

# BRIEFING TO OLDHAM HEALTH AND WELLBEING BOARD

## Report Title: Nutrition and Hydration in over 65s

Report Author: Marie Price, Programme Manager, Age UK Salford

Date: 13 November 2018

### Requirement from the Health and Wellbeing Board:

The Board is requested to support the awareness raising and embedding of the intervention in to the everyday work of frontline staff to ensure the sustainability of the programme.

### Background:

Salford Malnutrition Taskforce developed and tested a range of simple tools to help raise awareness of malnutrition, including the paperweight armband, nutrition booklet and e-learning resources on malnutrition and dysphagia.

Adopting the Salford model, the Greater Manchester Nutrition and Hydration 2-year pilot programme focuses on delivering a community intervention for preventing, identifying and addressing malnutrition and dehydration in the age 65+ population.

Funded by the GM Health and Social Care Partnership it is delivered in 5 localities; Bolton, Bury, Oldham, Rochdale and Stockport. Delivery is based on five key principles:

1. **Raise awareness across the community:** With older people and their families and carers through frontline staff training.
2. **Identify malnutrition and develop standards of nutritional care, including the type and level of information and training needed to achieve this consistently:** Have organisational structures that facilitate working together across Health and Social Care.
3. **Identifying malnutrition:** Frontline staff screening local populations and, by identifying the cause(s), be able to signpost individuals to appropriate services.
4. **Personalising care and support:** Using a person-centred approach to ensure people have timely and appropriate advice to address barriers to good nutrition and hydration. In hospital and care settings enabling 24-hour access to food and drink of choice through the right advice, support and treatment early and the right support when transferred between settings
5. **Monitoring and evaluating the implementation and impact of using the paperweight armband:** Use the monitoring and evaluation results to sustain the programme beyond 2 years

**What the issue is (if any):**

In the UK, 14% of the 65+ population is at risk of malnutrition. 93% of those at risk of malnutrition are in the community. Malnourished people visit their GPs twice as often, have 3 times the number of hospital admissions, stay in hospital more than 3 days longer than those who were well nourished, and have more ill health (co-morbidities). Dehydration in older adults is associated with falls, hospitalisation and higher health and care costs.

**Relationship with the Oldham Locality Plan:****Supporting people to be more in control of their lives:**

The programme uses a self-care 'Food First' approach to enable residents to increase their food intake.

**Having a health and social care system that is geared towards wellbeing and the prevention of ill health;**

Malnutrition and dehydration are preventable. The tools used for the programme are based on the themes highlighted in the National Institute of Clinical and Care Excellence (NICE) nutrition quality standard 24 to support the identification and intervention of malnutrition.

**Access to health services at home and in the community:**

The PaperWeight Armband© is a non-medical, nonintrusive tool used to identify and deal with malnutrition. It enables carers, volunteers or health and social care professionals to broach the subject of malnutrition with at-risk individuals and discuss the support the individual needs to take 'self-care' steps to improve nutrition and stimulate weight-gain e.g. fortification of their usual diet, support with shopping etc.

**Social care that works with health and voluntary services to support people to look after themselves and each other.**

Multi-agency steering groups have been established in each of the pilot areas to embed nutrition and hydration as a priority and prompt the development of a consistent local malnutrition pathway across the range of health, social care and third sector provider settings.

Front-line staff and volunteers from health, social care and the voluntary sector will be trained to deliver the brief intervention.

**Recommendation**

That the Board recognises the work of the programme and supports the efforts to raise awareness of the issue and to help embed the intervention into the everyday interactions of staff and carers with people aged 65 and over who may be at risk of malnutrition and hydration.