



Royal College  
of Nursing



nutrition  
now

The central graphic is a large white silhouette of an apple with a bite taken out of its right side. Inside the apple, the word 'nutrition' is written in a dark blue, lowercase, sans-serif font. The letter 'o' in 'nutrition' is replaced by a small dark blue apple icon with a stem and leaf. Below 'nutrition', the word 'now' is written in a bold, red, lowercase, sans-serif font.

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# Origins of the campaign

“It is a national scandal that six out of ten older people are at risk of becoming malnourished, or their situation getting worse, in hospital.”

***Hungry to be heard***

“We receive calls and letters on [*nutrition and assistance with feeding*] over and over again...what is needed is not another Government catering stunt...but a radical re-assessment of nursing priorities...”

***Patients' Association***



# The campaign aims to:

Improve standards of nutrition and hydration in hospitals and the community by:

- providing practical resources
- working in collaboration with a variety of stakeholders.



# This workshop aims to:



- increase awareness of the importance of food and nutrition
- promote greater understanding of patient safety issues
- give health care professionals the time to think about the nutritional care they provide
- share the outcomes from the Nutrition Now focus sites
- review nutritional screening and the Aim project
- provide an opportunity to develop an action plan on nutritional care.

# Outline for the day

- Thinking about our experiences of food and nutrition in health and social care
- Patient safety issues
- Observing in practice
- Nutritional screening
- Action planning.



# Key issues for nurses

- Time
- Staffing levels
- Patient throughput
- Food budgets
- Monitoring of food quality.



# Other activities and resources

- The RCN Principles for Hydration and Nutrition
- The Hydration Best Practice Toolkit
- Council of Europe fact sheets
- Perioperative fasting resource - downloadable versions
- [http://www.rcn.org.uk/development/practice/perioperative\\_fasting](http://www.rcn.org.uk/development/practice/perioperative_fasting)
- All of the above and other information is available on the Nutrition Now website at [www.rcn.org.uk/nutritionnow](http://www.rcn.org.uk/nutritionnow)

