



October 2013 Nutrition Newsletter

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

Understanding Stroke

- 150,000 people UK per year are affected by a Stroke.
- 1 every five minutes
- Stroke accounts for 11% of all deaths in England and Wales.
- The risk of *recurrent stroke* is 26% within 5 years of a first stroke and 39% by 10 years
- Is the single most common cause of adult disability
- Stroke symptoms last > 24hrs

Risk Factors: High Blood Pressure, AF, Diabetes, Smokers, ethnicity

Recognise the symptoms

FACIAL WEAKNESS – Can the person smile? Has their mouth or eye drooped.

ARM WEAKNESS – Can the person raise both arms?

SPEECH PROBLEMS – Can the person speak clearly and understand what you say?

TIME – to call **999**

If a person fails one or more of these tests, get help immediately by dialling **999**. A speedy response can reduce the damage to a persons brain and increase their chances of a full recovery. A delay in getting help can result in death or long term disabilities.

Don't ignore temporary symptoms

If symptoms disappear in 24hrs, the person may have had a Transient Ischemic Attack (TIA), which is also called a mini stroke. A TIA is still a medical emergency as it can lead to a major stroke.



<http://www.stroke.org.uk/about/recognise-symptoms>

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Problems post stroke

- **Cognitive** (memory, attention, perception & communication)
- **Depression**
- **Emotion** (anxiety, intense emotions, anger, personality changes)
- **Fatigue**
- **Physical deficits & changes** (sensitivity, spasticity, weak/paralysis)
- **Visual** (movement, processing, visual field & spacial/perception)
- **Balance**
- **Pain**
- **Contenance**

How stroke can affect your diet

Swallow (dysphagia)

- Swallowing is a complex activity that involves the co-ordination of many nerves and muscles.
- 40% of people who have experienced a Stroke are affected.
- Either side of the brain could be affected this could cause muscle weakness or affect a persons swallow.
- Problems with attention and concentration, balance difficulties and poor co-ordination can also affect your ability to swallow food and drink safely.

Dysgeusia

- Loss of taste, or dysgeusia, is one of the less common after-effects of a stroke.
- Often it occurs with a loss of smell as well.

Things that can help improve diet and hydration

- **Assessment by a Speech & Language Therapist.** This can determine whether a person needs to be offered a certain texture of diet. A Speech & Language Therapist can also advise and recommend the best fluid consistency for the patient, this can help improve compliance and reduce the risk of the patient aspirating (food & fluid entering the lungs).
- **Assessment by Dietitian** If a patient is unable to meet their calorie needs through diet alone a Dietitian will give recommendations for nutritional supplements. If a patient is experiencing problems swallowing they may need to be fed via a tube into their stomach, a Dietitian would be responsible for which type of feed they received to ensure that their nutritional requirements are met.

Many thanks to Adele Holcombe – Stroke Dietitian Colchester Hospital

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Highlighted Area of Good Practice

Well House Residential Home
Brightlingsea, Colchester

Staff at Well House Residential Home in Brightlingsea have been making changes to the way that snacks are offered to their service users.

As part of the Food First project and MUST monitoring at Well House we have provided our residents with a snack trolley twice a day at 11am and 3pm. The morning snack trolley consists of snacks such as crackers with different toppings, such as pate and soft cheese, bite size portions of sausage rolls, pizza bites, garlic bread, vol au vents, pastries and other savoury snacks.

The afternoon trolley consists of bite size pieces of cakes, biscuits, chocolate fingers, popcorn and a range of other sweet treats. We also offer homemade milkshakes at both snack times, in a range of different flavours. We add ice cream in the shakes to increase calories.

For our residents that are watching their weight we offer a of selection of fruits and sugar free cakes/scones.

The snack trollies are very popular with the residents who enjoy the homemade snacks and treats.

Julie Douglas
Home Manager

WELL DONE TO ALL AT WELL HOUSE RESIDENTIAL HOME

