

Nutrition and Hydration Week Newsletter

June 2019



Website

You can find a myriad of information on the website at www.nutritionandhydrationweek.co.uk

Social Media

Twitter: @NHWeek Facebook: NHWeek LinkedIn: Nutrition and Hydration Week Supporter

Nutrition and Hydration Week 2020

16th - 22nd March

Thirsty Thursday 13th June

The next focus day is now on the horizon, so it's time to get your plans in place and share your ideas with us. There will be lots of ideas from your colleagues shared on social media, so you can gain some inspiration from these ideas, and don't forget Tip of the Week but the during the countdown to.

Remember to include staff in your focus -, their hydration is vitally important. Read the blog below from one of the Nutrition and Hydration Week leads about this issue for further inspiration.

Thirsty Thursday — It's about you and your staff too!!

Over the past few years there has been a big focus on promoting fluid intake and how much should be consumed which is about six–eight (200mls) drinks per day. However, most people assume that all these messages are just aimed at a social care service user or hospital patient, not the person delivering the key message or the general public at large. So, dear reader, perhaps in your role as a manager or educator - Do you literally drink the talk?

I do and take a lot of stick about my tea drinking habit, especially in the workplace. I am never known to pass up that great British favourite, a cuppa, and why not as I aim to consume eight drinks a day.

How can I really tell, educate or introduce good hydration habits if I'm not doing it myself?

If you do the simple math's, that's roughly a drink every two waking hours. If you work 9-hour days, that's at least 4 if not 5 cuppers at work if you add my commuting time, added to the one at breakfast, the one with your tea and then one later in the evening that's your 8 drinks per day.

For managers operating in health or social care, your staff may be completing charts for the people they look after to monitor their drinks, plus encouraging and pushing hydration at key times including after providing care during the day. If you're a manager overseeing an office environment with air conditioning, then there is a link between hydration and productivity as well as staff well-being. Staff work more effectively if they are well hydrated as their cognitive skills are much better. Research in the construction industry has identified productivity and reduced accidents as benefits of staff being well hydrated.

But, how do your staff access their own hydration at work? Is it at regular break times only? Are they allowed to have drinks with them as they deliver their care, admin or construction tasks? Are they remote working where access to drinks and other facilities (toilets to you and me) are not readily available?

Are you in fact neglecting your staff by not enabling them to have access to drinks to help their own fluid intake? It was interesting to see many organisations during Nutrition and Hydration Week 2016 focused on staff well-being and including many from outside the health and social care sectors who have identified this easy fix to improve their staff's own welfare at work. Let them have access to a drink at work!

The health benefits to you as an employer are boundless – better concentration and healthier staff as fluids are vital to the body, the World Health Organisation - Water sanitation and health state:

“Water is a basic nutrient of the human body and is critical to human life”

So, you can't argue with that.

Okay I know tea isn't as good as water but hey I have to have some vices! For those in care working with older people you get to know their favourite drinks and many do prefer tea and coffee over water, so ensuring they, and you, drink more of their favourite rather than not drinking at all is vital. Along with tea and water, milk and milky drinks especially later in the evening, tea, coffee, squash, soups, smoothies and fruit juice can all contribute significantly to improving fluid intake. Please avoid where possible fizzy, sugar-based drinks.

Remember too that your staff often work in warm environments, so good fluid intake should be encouraged year-round and not just during hot spells. In fact, in hot spells fluid intake will

need to be increased. Here are some additional tips from Public Health England to help keep you, your staff and the general public including social and health care service users stay hydrated and cool in hot weather.

- stay out of the heat especially between 11am and 3pm
- cool yourself down by having plenty of cold drinks and eat foods with high water content - check out our Fruity Friday graphics for more information
- consider using blinds to shade your place of work
- think of colleagues and offer a drink when you are making one

Do your staff teams have access to enough fluid during their day and can they access it when they are thirsty? Remember thirst is one of the first signs of dehydration.

So that's the challenge this for Thirsty Thursday to encourage everyone – staff and service users to start creating their good habits now.

Hopefully you've had a drink whilst you were reading this. If not, pop and get one and encourage your staff to have more fluids and to promote drinks to those they care for. More tea, anyone?

This blog by Derek Johnson was originally published on the Better Lives Leeds website in 2016.

Care Homes Hydration Project

Thanks to Ros Speight from Leicestershire County Council for sharing the link with us about a great project in care homes with a health service benefit too, and it seems timely to share again with you ahead of Thirsty Thursday.

<https://www.eastberkshireccg.nhs.uk/our-work/windsor-ascot-maidenhead-locality/care-homes-hydration-project/>

The project aimed to encourage residents to drink more fluids and bring about a reduction in urinary tract infections (UTIs) requiring medication or hospital admission by introducing seven drinks rounds every day.

On 1 July 2016 a 7-structured drinks round was introduced into four care homes (150 residents) in the Windsor, Ascot and Maidenhead area in partnership with the [Oxford Academic Health Science Network](#). The aim of this project is to reduce the number of UTIs in care home residents which require antibiotics or admission to hospital.



Summer drinks trolley

Method

The project was undertaken in three residential homes and a nursing home with a total of 150 beds. They had the highest UTI admissions to hospital in the region over the previous three years. Areas of improvement were identified in February 2016.

Hydration training was delivered to care home staff who designed and delivered structured drinks rounds. The trolleys were bright, inviting and offered multiple options of drinks, cups and glasses.

Themed trolleys were encouraged, and staff were creative in their design. The PDSA cycle shows the full list of interventions.

Data was collected on:

- Compliance with drinks rounds
- UTIs requiring antibiotics
- UTIs requiring admission to hospital

Results

The project achieved a 33% reduction in UTI hospital admissions and six months after the project there have been no UTI hospital admissions at all. The number of calls to GPs and UTIs needing treatment with antibiotics also fell within all four care homes.

The initiative has now been extended to nine more care homes in Berkshire and Oxfordshire.

Feedback

The following feedback was received from a focus group involving all four care homes:

- A positive experience being part of the project
- Some residents ask for their drink if we are late
- A resident who had a UTI every six weeks used the drinks diary (had capacity) and realised how little they were drinking. Increased fluids of own free will. Improvement noted in walking, social interaction and has been UTI-free for over eight months
- Noticed improved skin integrity and fewer falls
- Fewer GP visits
- Greater understanding within staffing groups of importance of hydration
- No major increase in cost or time commitment – just a different way of working.

Recognition

This study won three national PrescQIPP awards – Best Interface, Best Patient Safety and the overall Best Innovation Gold award (voted for by attendees), October 2017.

Look out for Mealtimes Matter July on Social Media

A tip each day on how to make introduce Protected Mealtimes and to ensure the people you care for most will benefit from the Protected Mealtime and to make most of mealtimes.

We also hope you are enjoying the regulate Monday Tip of the Week's, judging by the social media interest you are!!

Some articles of interest

Hydration Stickers - Improving oral hydration in vulnerable patients

<https://bmjopenquality.bmj.com/content/6/1/u211657.w6106>

Clinical assessments and care interventions to promote oral hydration amongst older patients: a narrative systematic review

<https://bmcnurs.biomedcentral.com/articles/10.1186/s12912-016-0195-x#Sec2>

A qualitative study exploring staff attitudes to maintaining hydration in neurosurgery patients

<https://onlinelibrary.wiley.com/doi/full/10.1002/nop2.154>

USW nursing students' idea to improve hospital patients' fluid intake

<https://www.southwales.ac.uk/news/news-2018/usw-nursing-students-idea-improve-hospital-patients-fluid-intake/>

NEWSLETTER CIRCULATION

Email - 4 21

Twitter - 4 998

Facebook - 1 340

LinkedIn - 157

Countries reached regularly at least 45

FOCUS DAYS

Thirsty Thursday

13th June

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

Fruity Friday

20th September

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

Tasty Suppers

26th November

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

Big Breakfast

20th January 2020

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