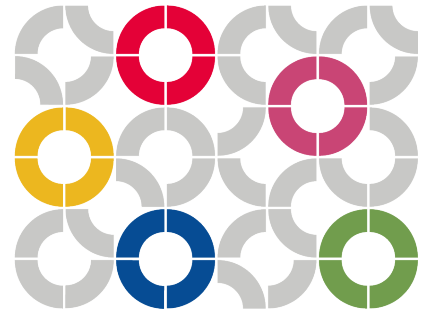


# Prosper



Issue 119 February 2025

**Welcome** to February's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

## Champion Study Days 2025

Our Prosper Champion Study Days are back for 2025!

This round of champions days will be focusing on;

- Ecoli, Catheter Care and UTI's – delivered by the IPC teams from your area.
- Oral Healthcare – CQC expectations, assessments, how to support someone with Oral Health and the equipment to help you – delivered by Community Dental Services
- Simple Root Cause Analysis tools to help identify why something may have happened to inform your PDSA cycles.

Invites will be sent out soon, but in the meantime below are the dates and venues, so you can mark them in your calendars.

### West

Thursday 5<sup>th</sup> June 2024, 10am to 2pm  
The Harlow Hotel, Southern Way CM18 7BA

### North

Tuesday 10<sup>th</sup> June 2024, 10am to 2pm  
Colchester Football Stadium, United Way, Colchester CO4 5UP

### Mid

Thursday 12<sup>th</sup> June 2024, 10am to 2pm  
Hamptons Sport & Leisure, Tydemans, Chelmsford, Essex, CM2 9FH

There will be refreshments and lunch provided.

To book email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

## Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to

[prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

Answer to last month's riddle was of course:

**Keyboard**

Well done to all at **Madelayne Court** who answered the riddle correctly.

This month's riddle is...

**I have a neck, but no head. I have two arms, but no hands. What am I?**

Answer in next month's newsletter



# Prosper



Issue 119 February 2025

## Nutrition and Hydration Week

17<sup>th</sup> – 23<sup>rd</sup> March 2025

Nutrition and Hydration week's mission is:

**To create a global movement that will focus energy, activity and engagement on nutrition and hydration as a fundamental element of maintaining the health and well-being for our global community.**

With the main aim of the week being about promoting the following areas:

- The 10 Key Characteristics for Good Nutritional Care
- Protected Mealtimes
- Nutrition Advocates for each health or social care setting
- The minimum standards for good nutrition in the respective settings
- Highlighting Good Nutrition and Hydration Practices
- Continued Education for professionals on good nutrition and hydration
- Plus, we would like everyone to hold a Global Tea Party event on the Wednesday of Nutrition and Hydration Week

The week is also about sharing and learning from other ideas in the industry; do not re-invent, share, learn, develop, and share it again. Saving you time, improving the nutritional care you provide and improving the well-being of those you are caring to.

If you want to get involved in Nutrition and Hydration week they have lots of idea's, posters, and other resources available on [N&H Week | Nutrition and Hydration Week](#)

Don't forget to send us pictures and stories of your week, so we can feature them in next month's edition [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



### Ideas for events and activities during N&H Week

#### Daily Theme ideas

**Monday** – Big Breakfast – the most important meal of the day

**Tuesday** – Snacky Tuesday – the value of snacks between meals and at suppertime

**Wednesday** - Global Afternoon Tea

**Thursday** – Thirsty Thursday

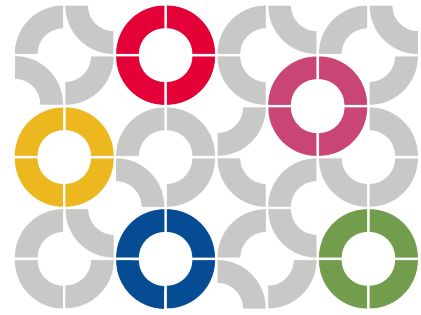
**Friday** – Fruity Friday

**Saturday** - Smoothie Saturday

**Sunday** - Sundae Sunday



# Prosper



Issue 119 February 2025

## Managing Malnutrition

Malnutrition is a term used to refer to those that have deficiency of energy, protein and other nutrients. Carers play a key role in managing malnutrition as many people they care for are at higher risk.

Causes of malnutrition can include:

- unintentional weight loss
- poor food intake
- struggling to swallow food and drink
- bowel issues

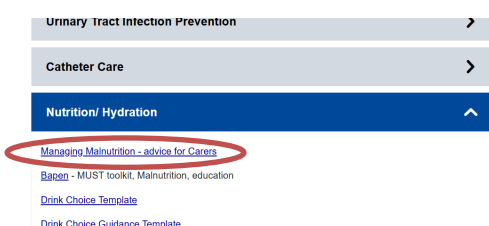
Malnutrition affects millions of people in the UK and, in the older population, makes them more susceptible to disease.

There are many factors that can increase a person's risk of malnutrition. These include:

- Being over the age of 65
- Having conditions such as diabetes, kidney disease, chronic respiratory diseases, dementia, cancer or other long term conditions.
- Mobility difficulties and/or being unable to cook or feed yourself
- Swallowing difficulties

NELFT have produced a Nutritional resource pack with advice and tools for you to use which can be found in the Prosper Toolkit under the Nutrition/Hydration section, titled 'Managing Malnutrition - Advice for Carers', on the Care Provider Hub

[www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits](http://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits)



Provider Quality Innovation

## NELFT resource pack

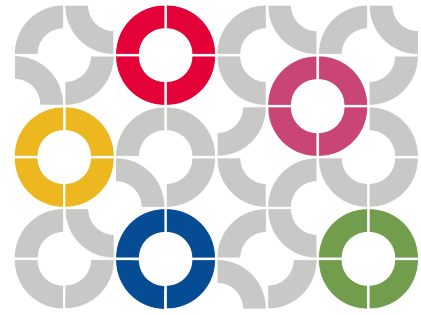
**Managing Malnutrition: Advice For Carers:** Guidance on which services can assist with issues relating to eating and drinking.

**MUAC (mid upper arm circumference):** An alternative measurement that can be completed when a service user is unable to be weighed, possibly due to poor mobility or if scales are unavailable.

**Your Guide to Making the Most of Your Food:** This resource provides support when needing to increase a service users' eating and drinking. This can be implemented when a service users' is only eating and drinking small amounts, or they appear underweight.

**Food record chart:** Start the food record chart when a service user is eating half or less of their meals on 2 or more days of the week. Or when they are regularly refusing meals.

# Prosper



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## Prosper Accreditations Awarded

This month we send congratulations to **Cherry Wood Grange** on being awarded a PROSPER Silver Accreditation. Home manager Sue Smith and her deputy Jo Savidge were thrilled to receive the award and have already started to investigate what would be required for them to consider an application for a Gold Accreditation later in 2025.

They were all keen to share the good news with their PROSPER Champions and other staff on duty at the time.



Congratulations also goes to **Frank Foster** who have been awarded their bronze accreditation and are now busy working towards their silver.



Provider Quality Innovation

## Prosper Accreditation

The Prosper accreditation is a mark of achievement and demonstrates a home's level of commitment to the PROSPER project. There are 4 levels which can be awarded.

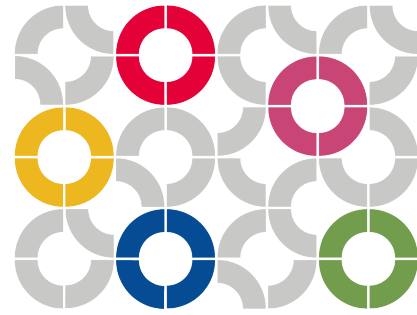
Congratulations to **Prince Edward Duke of Kent Court** on achieving their Bronze Level.

If your home is interested in applying for a level award or want to find out more about the criteria and gain access to the application form, please visit:

[Prosper Accreditation](#)



# Prosper

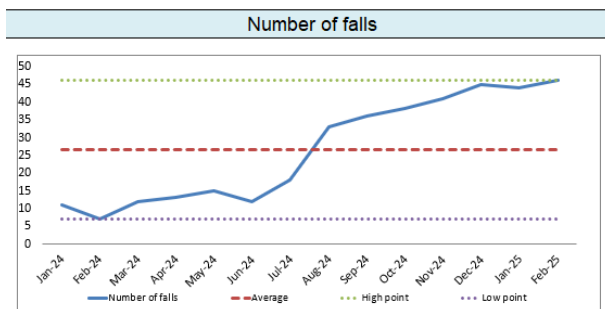


Issue 119 February 2025

## Manning's Methodology Corner Using Dashboards to set SMART aims

In January's Newsletter I encouraged care homes to engage with PROSPER methodology. An ideal place to commence this would be to use your Runtime dashboard to create a **SMART** aim.

Our Runtime Dashboards are deliberately designed to clearly show patterns and trends developing. For example, the dashboard below quite strikingly shows an upward trend in the numbers of falls occurring each month from July 2024 onwards.



In this instance it would be prudent to set a **SMART** aim to attempt to turn the curve around, so it becomes a downward trend. Probably you would want to be somewhere near the number of falls each month during the early part of 2024 So a sensible **SMART** aim would be, **By end of 2025 falls to be no more than 8 per month.**

If this feels too big as a target in one go, you could split it into steps by initially setting the following **SMART** aim, **By end of July 2025 falls to be no more than 15 per month**

You could then review your progress at the end of July, and consider whether your interventions appear to be working, or whether you may need to try a different approach to reducing the number of falls occurring.

## Using the PROSPER Toolkit

The PROSPER Toolkit can be found by using the following link:

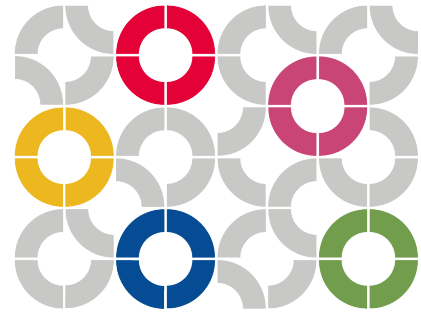
<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/> and I would advise

using its contents when conducting quality improvement projects.

It has a lot of content, but think of it as a resource library, and use it the same as a mechanic would use his toolbox, i.e. consider what they were trying to achieve, and select the tools that would support them to do so.

So if you had set a **SMART** aim, as on the left, to reduce falls, you may want to use safety crosses and 24 hour falls clocks, along with some posters around good footwear and well maintained mobility aids.

# Prosper



Issue 119 February 2025

## Poetry Corner

Please find below Sue Smith, Manager at Cherry Wood Grange, latest poem inspired by their Silver Accreditation.

### What does Prosper mean to us

What does prosper mean to **US**?

It's about providing quality care without making a **FUSS**!

Ensuring we do everything **RIGHT** from morning,  
noon, day and **NIGHT**!

Prosper is about quality and reducing admissions to **A&E**

Providing the best care that there can **BE**!

Making sure all are residents are kept well and **SAFE**  
in a kind, warm and comfy **PLACE**!

Listening to choices with respect and **PASSION**

Always act in a professional **FASHION**!

Ensure mealtimes and hydration is a priority **THROUGHOUT**  
act quick if you're in **DOUBT**!

Check pressure areas, accidents and any **FALL**

remember to risk assess and record it **ALL**!

Collect our data and analysing the themes and **TRENDS**

Having good recordings from the beginning to the **END**

Being accountable for all that we **DO**

And making sure we always provide outstanding care for **YOU**!

Using prosper's toolkits and sharing **IDEAS**

Taking away any upset and **FEARS**!

Prosper is embedding within our daily routine

And champions working together as a **TEAM**

Provider Quality Innovation

## Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other and would like it published in the newsletter?

**Don't forget to  
wear your badge  
with pride!**



## Prosper Contact

Would you like a prosper support visit, or can't find something you are looking for on the provider hub then email

[Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)