- Mashed potato
- Puddings



Add honey, jam or sugar to: (1 tsp = 30 kcals)

- Cereals
- Porridge
- Stewed fruit
- Puddings
- Custard



Add butter, margarine, oil or oil based salad dressing to: (1 tsp=45 kcals)

- Bread
- Potato
- Vegetables
- Pasta/Rice
- Sauces
- Salads



Add cheese to: (1oz/25g= 125 kcals)

- Potato
- Vegetables
- Salad
- Soup
- Sauces



Fortified milk (200mls = 200kcals)

Add 4 tablespoons (approx 50g) of skimmed milk powder to 1 pint of full cream milk. Use to make drinks, sauces and puddings.



Nourishing Snacks and Drinks (200ml Serving)

Fruit smoothies (no milk) or fruit juice
Fruit squash plus full calorie lemonade
Fortified milk fruit smoothie
Fortified milky coffee
Fortified hot chocolate
Fortified malted milk (eg. Ovaltine/Horlicks)
Fortified home made milk shakes

Approx. Calorie Content
90 kcals
100 kcals
150 kcals
210 kcals
280 kcals
300 kcals
250-500 kcals

Snacks

1 scoop of ice cream
Full fat mousse (65g)
Crème caramel (100g)
Full fat creamy yoghurt (125g)
Mini sausage roll
Mini pork pie
Cheese & 2 crackers
Scotch egg (110g)
Slice of sponge cake
Slice of fruit loaf with butter & jam
Half a scone with butter, jam and cream
Slice fruit cake
Milk chocolate (45g bar)
Slice Bakewell tart (made with ground almonds)

Approx. Calorie Content
80 kcals
100 kcals
120 kcals
250 kcals
100 kcals
200 kcals
200 kcals
270 kcals
150 kcals
175 kcals
200 kcals
200 kcals
240 kcals
500 kcals

If there is no improvement after 4 weeks then refer to your dietitian for more detailed assessment and advice.



Department of Nutrition and Dietetics

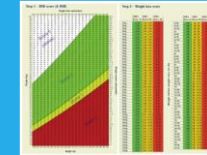


Screen & Treat

Screen for risk of malnutrition using a tool such as MUST.

Ask your dietitian for information.

www.bapen.org.uk/screening-for-malnutrition/must/must-toolkit/the-must-itself



Step 1

BMI score

BMI kg/m ²	Score
>20(>30 Obese)	= 0
18.5-20	= 1
<18.5	= 2

Step 2

Weight loss score

Unplanned weight loss in past 3-6 months	Score
% <5	= 0
5-10	= 1
>10	= 2

Step 3

Acute disease effect score

If patient is acutely ill and there has been or is likely to be no nutritional intake for >5 days Score 2

Step 4

Overall risk of malnutrition

Add scores together to calculate overall risk of malnutrition
Score 0 - Low Risk Score 1 - Medium risk Score 2 - or more High Risk

Step 5

Low risk

- Offer a healthy, balanced diet
- Repeat screening monthly

Medium risk

- Increase nutritional intake by using "Good Food First" principles
- Repeat screening monthly

High risk

- Increase nutritional intake by using "Good Food First" principles
- Weigh weekly
- Complete a food and fluid chart for at least 3 days
- Refer to your dietitian if no improvement
- Repeat screening monthly
- Continue "Good Food First" approach for those who remain at medium risk

Good Food First - Use 3 nourishing snacks and drinks and fortified foods to provide extra nutrition for those at medium and high risk. Maintain adequate fluid intake. Improving nutrition can prevent weight loss, promote weight gain and provide vital nutrients. It can prevent the need for prescribed nutritional supplements. See the Good Food First poster for details



Future developments

- Qualifications Wales review of Health and Social Care qualifications
- Work with the Care Council for Wales (Social Care Wales from April 2017) to embed nutrition and hydration into new qualifications
- Nutrition standards for care homes for older people
- Work with Social Care Workforce Development Partnerships to promote accredited nutrition units
- Dietitian within Community Resource Teams promote nutrition units
- Promote Nutrition in Community Settings pathway
- Continued evaluation and quality assurance using RBA approach to programme performance monitoring

Thank you

Contact

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