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本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian

ئەم بەلگەییە ھەروەھا بە زمانەکانی کە، بە چاپی درشت و بە شریتی تەسجیل دەس دەکەوێت

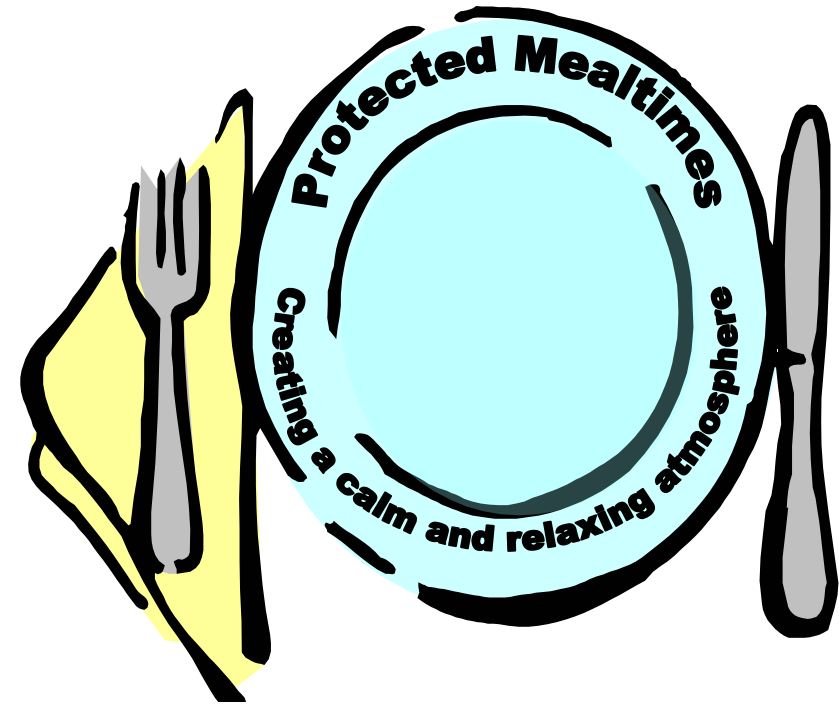
Kurdish

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

Document History

Authors	Tracey McClelland / Jane Collins
Department	Box Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 2QQ
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Protected mealtimes have been introduced to reduce non urgent clinical work during lunch time. It will focus attention on the meal service so that patients' lunches are not interrupted.

Protected mealtimes will help create a more relaxed atmosphere for you to enjoy your meal.

Ward staff would welcome your feedback. If you would like further information, please ask a member of the ward team.

What are Protected Meal Times?

Introduction

The presentation of food in hospitals is important to ensure that meals are tempting, even to those with the poorest appetites. The only true measure of success is how much food is eaten. We have introduced a protected mealtime service to help get the most nutrition and benefit from the food provided.

You, a relative or friend are a patient on a ward that has put Protected Meal Times into practice.

What is a protected mealtime service?

This is a period of time over lunch when all non-essential activities, on the wards will stop. The nurses, and ward assistants, will be available to serve the food and give help to patients who may need it. This will prevent unnecessary interruptions to mealtimes. If this is successful, it may be extended throughout the Trust, and include evening meals too.

Why is it a good idea?

Patients say they would prefer to eat their meals with less distraction on the ward. Other hospitals that have already

introduced the service have found that patients eat better and recover more quickly. This is because a more relaxed and calm atmosphere is created, giving patients time to socialise and digest their food.

Who will be on the ward then?

As well as the patients, the only people on the ward will be nursing staff and ward assistants. They will all have the same aim: to help, encourage and monitor the patient's food intake during their meal time and make it an enjoyable experience. In future, specially trained volunteers may be able to assist at this time.

Please be assured that all emergency treatments will still be dealt with.

What can relatives or visitors do to help?

If you are visiting a ward displaying the Protected Mealtime Poster, please respect this and try to visit outside the registered times.

If you normally visit at mealtimes to help your relative or friend eat, or just to give encouragement, we are happy for you to continue to do this. Please ask the nurse in charge how you can help.

If possible, please try to avoid telephoning the ward, or your relative, for information during these times so the staff can concentrate on helping the patients.

If you have any worries or concerns about any of this, then please speak to the nurse in charge.