



August 2013 Nutrition Newsletter

Information and news for Care Homes
in The Essex And Tendring Area

Nutrition & Pressure Sores

The aim of this newsletter is to provide you with information about the link between good nutrition and pressure ulcers.

- Results of a study presented at the Patient Safety Congress in May 2013 indicated that in hospitals in England alone **186,617** people were harmed by pressure ulcers. More worryingly, 80 per cent of these were preventable.
- Older adults are at increased risk for developing pressure sores, and the risk increases with age. This is due to a variety of factors, such as decreased mobility, increased levels of incontinence, and increase risk of **malnutrition**.
- **Dietitians**, like all health and social care professionals, have a duty to discuss whether a patient may be at risk of developing pressure ulcers, this is essential, not just so they can **tailor their nutrition**, so that other health care professionals can be notified (e.g district nurse, tissue viability)
- A study in hospitals and care/nursing homes reported a significant relationship between **pressure ulcers** and a **BMI under 18.5kg/m², unintentional weight loss and low nutritional intake**.
- The regular use of nutritional screening tools, such as the **Malnutrition Universal Screening Tool (MUST)** to identify patients at risk of malnutrition may therefore play a role in preventing pressure ulcers.
- There is an increased need for **extra calories and protein in wound repair**. Where calorie and protein requirements cannot be met via regular diet, oral nutritional supplements should be considered.
- Ensuring adequate **fluid** is necessary, to prevent further skin breakdown.

IF YOU HAVE A RESIDENT WITH A PRESSURE ULCER THAT IS NOT HEALING PLEASE CONTACT THE COMMUNITY DIETETIC TEAM.

*Complete Nutrition Vol.13 No 3 Jul/Aug 2013 - Nutrition and Pressure Sores in the Elderly
Rebecca McManamon, MNutr, Specialist Primary Care Dietitian*

A special thanks...

We would like to say thank you to Cherry Hagger and Roshni Devlukia Student Dietitians from The University of Hertfordshire.

During their recent placement with us they researched high calorie, high protein snacks, they also spent time compiling and making dairy free smoothies. The results are on the next two pages.

MANY THANKS FROM THE COMMUNITY DIETETIC TEAM



High Calorie & High Protein Snacks

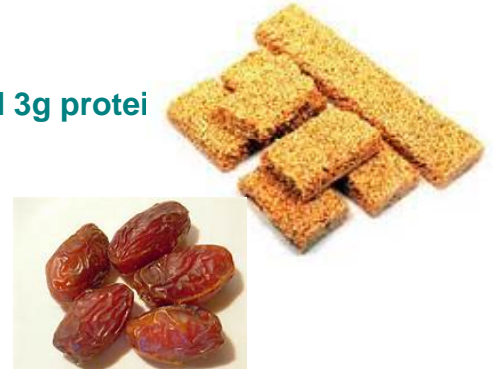


High Calorie Snacks

Chunkie chocolate biscuit – 131kcal each
 Vienesse whirls – 111kcal
 Shortbread fingers – 104kcal
 Taramasalata – 227kcal per 46g serving

High protein snacks

Houmous – per serving 30g 123kcal 5g protein
 Savoury rice sticks (Chakri) – per serving 30g – 150kcal 3g protei
 Oatcake – 39kcal 1.1g protein each
 Snickers – 296kcal 5g protein
 Munchy seed packet (25g) 135kcal 8g protein
 Roasted bean mix (25g serving) – 98kcal 8.5g protein
 Peanut butter (per tablespoon) 121kcal 4.9g protein
 Sesame bar – 202kcal 4g protein
 Dates (2) 121kcal 1g protein



High Calorie / Energy Dense Desserts and Puddings



Belgium chocolate éclairs – 138kcal
 Tiramisu- 125g pudding 260kcal
 Apple blackberry and custard strudels – 272kcal 3.5g protein
 Chocolate doughnut – 273kcal
 Bread and butter pudding –125g 275kcal
 Cream slices 292kcal 2.3g
 Belgium chocolate cheesecake (per 1/6th portion) 344kcal
 Syrup sponge individual puddings 110g – 353kcal
 Chocolate sponge pudding individual puddings 110g – 390kcal
 Sticky toffee pudding – individual pudding 110g– 415kcal
 Gu chocolate sponge melt in middle per 100g individual pudding – 421kcal 6g protein
 New York cheesecake – 90g portion- 379kcal 5.0g protein

High Calorie Yoghurts

Perle de lait – 172kcal 3g protein
 Oykos – 153kcal 3.5g protein
 Taste the difference west country fudge yoghurt – 231kcal 4.5g protein



High Protein Yoghurts

Activia intensely creamy – 121kcal 6g protein
 Liberte – 79kcal 8g protein
 Danio – 125kcal 13g protein

List compiled by Student Dietitians Cherry Hagger & Roshni Devlukia



High protein dairy free smoothies



Avocado Milkshake

250ml Rice Milk
1 avocado
100g tofu
2 tbsp maple syrup

Energy 552 kcals
Protein 15g

Summer berry Delight

175g Tofu
1tbsp honey
250ml Fruit juice
100g berry mix (frozen)

Energy 305kcals
Protein 15g

Tropical Smoothie

250ml Coconut milk
110g pineapple
(frozen or fresh chunks)
120g mango (frozen chunks)
50ml mango juice
4 maple syrup

Energy 790 kcal
Protein 8g

Choconutty Smoothie

250ml rice milk
4 tbsp peanut butter
2tbsp drinking chocolate
2tbsp maple syrup
½ banana

Energy: 834kcal
Protein: 22g



Highlighted Area of Good Practice

Alexandra House, Dovercourt

We have been particularly impressed with the way in which staff at Alexandra House have approached nutrition within the care setting.

Below Manager Janet Lloyd discusses what staff have been doing at Alexandra House to improve nutrition.

“At Alexandra house, we have introduced a snack trolley this is taken around 3-4 times a day, residents choose what snacks they wish and when they wish, The snacks are chosen with input from the residents to cater for sweet, savoury, soups, milkshakes and other types of snacks so all tastes are included on the snack trolley. This is to ensure all residents feel valued and included. The snacks are usually finger snacks and bright in colour and presented, working with the community dietetics team who are very supportive, the catering manager says providing the snacks is part of the residents nutritional needs and the cost is minimal compared to the long term health problems associated with weight loss, it was felt that providing snacks in between meals would lead to residents not eating their main meals, but we have noted that many residents appetites have increased along with their weight.”



We also have family rooms on each unit where families can visit and even cook their relatives favourite meal just the way they like it this is very successful especially for any residents who's appetite is poor, involving families is part of mha home standards and values.

The activities co-ordinator organise a fruity Friday getting residents to prepare their own fruit cocktails this is especially successful with our dementia residents, We also hold a monthly event visiting different countries to try the various culinary delights our recent Chinese night was very successful our next stop is Italy”

WELL DONE TO ALL AT ALEXANDRA HOUSE

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