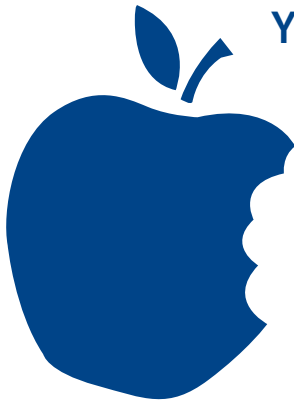


Improving nutritional care workshop briefing



You can help to enhance the patient's experience of nutrition

Pre-workshop information

Food and water are essential elements of care – as vital as medication, therapy and treatment. Nutrition Now was launched by the RCN in 2007 to raise standards of nutrition and hydration in hospitals and the community. The campaign aimed to give nurses the practical tools, support and evidence to make nutrition a priority in the area where they work.

The workshop has been developed in partnership with the Royal College of Nursing (RCN), the National Patient Safety Agency (NPSA), the British Association for Parenteral and Enteral Nutrition (BAPEN) and Abbott Nutrition.

Why are we doing this workshop?

Our research for the campaign shows nurses are passionate about nutrition – 80 percent say nutrition is “extremely important”. What’s clear however is that there are obstacles in the way of nurses delivering the kind of care they want to give. In the acute sector for example, the top six barriers that prevent nutrition are:

- availability of food outside of mealtimes
- not enough staff to help patients eat
- the choice of food
- not enough staff to monitor patients’ intake of food and water
- the quality and presentation of food
- staff are also concerned with other priorities such as medical rounds.

Recognising that very many organisations are already making nutritional care a priority, this workshop aims to give health and social care practitioner’s time to think about how they deliver nutritional care in their organisation and time to action plan to aspire to excellence.

Who should attend?

It takes a lot of people, each doing their own job well, and working together as a team to provide excellent nutritional care and service. It is only through a multi-disciplinary approach that good nutritional care can be achieved. Therefore this workshop has been designed for modern matrons or equivalent, staff nurses, health care assistants/health care support workers, patient representatives (from your local Patient and Public Involvement Forum), non-executive directors, catering staff, housekeepers, dietitians and speech and language therapists.

What will be the outcomes of the workshop?

- Increased awareness of the importance of food and nutrition
- Greater understanding of patient safety issues
- Time to think about the nutritional care they provide
- Time to review nutritional screening
- An opportunity to develop an action plan on nutritional care.

At the end of the workshop, you will be asked to say what changes you will make back at work. Your organisation's co-ordinator of this workshop will contact you in a couple of month's time to find out what differences have happened so that your experiences can be shared.

Programme outline

10am – 4pm

Section 1: Setting the scene

Programme overview
Introductions

Section 2: Patient safety issues

What are the risks?
Protected mealtimes

Section 3: Observations of care and improving service delivery

Section 4: Working in teams

Who is the nutritional care team?

Section 5: Improving nutritional outcomes

Section 6: Action planning

Section 7: Reflection and close

Section 8: Resources

Further information about the organisations involved in developing this workshop can be found on the following websites:

www.rcn.org.uk/nutritionnow

www.bapen.org.uk

www.npsa.nhs.uk/nutrition

www.abbottnutrition.com