

Spring edition 2017

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Training and resources - educational Games



I am delighted to now have 2 Hydration games, which are available to loan out to social care settings. I developed the game together with a group of others including; Focus games, Patient Safety, NHS England and the University of East Anglia. A prototype of the game was tested with staff from several Highland care homes last autumn and can be used to focus on both staff and residents' hydration health. Check out more on the hydration game on [twitter@HydrationGame](https://twitter.com/HydrationGame).



Hydration
Dysphagia
Nutrition
Pressure
Communication
Eating and drinking
"Talking Mat"

Nutrition News is a quarterly publication, which is developed with and for social care staff working in the Highlands to understand and improve nutrition and hydration for service users. Please pass it onto any colleagues who may find the information helpful.

If you would like to try out any of the educational games, please let me know. You can choose from: Dysphagia, Hydration, Nutrition, Pressure, Communication, Eating and drinking "Talking Mat."

More details about all the games available to try on line/buy:



www.FocusActive.com

training



Texture Modification Training

has been organised for

4th May at Smithton Church

(>85 participants were booked from > 20 different NHS and independent sector care settings)

23rd August at Glenmorrison Hall, Invermorrison

4th October: Nutrition and Hydration study day, in Portree

23rd November at Smithton church

NACC chef of the year finals.....

Stuart Middleton

from Meallmore Lodge, Daviot, has successfully made it to the final stage of the National Association of Care Catering (NACC) Care Chef of the Year 2017 competition and is now preparing to compete for the title at the national final on Wednesday 7 June.

The chef at Meallmore Lodge Care Home beat stiff competition at the Scottish heat of the prestigious culinary competition, impressing the judges with his exceptional knowledge, talent and flair in the specialist field of care catering to secure his place in the final.

On Wednesday 7 June 2017 Stuart will travel to Barking & Dagenham College's Technical Skills Academy in East London to compete against 11 other brilliant care chefs from across the UK for the coveted title of NACC Care Chef of the Year 2017.

Organised by the National Association of Care Catering, the Care Chef of the Year competition spotlights the care catering sector and the talented, qualified chefs operating within it. From ensuring meals are nutritionally balanced and beneficial, through to catering for individual needs such as special

diets, cultural requirements, reduced appetites and eating difficulties caused by conditions such as dementia and dysphagia, there is an awful lot to consider when creating delicious, appealing menus.



NACC chef of the year finals continued

Stuart's cooking is very popular with the residents he caters for. Here are some of the things they want to share with you.

The food is very good here and there is always a decent choice to keep me happy. I know that if I want something then all I have to do is ask the chef who is always pleasant. If I was to eat everything I was offered, I would be 20 stone!"

Sandy Mackay

I live in the Cottage at Meallmore Lodge where I try to be as independent as I can be. I have a great relationship with Stuart and his team, and go over to the kitchen every morning to see the guys and ask how they are doing. If I am struggling with what to cook for my tea, I know I can go and ask Stuart and he will talk through recipes with me or offer

to cook it for me. I will ask Stuart about different cuts of meat to experiment with and he is always happy to help. Stuart has even come over to the cottage to help me prepare dishes or just to offer advice and a chat. Although I cook most of my meals, I do sometimes ask the kitchen to keep me lunch or dinner if I know I am going to be out for the day. The food is delicious and they make it look very appetising. I am very impressed with the variety that Stuart and his team offer and the Salmon pasta bake that he makes for me is divine"

Andrew John Forshaw

"The food is first class, and I have never not liked what was on offer"

Jean Mackenzie

I'm sure that you'll all want to join with me and wish him the very best of luck for the national final, it's going to be a closely fought and exciting event.

For more information on the NACC Care Chef of the Year 2017 competition visit: www.thenacc.co.uk

The Scottish NACC conference takes place on the 8th of June in Dunfermline. I am very honoured and proud to have been asked to

speaking at it about the work I do in Highland and I'd love to share any good news stories about how you are supporting residents and service users to eat and drink well. Why not drop me a quote (or two) from your chef/residents/staff so that everyone else can hear what a great job you're doing? Evelyn.newman@nhs.net

Fun and Games at Seaforth House, Maryburgh



In March, I was contacted by manager, Colin Murdoch, to discuss how I could support staff and service users. At the end of our meeting, I loaned Colin 2 educational games to try out and evaluate for sharing with other care settings. He used them over a period of 6 weeks and in this edition, here he describes how it went:

Colin says: "The question is: have the games made a difference to understanding and therefore a change in practice?"

There are signs that playing both games (The Dysphagia game and the communication game), have had a positive impact on the nutritional support provided to our residents. This is not to say that I think this area of care is lacking in the home, it is not. Our residents are provided with excellent quality nutrition, it is prepared to very high standard led by our dedicated nursing and care staff.

The beneficial impact of these games stems from the fact that they are effective in providing knowledge and understanding for those with little experience and tests the knowledge and understanding of those with greater experience.

What has followed therefore is more informed discussion, this of course being fundamental to the provision of continuity in care and support. These discussions indicate a more detailed awareness of the complexities and challenges that can be faced

when a resident requires support with restricted and/or regulated food and fluid intake. This includes safety in relation to physical mechanisms and the need for modified food and drink, and an analysis of ways that choice can be encouraged and promoted through strategies of communication.

We have used these games a few times with both staff and residents participating, which has been fun but also an invaluable resource for learning. The design of the games promotes focus and interaction and the variety of learning methods such as; scenarios, questions and tasks allow for a good range in learning. I would encourage others to take the opportunity to use these games and consider them to be a valuable in-house learning resource.

After our gaming session, 4 particular comments were made and agreed by all others. (1) informative (staff member), (2) Great fun (resident), (3) Great way to learn (staff member), Good for learning new skills (resident). We then spent some time reflecting on what we had learned. Interestingly one of the residents appeared to gain an understanding with regard to seeing those other residents who are assisted to eat and/or drink. I guess that is a change in perception and understanding. Another resident commented on now knowing ways that other residents need help to communicate. With regard to the staff, myself included, it is definitely a great way to learn. I could see the depth of engagement in the way that staff and residents were concentrated on not only playing the game but in making attempt to answer questions and engaging with scenarios".



Summer Dining!

As we go to press, summer is just round the corner and the prospect of some warm sunshine and days spent in the garden offers the chance to boost our Vitamin D levels. The action of the sun's rays on our bare skin, helps to top up the body's stores, so if possible support residents and service users to get out for at least half an hour each day in the nice weather. Consider vitamin D sources in your menus too: dietary sources such as fortified margarine, fortified cereals, eggs, skimmed milk powder, liver are just some. The BDA food fact sheet, offers a bit more detail, so find out more on www.bda.uk.com and search the fact sheet section.

Use warm summer days as the ideal opportunity to introduce taste testing a range of ice lollies and choc ices into daily activities Both staff and residents will benefit from the extra fluid in these and reminiscing about their old favourites may well stimulate discussion about trips to the seaside, ice cream vans and summer heatwaves of years gone by. What was your favourite: Maybe a Rocket, a Fab, Mini milk, Magnum, Strawberry splits, Funny faces, Ice pops? What a great time to be an activity co-ordinator eh?!

Making ice cream floats and "mocktails" are other great, fun ways to celebrate or just to make people feel a bit special: there are lots of colourful glasses and accessories to try out too so why not add a bit of a sparkle to an afternoon in the sun?

Who doesn't like the smell of food cooking on a barbecue?: Fish, chicken pieces, sausages, corn on the cob, roasted red peppers all look and smell great. Having a buffet style selection of finger salad foods (baby tomatoes, carrot sticks, celery and cucumber strips) served with sauces and bread rolls offer the chance to graze, try new things and eat a colourful balance of nutrients. Involve relatives and carers to make sure everyone has the chance to join in enjoy socialising outside.

Remember to develop a care plan for good hydration: 30ml/kg for anyone >60 years. All drinks count, as well as some foods such as jelly, ice cream, milk puddings and soups (hot or cold).





An island view

I was delighted to be invited to spend a day at Isleview care home, Aultbea a couple of months ago. The home is set in a beautiful location and residents can enjoy the scenery from the large conservatory, overlooking Loch Ewe. However the remote location and lack of transport, makes it difficult for many staff to travel for training updates.

New manager, Cassie Hersee arranged for me to deliver nutrition and hydration refresher sessions for morning and afternoon staff many of whom were new to the home and the area.

I had the chance to spend time talking with residents during the morning and over lunch, which is prepared by 2 longstanding dedicated cooks. Helen, working that day, explained that menus are planned and updated regularly in accordance with residents' preferences. Special events are catered for to include family and friends; nothing is too much trouble here and they are not constrained by tight budgets.

At the moment Dolores is recovering well from a recent stroke and hopes to be home in Glensheil with social care support soon. Her husband and family visit regularly and enjoy lunchtimes together (photo) In fact, her daughter, who is a nationally acclaimed harpist joined in with Valentine's day celebrations at Isleview, delivering a beautiful recital on her harp. To see and read more, have a look at their face book page: the food looks fantastic!

The care home handyman brings his dog in to visit each day, while he works in the garden, before joining some of the men for lunch (photo) Ladies tend to sit together in the conservatory, including soon-to-be centenarian, Peggy Mitchell from Lochcarron, who stays regularly for respite. Peggy enjoys watching all the boats going by and the activity at the nearby Naval base, which was preparing to commemorate the Arctic convoys, which her uncle had served with. We have so much to learn from spending time chatting with residents don't we?

Staff training day

at Lochbroom
House, Ullapool



Manager Lisa MacDonald took part in the pilot nutrition champions' programme, which I ran last year and has now taken on the role as manager of the home. She takes the role of nutrition and hydration in supporting residents' health and well being very seriously and asked me if I would take part in a staff training event on the 24th of April. I was asked to deliver a 2-hour overview of the challenges and opportunities for supporting staff assisting residents to eat and drink well. 11 staff attended and had lots of views and a good understanding of the needs of residents and day care service users.

The event was very well evaluated as either interesting/very informative. General themes from staff comments:

- much more aware of the importance of how to support people with visual impairments at mealtimes e.g. those who can only see from one side
- to be promoting hydration more as a result of today
- need to offer more regular snacks/meals and reduced portion sizes over the day

A day in the life of

Mrs Mary MacKenzie



While I was at the staff training day in Lochbroom house, manager Lisa MacDonald arranged for Mary and I to meet over a coffee, so that I could bring readers of Nutrition News a new feature, getting to know a bit more about some of the residents in our care homes.

Mary was kind enough to invite me for a chat alongside her, in one of her favourite spots at home: a comfy seated area close to her room, overlooking all the comings and goings outside.

She has lived in her home for the past 4 years and is probably the most independent person living there now. She had previously lived most of her life in Gairloch but following a serious illness, she ended up in Raigmore then Invergordon hospitals, for 8 weeks, before being given the opportunity of coming to Lochbroom House for a 1 week initial stay. Mary told me that she knew immediately, on coming through the doors, that this was the place she wanted to live and to spend the rest of her days: "the staff were so kind and friendly and there was such a warm environment" She moved into her room, which she has decorated with many family photos and personal effects, and has been happy to call it home ever since.

Mary is never short of company, with lots of family and friends visiting regularly for a coffee and a catch up on her sofa. She has 2 daughters, visiting from Gairloch and Inverness respectively and she speaks very proudly of her grandchildren: 2 teachers and a radiographer, who visit regularly.

She never thought she would end up living in a care home, though she had visited friends living in care over the years. However she now realises that her illness and frailty 4 years ago would have made it impossible to continue living independently or to look after herself properly. She was getting help from her daughters of course, as well as a neighbourhood "taxi" scheme, where she paid £1 for someone locally to take her shopping; but she wasn't eating well at all. She reflects that her family must have been very anxious about her then but happy to see her enjoying life in Lochbroom House.

Mary has always risen quite early and she makes her way through for breakfast: unsweetened Scots porridge, toast and her daughter's homemade marmalade!

Back then to her favourite spot and staff bring her a china mug of her favourite coffee (her daughter brings her sachets of flavoured latte) and time for her brain training, as she loves doing word searches.

By 11am, she makes her way back to the lounge area, where she has her own recliner chair. Each day, she likes to catch up with the goings on in the world, reading the Press and Journal till it's time for lunch in the dining room. Her favourite meal involves "anything that includes fish!" She enjoys all the food at Lochbroom though and says that staff will get anything you need. She is also fortunate to have extras brought in by family and friends: No sweets or chocolate treats though 2 Christmases ago, she decided that she was putting on too

A day in the life of **Mrs Mary MacKenzie** (continued)

much weight because she was eating so well at Lochbroom. So she decided that she had to take action and gave away all her gifts of chocolates and sweets; she only takes small portions at mealtimes and tries not to eat puddings. She is delighted that she has since lost 2 stone and she intends to keep it off.

After her evening meal, she enjoys heading back to her room to watch her own favourite TV programmes, and enjoy the peacefulness of her surroundings before bed.

Mary attends the local Free Church twice each Sunday, with help from members of the congregation. Her faith is very important to her and this is the only time she leaves the home in the Winter. She is more than happy with this

though and during the summer/warmer weather she goes out more with her family.

She has made one very good friend in Lochbroom House, who she can chat with and she helps keep an eye out for other residents who have dementia and a tendency to wander.

Mary can honestly say that she will be happy to live out the rest of her days in her home and wouldn't want to be anywhere else. She will be celebrating a "special " birthday in November this year (her 90th !) and I am sure that staff and her family will be pulling out all the stops to make it one to remember.

Thank you for sharing with us Mary.