



**Rotherham Doncaster
and South Humber**
NHS Foundation Trust

Nutrition Success at Dunniwood Lodge

**Addressing Malnutrition Risk in
Doncaster Care Homes**

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RDaSH Dietetic Service 'Food First' Training Programme

In September 2016, the RDaSH dietetic service was funded by the Doncaster Clinical Commissioning Group to provide a time limited training package to all care homes within the Doncaster region. The training package was developed to reduce the risk of malnutrition in care home residents. We chose the nationally validated Malnutrition Universal Screening Tool (MUST) by the British Association for Parenteral and Enteral Nutrition (BAPEN). The training involved face to face teaching, electronic resources and on-going support. Care home managers, nurses/senior carers and cooks were invited.

The aim of the training was to provide staff with the skills and knowledge on how to identify residents who are at risk of malnutrition using the MUST and implementing an appropriate Nutritional Action Plan (NAP), dependant on their MUST score. We then advised on how to re-screen using the MUST to ensure appropriate monitoring of residents. We also provided guidance on how to manage residents with diabetes, palliative care and underlying causes of malnutrition not related to diet.

Another aim of the training was to enhance the overall wellbeing of residents by reducing the amount of prescribable oral nutritional supplements (ONS). These were to be replaced by the implementation of food fortification (adding macro and micronutrients to foods without altering the volume) and providing homemade high calorie 'MUST' snacks and 'MUST' drinks and/or shots.



*Putting patients at the centre
of good nutritional care*

MUST Score's and their Nutritional Action Plan

MUST Score	Risk of Malnutrition	NAP
0	Low	<ul style="list-style-type: none"> ✓ Encourage balanced diet ✓ If BMI>30kg/m2 provide low calorie/fat options
1	Medium	<ul style="list-style-type: none"> ✓ Monitor intake via food and fluid chart ✓ Provide enriched diet using MUST food fortification instructions <p>Offer a daily minimum of:</p> <ul style="list-style-type: none"> ✓ 2 MUST snacks ✓ 2 MUST drinks and/or shots
2	High	<ul style="list-style-type: none"> ✓ Monitor intake via food and fluid chart ✓ Provide enriched diet using MUST food fortification instructions <p>Offer a daily minimum of:</p> <ul style="list-style-type: none"> ✓ 2 MUST snacks ✓ 3 MUST drinks and/or shots

Success at Dunniwood Lodge

Dunniwood Lodge, part of Astonbrook Care Homes, is one of the care homes in Doncaster who have gone above and beyond our expectations since the training was implemented.

A total of five staff members attended the training over two sessions, and as requested, this was then disseminated to the rest of the staff over a 2 week period. All residents were screened using the MUST and any of those identified with a MUST score of 1 or above were prioritised. Nutritional care plans along with the relevant documentation were adapted and colour co-ordinated so action could be taken. This enabled all care staff to be aware of those at risk of malnutrition.

The 'Food First' Approach

Dunniwood Lodge personalised the food fortification instructions to each resident dependant on their regular meal choice, for example, residents with a MUST score of 1 were made porridge with full cream milk, and those with a MUST score of 2 were made porridge with full cream milk and cream.

The 'MUST' snacks information we provided was developed even further through a considerable amount of research by the cooks. Twenty different high calorie bite size snacks were tried and tested with the residents; those which were best suited were allocated on a 2 per day 1 week rolling snack menu. Texture diets and thickened fluids were also considered throughout.

The training we provided emphasised replacing prescribable oral nutritional supplements with our developed homemade nutritional supplements using cost effective, easy to access ingredients. For example, our milk based 'Supershake' is a non-prescribable option to Fortisip and our 'Super Ceamshot' is a non-prescribable option to Calogen Extra Shot. However, Dunniwood Lodge took an even more person-centred approach, providing different volumes and variety of the homemade supplements dependant on the resident's preferences and tolerance, sometimes more MUST snacks were provided instead of the MUST drinks.

Cost Savings

Catering

Dunniwood Lodge's catering budget was not at all affected; their supplies purchasing were amended in line with the needs of a patient centred approach to food and used more effectively.

Prescribable Oral Nutritional Supplements

After implementation of the NAP's, Dunniwood Lodge highlighted to us the issues of providing existing levels of prescribable oral nutritional supplements alongside the 'MUST' snacks and drinks. With advice and assistance from RDaSH dietitians and cooperation with the GP surgeries, the care staff discontinued the prescribable ONS and provided residents with suitable Food First alternatives as per their personalised NAP. Over an 8 week period all residents' weights were monitored to ensure there were no unplanned losses. Throughout this 8 week period, all residents at risk of malnutrition either stabilised or gained weight. Therefore at the 8 week mark, all prescribable ONS were discontinued from resident's repeat prescription. At present, there are no residents at Dunniwood Lodge prescribed ONS.

Levels of prescribed nutritional supplements have been significantly reduced with identifiable NHS cost savings. An analysis of the cost savings from the 8 residents previously receiving prescribable ONS was completed and overall per annum the saving was £9,076.56 which equates to over £1000 per resident.

Time Well Spent

The only costing to Dunniwood Lodge was staff time and commitment. An analysis was completed by the care home manager and the cost equated to a one off cost of £469 which included collation of information, designing menus, amending documentation and discussing changes with care staff, AHP's and medical staff.

Not Just a Difference in Weight

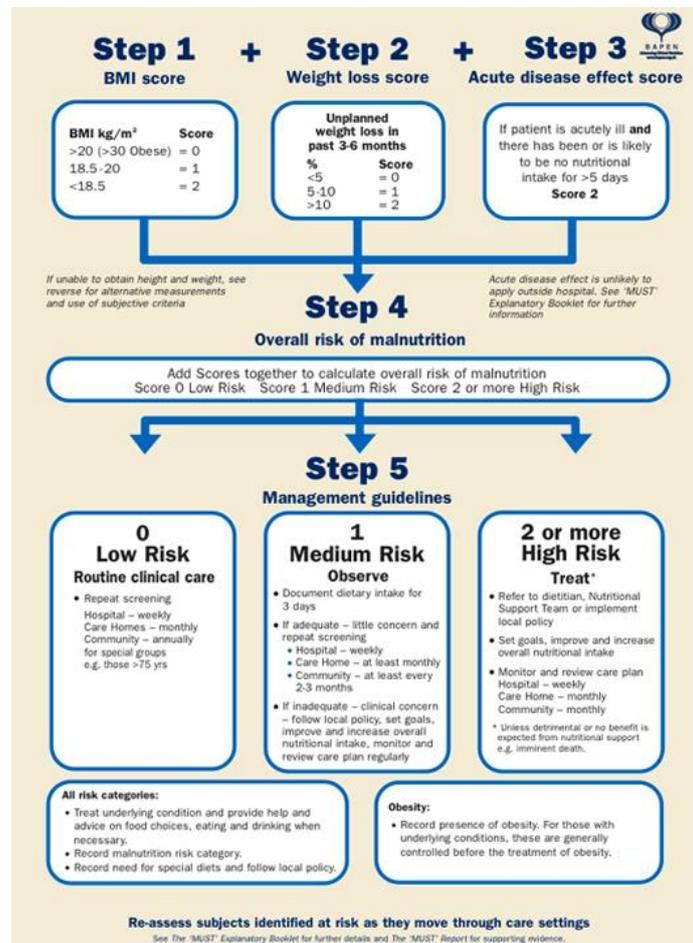
Not only has the weight of the resident's at risk of malnutrition stabilised or increased, but other positive outcomes have also been achieved.

Joanne and her team at Dunniwood Lodge have been nominated for several awards for their work and commitment to the React to Red programme (prevention of pressure

ulcers). In partnership with this and the Food First training programme, the incidence of pressure ulcers has been eradicated. Additionally, care home staff feel their residents overall wellbeing has improved, they are more alert and mood has significantly improved.

Staff commitment has increased and turnover reduced to below industry norms in the care home due to excellent leadership and management from care home manager Joanne Booker, who has been nominated for care home manager of the year award. Reducing staff turnover has a very positive effect on the nutritional status of residents as it allows for consistency and understanding of residents wants needs, likes and dislikes. Residents are also able to build up rapport with staff during meal and snack times, especially those that need require additional support and assistance.

Dunniwood Lodge’s effort and dedication to improve their residents overall wellbeing through the use of nutrition is outstanding and should be a role model to all other care homes in the Doncaster region.



With special

thanks to:

- **Joanne Booker**

(Dunniwood Lodge Care Home Manager)

- **Care Staff, Senior Care Staff and Kitchen Staff**

(Dunniwood Lodge Care Home)

- **Jayne Burns, Jayne Brocklehurst, Susan Dodsworth and Anita Goodwin**

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