



Nutrition & Hydration

week 11 - 17 March 2024



Nutrition and Hydration is an annual event to bring people together to create energy, focus and fun to highlight and educate people on the value of food and drink in maintaining health and wellbeing. This year, we have developed a daily theme to inspire staff on how to promote and celebrate improvements in the provision of nutrition and hydration for our patients, staff and visitors.



Sheffield Teaching Hospitals Daily Themes:

- Big Breakfast Monday
- Nutrition Champions Tuesday
- Swallow Awareness Day & Global Tea Party Wednesday
- Thirsty Thursday
- Social Dining Friday

Check out the nutrition & hydration themed display stands at Huntsman Dining Rooms, NGH and D Floor Dining Room, RHH throughout the week, for more information and handy leaflets to take away.



PROUD TO MAKE A DIFFERENCE



Norfolk ward at Stroke Pathway Assessment and Rehabilitation Centre (SPARC), Beech Hill runs a Breakfast Club Tuesday – Friday. Patients are identified and attend with planned rehab focused goals from Speech and Language Therapists (SLTs), Occupational Therapists and Dietitians. **Could you try this in your area?**

A picture of patients at SPARC eating breakfast together with therapists

There has been good feedback from patients on this initiative, such as **meeting others and sharing journeys.** A similar club is due to start on H2 ward, RHH in the following weeks.

Left: Breakfast Club at Norfolk ward dining room, SPARC.

Below: food is set up so patients can prepare breakfast independently

NAME, one of the SLTs at SPARC, reported goals of the Breakfast Club could include:

- Expressing their wants using picture-based resources
- Independently making their breakfast e.g. toast/tea
- Carrying the tasks out in the appropriate sequence
- Managing limb weakness and sit to stand
- Chewing food well to help manage their swallow ability

Patients are provided with adaptive equipment to help support eating, e.g. plate guards, wide handled spoons and **the area is made to feel less clinical by having music on in the background.**

A reminder about breakfast for patients on an IDDSI Level 4 Pureed Diet:

Wards at Northern and Central Campus can access pureed porridge from D Floor Dining Room, RHH and Huntsman Dining Room, NGH using a completed Lite Bite form (available to download from the Catering SharePoint).



PROUD TO MAKE A DIFFERENCE



Tuesday

An initiative of Nutrition and Hydration Week and Sheffield Teaching Hospitals is to have passionate and effective Nutrition Champions advocating for our patient's food and drink choices. Any staff member can be recruited as a nutrition champion, from Ward Sisters to Clinical Support Workers to Occupational Therapists. **Have you got this role in your area?**

A picture of a nutrition champion standing with their nutrition board

A picture of a classroom with presenter and nutrition champions

Left: NAME with her nutrition themed display board on F2, RHH. Right: NAME, Falls Educator presenting at January's Study Day. Do you have a nutrition board in your area? Are you interested in becoming a Nutrition Champion? Contact NAME, EMAIL ADDRESS.

Feature: Nutrition Champions Study Days

- Twice yearly half day sessions have been running since August 2022, run by the Lead Educator: Nutrition (NAME) and Specialist Dietitian for Catering (NAME)
- Originally on Microsoft Teams during the Covid pandemic, they are now held face to face in various locations and times of the day, to ensure as many champions as possible are captured
- Thank you to the fantastic array of guest speakers who have presented so far, including:
 - **Dementia Practitioners** discussing tips for effective encouragement at mealtimes
 - **Lead Educator for Falls** advising staff on the importance of food and fluid in preventing falls
 - **Nutrition Champions** explaining their inspiring personal journeys with nutrition

Swallowing Awareness Day & Global Tea Party Wednesday

Swallowing Awareness Day raises awareness how SLTs help people living with eating, drinking and swallowing difficulties, known as dysphagia. This year, it takes place on Wednesday 13th March as part of Nutrition and Hydration Week. One of the most popular and well publicised events also takes place on the Wednesday of every Nutrition and Hydration Week, the Global Afternoon Tea Party. **So, how can you get involved?**



Look out for SLT initiatives on the day:

- The team will be visiting some wards at NGH, RHH and SPARC to share information and advice on IDDSI (International Diet Dysphagia Standardisation Initiative) diets
- Join them at the photo stand, available on the SLT roaming trolley and display boards in select dining rooms
- Look out for IDDSI descriptor signs when you have your lunch at D floor, RHH and Huntsman Dining Room, NGH. **What IDDSI level is your meal?**
- Follow events X HANDLE #SwallowAware24



Did you know... STH produces their own texture modified meals for IDDSI Levels 3-7 in the on-site Central Production Unit (CPU). Above: 1200 portions of spiced cauliflower soup in production.

Menu Card

Global Afternoon Tea

Wednesday, 13 March 2024

Scones with British Whipped Cream and Mixed Fruit Jam
(IDDSI Level 7 Regular)

Homemade Chocolate Brownies
(IDDSI Level 5 Minced & Moist and above)

Custard Cream & Coffee, Ginger Biscuit & Tea and Bourbon Cream & Coffee Pots
(IDDSI Level 4 delivered with pureed meal)

Fresh Fruit
available from the ward kitchen

A selection of drinks including tea, coffee, fruit juices and fruit squash

A special afternoon tea menu has been developed with IDDSI suitable options, to be provided by the Catering Department to all inpatient wards at Northern Campus, Central Campus and SPARC.

PROUD TO MAKE A DIFFERENCE



Thirsty Thursday

Hydration is incredibly important for both patients and staff. This year, Thirsty Thursday also falls on World Kidney Day. Smoothie Runs on STH inpatient wards have been an established activity as part of Nutrition and Hydration Week. This year, catering and dietetic teams are hosting **Smoothie Runs** on Huntsman 5, NGH and G2, RHH. **Can you host your own?**



Smoothie Runs and Milkshake Bar elements (all optional and patient dependent):

- Blender
- Fruit (leftover tinned or fresh)
- Yoghurt, milk or ice cream
- Fortisip nutritional supplements
- Fun straws and umbrellas
- Cups with appropriate drinking aids

Left: Smoothies set up and ready to distribute at last year's Smoothie Run on Brearley 7, NGH.

Feature: Staying hydrated during your shift

Sound familiar? Despite understanding the importance of hydration, clinical staff often find that they finish a shift and can't remember when they last had a drink or visited the toilet. This isn't good for general well being, but can also **impact on patient safety due to the effect of dehydration on concentration, cognitive function and physical performance.**

The Eatwell Guide recommends that people should aim to drink **6-8 glasses a day**. Remember, fluid requirements can increase during heat waves, busy shifts, pregnancy or breastfeeding. More information available on Staff Health & Wellbeing SharePoint.

Did you know that it's a myth that you can't have water bottles in clinical areas?

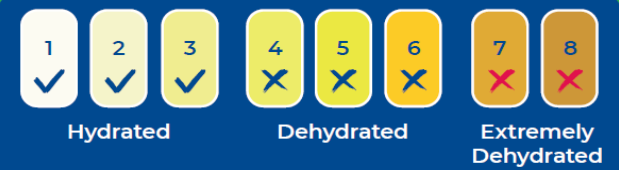
In 2022, England's Chief Nursing Officer, Ruth May, tweeted 'It's crucial that all nursing, midwifery and care staff **are able to drink water and stay hydrated during a shift** at nursing stations or other convenient locations'.

If water bottles are **clearly named and cleaned at the end of every shift, they should not pose an infection control risk.** Bottles must also be kept in a designated clean, non-patient area. Speak to your Ward Manager about how you can keep hydrated.



Am I hydrated?

1 to 3: healthy pee 4 to 8: must hydrate



Other signs of dehydration include dry lips and mouth, dizziness, headaches and fatigue.

Self-care is important for you and your patients. Dehydration can affect your health and your performance at work. Your employers should ensure you have easy access to drinking water. Be aware that some medications and vitamins can colour your urine.

The role of the Acute Kidney Injury (AKI) Educator

- AKI is one of many consequences of dehydration. This rapid deterioration in kidney function is linked to poor outcomes and is common in inpatients.
- In 2022, STH had 15,737 inpatient AKI alerts, equalling **5,721 AKI episodes**. These alerts occurred on a range of wards and were mostly managed without specialist renal input.
- The AKI Educator's role is to raise awareness of AKI and promote best practice through the use of the **AKI Care bundle**.
- If you would like to know more or would like to arrange some tailor-made teaching sessions on fluid balance monitoring or anything AKI, then please contact **EMAIL ADDRESS**.

PROUD TO MAKE A DIFFERENCE



Setting the scene for patients to eat and drink together can have multiple benefits, including reducing de-conditioning by mobilising, providing opportunities for socialising, which can benefit mental health, and stimulating the appetite. Many day rooms are no longer used for their original purpose, so how can the space available be used to promote eating together in hospital?

Tips to promote social dining

- This could be a small table in a bay
- Or two people sat at the end of their bed area so they can see each other
- Or even in a day room if you have access to one
- Don't forget glasses, hearing aids and teeth!

For patients with dementia or cognitive difficulties

- De-clutter the environment
- Provide choices in small chunks, 1-2 choices at a time, or physically show them 2 meals
- Use cutlery/plates that contrast with food/table
- Use of red tray system
- Adapted cutlery & lightweight plates/cups
- Only give spouted beakers if necessary

Contact **DEMENTIA TEAM EMAIL ADDRESS** for advice. Right: dinnertime on Brearley 4, NGH using contrasting crockery and a sheet as a tablecloth.

A picture of staff setting up a communal eating table

Did you know... picture menus are available for the standard patient and texture modified menus on the Catering SharePoint to download and print for your ward.

MONDAY LUNCH

WEEK 2 - SPRING / SUMMER MENU

SOUP



Mildly Spiced Cream of Cauliflower

SANDWICHES



Ham, Tuna Mayo, Sliced Cheese, Hummus

JACKET POTATOES AND FILLINGS



Jacket Potato

Lamb Keema

Baked Beans

Grated Cheese

DESSERTS



Rich Chocolate Cake

Fruit Flavour Jelly

Ice Cream

Tinned Peaches

Pouring Cream

WEEK 2 - SPRING / SUMMER MENU * PAGE 1

EM-TED Boxes

Sheffield Hospitals Charity have funded **EM-TED** (Enable Me To Eat and Drink) Boxes (left). The content and locations of the boxes were decided by an **expert working group** including therapists, nursing and catering colleagues. These aids help **support and provide dignity to our patients when eating and drinking** and could be used if encouraging patients to have their meal together.



Sheffield Teaching Hospitals NHS Foundation Trust

Nutrition & Hydration

week

11 - 17 March 2024



Join us in celebration

Monday, 11 March, Big Breakfast Monday

Start the day right by encouraging patients to eat a nutritious breakfast.

Tuesday, 12 March, Nutrition Champion Tuesday

Shine the light on our Nutrition Champions and recruit new Champions. Develop nutrition themed display boards.

Wednesday, 13 March, Swallow Awareness Day

Global tea party for all inpatient wards
Speech and Language Therapy education on selected wards.

Thursday, 14 March, Thirsty Thursday

Milkshake Bar on Huntsman 5 (NGH) and G2 (RHH).
Other wards welcome to organise their own to promote hydration.
Homemade Tropical Smoothies available to purchase from selected Trust operated retail outlets.

Friday, 15 March, Social Dining Friday

Use bedside tables and communal areas and see the benefits of patients eating together.



Visit our display stands in Huntsman Dining Room and D Floor Dining Room.
View and Share the Nutrition and Hydration newsletter for inspiration.