

# Nutrition and Hydration Week

“Making a difference every day”



Newsletter Series 6 Issue 5. August 2018

## Fruity Friday 21st September

Our next focus day is just a few weeks away and to make the most of harvest time its focus is on fruit.

Please share your ideas and great work with us so we can showcase it further and share your inspiration wider. Any form of fruit from fresh to desserts with fruit to the fruit smoothies you all seem to love so much, we'd love to hear your ideas and recipes.

## Mealtimes Matter July

Thank you for your support of our Mealtimes Matter campaign in July. Judging by your visits, retweets, shares etc. the subject provided plenty of ideas for discussion and sharing. with other team members.



Thank you to our sponsors for their support of the week



## Website

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You can find a myriad of information on the website at

[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

## Social Media

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Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

## Share your video stories

Share your Mealtimes Matter or any of your nutrition and hydration practices with us, using a short video shot on your mobile. Keep it to between 30 seconds and 3 minutes and we'll share it on our You Tube channel. We look forward to seeing them

## A Case Study from Down Under

Its always great to hear of your fantastic work during the week, here is what happened at the Sir Charles Gardiner Hospital (SCGH) in Nedlands (Perth) Western Australia. Thanks to Phoebe Fitzgerald, Dietitian in the Dept of Nutrition & Diet Therapy for sharing this with us all.

**CHARLIES PROMOTES NUTRITION & HYDRATION WEEK: 12th – 16th MARCH 2018**

Nutrition & Hydration Week is a world-wide initiative to create global awareness of the importance of nutrition and hydration as key aspects of quality patient care and safety. Sir Charles Gairdner Hospital is a large tertiary hospital with an acute and complex patient population. The SCGH Malnutrition survey conducted in 2015 identified 45% of hospital inpatients as being at risk of malnutrition. Given the patient demographic and the recognition of the importance of nutrition and hydration, for the past four years Charlies has been a proud part of the global initiative of Nutrition and Hydration Week. The theme chosen this year was “Mealtime Matters – Malnutrition Awareness” with the focus upon malnutrition identification, treatment and prevention.

## Focus Days to further build awareness

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### Thirsty Thursday

14th June

Leading up to the warmer days and the requirement for a reminder on the need to properly hydrate

### Fruity Friday

21st September

All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries etc.

### Tasty Suppers

27th November

A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

### Big Breakfast

21st January 2018

A reminder to start the day as the New Year with a hearty breakfast.

## Newsletter Circulation

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Email - 2 230

Twitter - 3 239

Facebook - 837

LinkedIn - 152

Countries reached regularly at least 40

The week kicked off with the MasterChef Malnutrition Mocktail contest. Elizabeth Edmondson (Australian Paralympic swimmer and Masters Competitor), Tanya Basile (Nurse Co Director, Medical Specialities) and Belinda Morrell (Senior Critical Care & Respiratory Speech Pathologist) battled it out to create the best nourishing mocktail. All ingredients were kindly supplied by SCGH catering. Mocktails were taste tested by audience members and analysed by a dietitian to determine the protein and calorie content. The trophy was awarded to Belinda for creating a tasty high energy high protein strawberry milkshake.



From left:  
Elizabeth  
Belinda

Tanya Basile,  
Edmondson and  
Morrell

The 'Malnutrition Matters' trolley roamed the wards daily to raise awareness of malnutrition among nursing, medical and catering staff members. Staff members were encouraged to participate in activities; malnutrition quiz to win title of best nutrition knowledge at SCGH, Hercules and Warrior Princess Handgrip competition to find the strongest male and female staff members and nutritional supplement taste testing.

The trolley also displayed the malnutrition assessment tool (MST) present in the Nursing Admission Assessment form (NAAF) and highlighted how this score is entered into the SCGH automated menu system whilst assigning a patient's diet type and any identified food allergies. This new process identifies patients at risk of malnutrition prompting catering staff to offer these patients additional snacks between meals.

Planning is under way for 2019 Nutrition and Hydration Week at Charlies which promises to be bigger and better than 2018!

## Sharing your great work

Don't hide under a bushel, share your great work wider by sending us details to [info@nutritionandhydrationweek.co.uk](mailto:info@nutritionandhydrationweek.co.uk).

We look forward to hearing from you.