



# **How Our Care Providers and Teams Across North Yorkshire and York are Supporting Positive Nutritional Intake and Hydration of Those in Their Care**

**International Nutrition and Hydration Week 2023**



**Humber and North Yorkshire  
Health and Care Partnership**



**Humber and  
North Yorkshire  
Integrated Care Board (ICB)**



“ You must have a cup of tea!”



Humber and North Yorkshire Health and Care Partnership  
**International Nutrition and Hydration Week**  
**13-19 March 2023**

You can make a difference- Get involved in this years nutrition and hydration week to promote the importance of good nutrition and hydration for those in your care.

Plan	Communicate	Do	Share
Think about what you can do, prepare to be as creative as you like.	Let us know what you are going to do, we can plan a visit to join in the fun. <a href="mailto:h.diazman1@nhs.net">h.diazman1@nhs.net</a>	Do it, make it enjoyable, involve everyone! Have fun and take lots of pictures.	Share with others what you have done, we can help with this by sharing your pictures and activities with all our partners in care



International Nutrition and Hydration Week ran from **13-19 March 2023**, and provided a great opportunity as a health and care system to highlight of importance of supporting positive nutritional intake and hydration with our care settings, share resources and training, and celebrate the gave us the opportunity highlight, celebrate how our care providers across North Yorkshire and York are already providing excellence and innovation in supporting the nutrition and hydration of those in their care.

We all know malnutrition and dehydration can severely impact our residents and service users, including through an increased risk of falls, pressure ulcers, decreased cognition and risk of infection. This ultimately impacts the quality of life of those in our care settings and leads to increased morbidity and mortality. Did you know the estimated annual cost of malnutrition to the NHS in the UK is **£13 billion**, and that over **83,000 bed days** are taken from patients who have become unwell due to poor fluid intake? This can be avoided by ensuring those we care for have the adequate dietary and fluid intake daily.

The creativity our care teams show day to day in supporting high quality and personalised nutrition and hydration is invaluable, and this week provide a great opportunity to share good practice and learn from each other as well as having a bit of fun involving both staff and residents. This report showcases how teams from across our area rose to the challenge to take part in their own events and activities during the week.



## Improving Hydration in Care Home Residents

As part of our commitment to supporting independent care providers, the NHS Humber and North Yorkshire ICB nursing team are leading on an innovative quality improvement programme aimed at reducing the incidence of E.Coli bacteraemia across North Yorkshire and York care services of which poor hydration can be a major contributor. We have embarked on a programme working with care staff focusing on supporting optimum hydration in residents, to compliment the innovative ways providers are already to help support residents with their drinking.

The programme involves face to face training and the use of workbooks to explore ways of improving service user hydration. As part of the project care providers are supported to evaluate their current hydration assessment and monitoring tools and progress improvements where appropriate. The training includes good continence care, catheter hygiene and includes advice around the 'No Dip' principles for testing urine in suspected UTI.



Pictured– Care Team from 5 Whitby Road, Pickering

Through improving recognition and response to hydration needs of residents in care homes, it is anticipated that the following outcomes might be achieved:

- **Reduce avoidable harm caused through poor hydration**
- **Enhance clinical outcomes (reduce need for antimicrobial treatment, hospital conveyance/ admissions)**
- **Improve experience for residents in care homes**
- **Improve staff experience/ safety culture**

To get involved in our programme you can find further information through this [link](#) or by contacting [sam.varo@nhs.net](mailto:sam.varo@nhs.net)







## ...for improving **HYDRATION**

- Identify those with poor fluid intake/at risk of dehydration or people that require help with drinking
- Ensure sufficient drinking opportunities are available, providing support, encouragement, reassurance and adequate time
- Provide drinks with every meal
- Explore individual preferences, drinks/vessels/aids
- Ensure a wide range of drinks are readily available, served fresh and at the correct temperature
- Try serving water with slices of orange, lemon or lime
- Increase knowledge & understanding of the importance of adequate hydration
- Increase availability of fluid rich foods
- Provide ice pops, lollies or ice cream for people that don't like drinking
- Many people will take extra drinks with medication – use this opportunity to offer extra

Give  
**HYDRATION**  
a **BOOST!**



High fluid foods all contribute valuable fluid, i.e.,

- Ice cream, ice lolly's, jelly's & milky puddings, yoghurts, custard.
- Smoothies.
- Water rich fruit or veg such as melon and cucumber.
- Stewed, pureed or tinned fruit.
- Soups, stews and sauces.



### Get Creative!

Consider:

- Fizzy vs flat water.
- Ice cubes.
- Flavours and colours.
- A variety of drinking vessels.
- Themed events and social occasions such as mocktails / afternoon tea / tasting sessions.





## Celebrating Fantastic Hydration Stations

A key opportunity to combat dehydration is by ensuring plenty of drinking opportunities are available, and exploring a wide range of drinks that are personalised to the wishes of those in our care. Hydration stations or trolley are fun and provide access to hydration for those in your care as and when needed such as when taking medication. Several providers shared their hydration stations with us, including Hambleton Grange in Thirsk who provide delicious fresh fruit milkshakes daily, which are fortified with cream to ensure extra protein and nutritional content and make every mouthful count!



Larpool Lane in Whitby also shared their hydration station with us which includes a fantastic range of fruit juices, as well as a water dispenser and canned drinks— which are kept refrigerated to ensure they are able to be accessed by residents at the correct temperature.







## Hidden Hydration Through High Fluid Foods



Don't forget that there are a wide range of food in addition to drinks that are able to support those in your care in accessing fluids! These include water rich fruit such as melon, pineapple and cucumber and are being enjoyed above alongside some fruit juices by the residents at St Catherines at Shipton by Beingbrough



Riccall House near Selby also shared with us an example of the fluid rich food enjoyed by their residents which includes soups and smoothies as well as a great range of other great hydration options.





## Engaging Residents in Nutrition and Hydration



We were really impressed by the team from The Dexters in York who rose to challenge of thinking creatively about how to support nutrition and hydration, and making sure residents are fully involved in menu choices and even in preparing some delicious looking dishes over the course of the week. Activities coordinator Jonny arranged a fantastic range of cookery sessions to engage residents in making leek and potato and chicken ramen soup, a fluid packed fruit trifle, some berry ice lollies and even a high fluid selection of cakes including delicious looking lemon drizzle and coconut cake!

The week culminated in the home taking part in a tea party with a selection of fantastic sandwiches made by chef Rachael, and a great range of hydration options including juice, tea, water and homemade sugar free cherryade. Well done to Jonny and all the team for being hydration champions this March!

Getting residents involved with activities such as cooking is a fantastic way to keep them stimulated and understand their personal preferences for food and drink. This is particularly important for groups such as those with Learning Disabilities or Autism like at The Dexters, who are statistically more likely to have imbalanced diets and poor hydration than the general population







## Knowledge is Power

It's important that we can support residents as well as staff in understanding the importance of good Nutrition and Hydration. Residents at Osborne House in Selby used the week as an opportunity to for the residents to get together in focus group and discussing how nutrition and hydration are a key contributor to maintaining general health and wellbeing. This included reading a range of information leaflets together to support their knowledge as well as taking part in some fun nutritional quizzes.



Then once the learning was finished, how better to celebrate than having a taster afternoon to put their knowledge into practice!







## Taking the Global Tea Party Challenge!

Every year, organisations around the world take part in a Global Tea Party on 15 March to show their commitment to helping those in their care to improve their nutritional and fluid intake. Food and drink are also a fantastic opportunity to bring people together to combat isolation and loneliness. Here are how some of our provider held their Global Tea Party to spread some joy and fun through the power of nutrition and hydration.



The communities from Gladstone House and Marina Lodge in Scarborough came together for a fantastic joint tea party which was enjoyed by all. They also held a smoothie making session where the residents were involved in producing some delicious as well as hydrating drinks together.





## Taking the Global Tea Party Challenge!

Westwood Care Home in Selby also rose to the challenge and cooked up a storm. Their residents really enjoyed a delicious spread including sandwiches, pork pies, scones, Victoria sponge cake and more! The day also included a stimulating and interactive Musical Moments session.





## Ways to improve nutrition

### Lack of appetite – what is the cause? Can you treat it?

- Encouragement and assistance at mealtimes
- Little and often - small meals and energy dense snacks
- Small portions on small plates
- Menu planning
- Eating environment - smells/ company/ social
- Increasing appetite - alcohol/ exercise/ fresh air
- Feeding aids and support
- Flexible mealtimes



## Don't Forget to Fortify!

For resident at risk of malnutrition, it's important that we add extra nutrition to supplement diets make sure every mouthful counts. Why not add in a handful of berries or nuts, or spoonful of jam like Riccall House did with their rice pudding (another hydration risk food due to it's milk content).



**Did you know adding an 2 tablespoons of double cream to scrambled egg could help increase the calories a resident can receive by 84%?  
Or a knob of butter and milk powder to mash for an extra 97%?**



## Supporting Access to Nutrition and Hydration for All



The Manor House in Knaresborough shared with us a fantastic example of how care teams across North Yorkshire and York are supporting residents with different needs such as those with swallowing difficulties in accessing nutrition and hydration. Chef Tom produced a special pureed birthday cake for resident Harry. And as the home quite rightly stated– having a pureed diet doesn't mean you should miss out on being able to enjoy food and have a diet personalised to your preferences (such as celebrating your birthday with a cake!). We know teams across our region produce some really creative dishes for residents with dysphagia.

