



September 2013 Nutrition Newsletter

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

The Community Dietetic Team

Improving the nutritional care of service users in care & nursing homes

Introducing the Community Dietetic Team

- Kirsteen Bryson – Specialist Dietitian – Community – 37.5 hrs per week
- Sally Lamond – Specialist Dietitian – Community Hospitals – 7hrs per week
- Carley Rands – Senior Community Dietitian - 37.5hrs per week
- Emma Thurlow – Senior Community Dietitian – 37.5hrs per week
- Hayley Cole – Band 5 Dietitian – 7hrs per week
- Heather Churchyard - Dietetic Assistant – Community – 30hrs per week

The team covers North East Essex.

We offer dietetic care to patients in their own homes and those in care and nursing homes.



We are based at Essex County Hospital, Clacton District Hospital and Halstead Hospital.

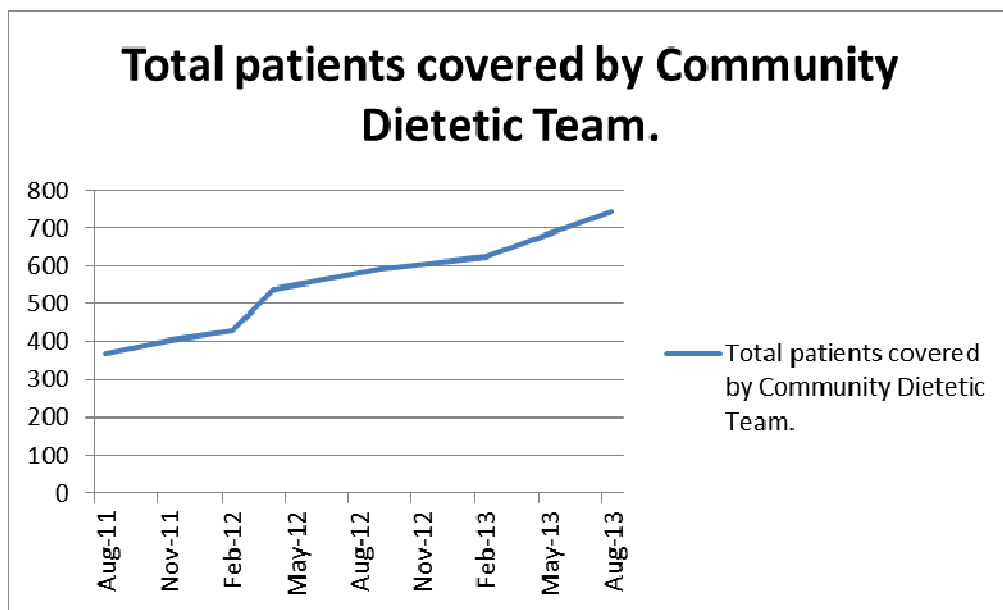
chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492



What does our service offer?

- Nutrition and dietary advice to patients in their own homes and care and nursing homes.
- Offer support to patients who receive their food via a tube.
(Home Enteral Feed or HEF)
- We also cover patients with Diabetes, Cancer, IBS, Stroke, Pressure sores, Parkinson's Disease and other Neurological conditions, Dementia, weight loss and offer healthy eating advice.
- We run clinics in Clacton, Brightlingsea and Harwich
- Support for carers, offering training and information.
- We also work closely with other agencies such as GP's, district nurses, Speech and language therapists and community matrons.

How many patients do the team care for?



Care/Nursing Homes visited – 84
Nutrition Support Care/Nursing – 519
HEF (tube feed) Nursing Home – 51
Nutrition Support Own Home - 114
HEF (tube feed) Own Home - 59

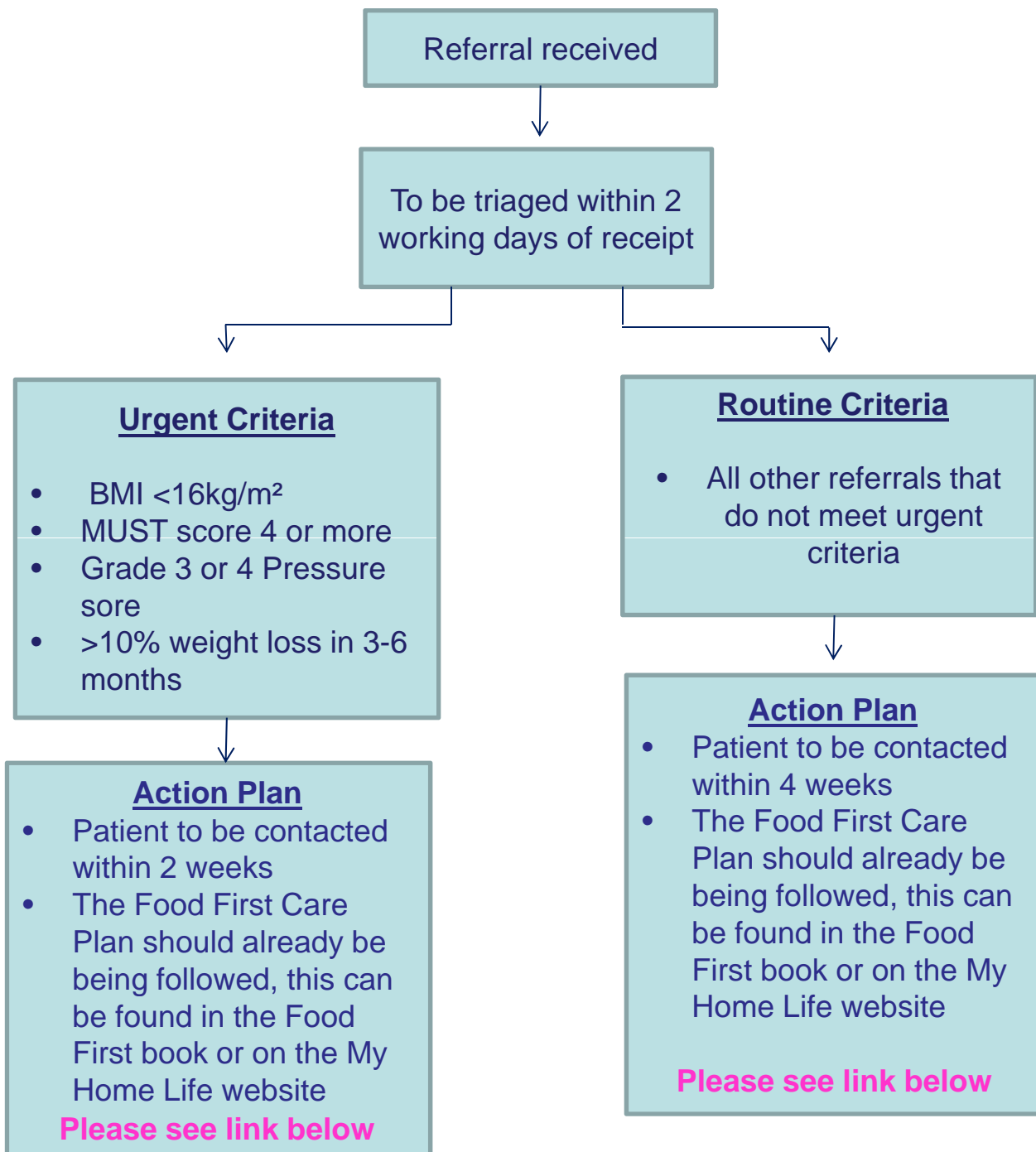
**Total patients
under our care
= 743**



Referring to our service

Due to an incredibly high referral rate we have now put a triage system in place, this is aimed at helping us to see patients that are most in need.

Community Dietetics Referral Procedure for Referrals excluding Home Enteral Feeds



<http://myhomelifeessex.org.uk/resources/food-first-project/>



Referring to our department.

Please ensure that you fill out the referral form correctly, the more information that you provide us with the easier it will be for us to triage.

Things to tell us

- Date of birth, NHS number, GP name, address and telephone number
- The patients current weight and height
- A six month weight history

i.e March 2013 - 56kg
April 2013 – 55kg
May 2013 - 54kg
June 2013- 55kg
July 2013- 52kg
August 2013- 50kg



5kg weight loss in 2 months

- Current medication
- Past medical history
- Other relevant information such as, what you have already put in place to help increase calorie intake, recent hospital admissions, are there any swallowing problems.

Changes to the way we work

We will be re-launching the Food First Project in January 2014. Due to a high level of referrals to our service we will be changing the way in which we manage our case load, aiming to provide a more efficient service to those that need it most

- All new referrals will be triaged .
- A MUST score must be recorded on the referral form by the care home prior to faxing it to our department.
- Weight and height must be recorded in kg's and m/cm
- Incomplete referral forms will be returned to the sender, with an explanation as to why it has been returned.
- Inappropriate referral forms will be returned to the sender, with an explanation as to why it has been returned.
- We will be offering MUST and nutrition training to all care/nursing homes.
- All care and nursing homes will be expected to follow the Food First Guidelines.

We will be contacting the CQC, Social Services, umbrella organisations (eg.Care UK), Community Matrons, District Nurses and the CCG to explain these changes.

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