



Welcome to June'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.

Hydration Busters!

With the hot weather we are enjoying this summer, it's important to make sure the people you support are getting plenty of fluids. The Oxford Patient Safety Collaborative have created a set of great videos about Hydration with top tips such as;

- ❖ Nominate a Super Drinks Champion on each shift
- ❖ Aim to have seven set drinks rounds a day.
- ❖ Make the drink rounds fun!
- ❖ Use words that make drinks sound inviting & attractive
- ❖ Dress up the drinks trolley making it eye catching & fun
- ❖ Vote for drink flavour of the Month

To watch the Good Hydration videos visit [Care Provider Information Hub - Prosper Toolkits \(livingwellessex.org\)](https://www.livingwellessex.org/Care-Provider-Information-Hub-Prosper-Toolkits)

Super Drinks Champion Challenge



We are setting you all a challenge to dress up your drinks trolleys and create imaginative ways to make hydration fun!

Why not test this as a PDSA cycle to see if it makes a difference to number of falls or UTI's as Hydration is key to both.

Send your pictures to Prosper@essex.gov.uk and we will feature in the Prosper Newsletter.

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

Answer to last month's riddle was **Light**

We had only one response this month and a Well done goes to: **Kingsgate**, for answering it correctly.

This month's riddle

What falls but never gets hurt?

Answer in next month's newsletter, with of course a new riddle for your residents to solve.





Keep Calm and Stay Hydrated at Woodbury Court

On Wednesday 12th May Woodbury Court had a 'hydration day' for their residents, in which we made fruit smoothies. These were made up of fruits with a high-water content including watermelon, strawberries, oranges, and cucumbers. They also did a fruit platter to accompany the smoothies for residents to snack on.



All residents were included in this and everybody enjoyed tasting the different smoothies and fruits. Fruit water was also made available.

One resident said, "It was so refreshing", while another said "Keep calm and fill up with fluids"

Useful UTI Training info

The NHS East and North Herts CGG have created some useful tools on preventing UTI's, this includes:

- ❖ 15 Minute training video on UTI's
- ❖ Training handbook
- ❖ Leaflets and posters
- ❖ UTI Assessment form



To access all these documents and more please visit: [Urinary Tract Infections \(UTIs\) in Care Homes | NHS East and North Hertfordshire Clinical Commissioning Group \(enhertscgg.nhs.uk\)](https://www.enhertscgg.nhs.uk)

Attend our virtual **UTI Prosper Skills Network**, 1st July 2021, 10:00 – 11:30 email Prosper@essex.gov.uk

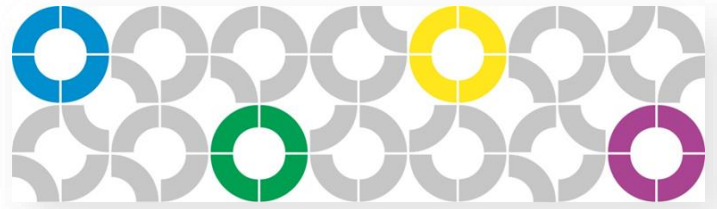
NUTRITION AND HYDRATION



Belmont Lodge enjoyed celebrating Nutrition and hydration week by holding a morning cream tea with a Wimbledon theme 🎾 and included refreshing homemade smoothies with lime jelly's and delicious fruit platters.



The Residents also enjoyed learning the importance of staying hydrated 💧 especially in this hot weather. They enjoyed getting creative and making their own fresh fruit skewers and tasting them, while also trying all different refreshing flavoured waters 💧



Having fun with Hydration: Tiki Bars to Ice Cream Vans!



Limecourt are always looking at different ways to make hydration fun for their residents. They will often hold themed events, either to fit in with the time of year including Halloween, Easter, Christmas or just so everyone can have a chance to get dressed up and have some fun whilst trying different things.

Some of their themed events have included, Afternoon Tea's including a vintage tea trolley, and everyone has fun getting dressed up for the occasion including choosing their favourite hat to wear. Hawaiian themed events, which include dressing up, inflatables and tiki bar photo sign and lots of colourful drinks and exotic fruits.



The home has even created a trolley to make it look like an ice cream van and they play the ice cream van theme tune whenever they take it round to the residents. The residents know as soon as they hear the tune the ice cream van is on its way and get excited to see what will be on offer. There are lots of different ice creams for the residents to enjoy including:

- ❖ Ice Cream Sundae
- ❖ Banana Split
- ❖ Knickerbocker Glory
- ❖ Coke floats

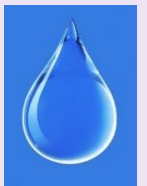
Did you know?

A Strawberry contains 92% fluid



Ageing produces a decrease in thirst sensation

Drinking more water helps flush bacteria from your bladder

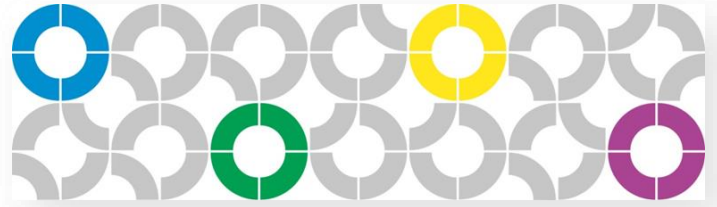


The average adult males' body is approx. 60-63% water and the average females' adult body is 52-55% water

Top Tip

Providing frequent drinks to your residents in smaller glasses, may help them drink more as it's less overwhelming.





Meaningful activities are key

Parkview in Witham are always looking at lots of different ways of incorporating meaningful activities into everything they do for residents.

Their activities co-ordinator Diane is always looking at what type of interests the residents have or had in their past, and then looks at putting on activities either as a group or one on one with the residents to incorporate their ideas.

Some of the activities Diane has done recently have included:

- ❖ Having an alfresco lunch in the garden
- ❖ Gardening
- ❖ Using the homes new Rainbow Table to play games or talk to a loved one.



What do we mean by ‘Meaningful Activity?’

NICE define meaningful activity as including any: “... physical, social and leisure activities that are tailored to the person’s needs and preferences...”

Meaningful activities can include a range of things from the usual tasks of daily life, such as, cooking, cleaning, gardening, self-care, through to activities which engage like a call or a Skype session with a relative or friends.

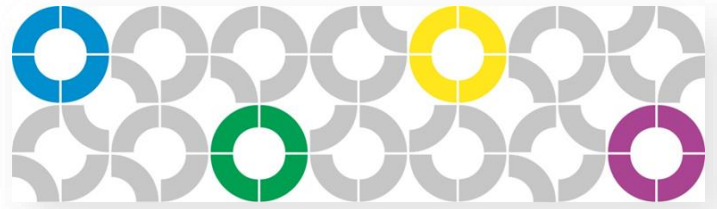
Pride Month at Silvana Court

Silvana Court’s Wellbeing Lead, Caroline Mileham told us; “Here at Silvana Court we are building awareness for “Pride Month”.

We are dedicated to celebrating the LGBTQ and communities all around the world. We have had a fantastic day of fun and celebrations in the garden. We organised a morning of arts and crafts. Our theme was “Tye-Dye” in all rainbow colours of the LGBTQ flag.

Our residents had fun designing, they had to roll and place elastic bands around their fabrics and choose the colour paints they wanted to use. The sun was shining, and we had the music playing and everyone was singing along, as well as staying nice and hydrated with a range of different drinks on offer.

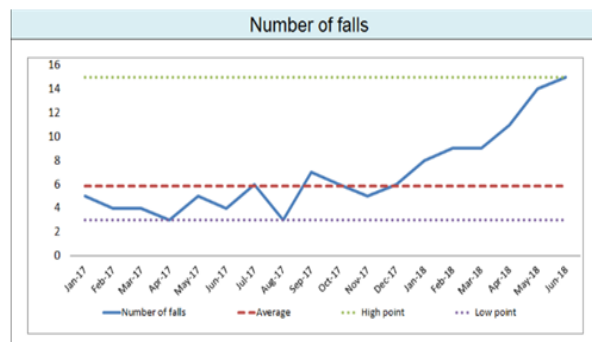




Using dashboards to set SMART aims

PROSPER runtime dashboards are an excellent tool in detecting and demonstrating trends in the number of falls, UTIs and/or pressure ulcers occurring each month.

The graph on the right clearly demonstrates that following a relatively stable period of falls per month, an upward trend developed from Nov 17 onwards.



In this instance it would be appropriate to set a SMART aim to try and turn the trend around. Two possible ways of doing this would have been to either set a SMART aim to the end of 2018, when you would probably want to be down to the previous levels of falls per month.

SMART Aim - By end of 2018 falls to be no more than six per month.

Or alternatively, if you felt this may be too challenging, you could have split the period in two, which would allow you to 'take stock' after three months.

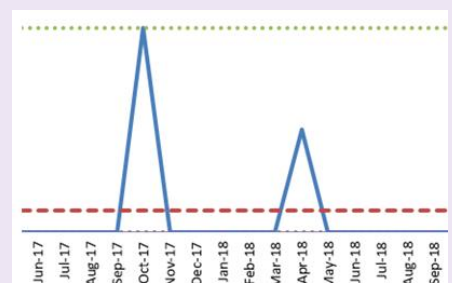
SMART Aim - By end of September 2018 falls to be no more than 10 per month.

If this was achieved, it would have turned the trend around. You could then decide whether to continue to aim for six by the end of year, or whether a consolidation period may be required before trying to reduce the number further.

Peaks on Dashboards

One good aspect of a runtime dashboard is it shows trends over a period of time. However, data can sometimes create what are known as 'peaks' as shown below.

'Peaks' may be caused for a number of reasons; there may have been an infection in the home, or a respite resident having frequent falls. So, whilst you would want to be aware of a 'peak', and give some thought as to why it occurred, it would not necessarily be advisable to set a SMART aim based on a 'peak'. It is only if the data remains high, or continues to rise, would it become a trend, and a SMART aim should be set.



Remember: There will be natural peaks and troughs in any set of data.



Silvanna Court's Poem

It wouldn't be right to end this month's edition any other way, another amazing poem written by the Manager at Silvanna Court Sue Smith, who we set a challenge after attending our Pressure Ulcer Prosper Skills Network.

Pressure Ulcer Awareness

Resident: Nurse please help me my skin feels so sore. I really can't take this pain anymore.

Nurse: Oh dear, let's get you comfortable and order a profiling bed, that's what the doctor recommended and said!

Resident: I can feel the pressure on my back and my knees!

Nurse: Rest, I will get some painkillers, this will help and your pain will ease.

Resident: I can't sit up and watch TV, I wish I could move independently.

Nurse: A profile bed and air mattress is on its way, this will make you more comfy throughout the night & day.

Resident: Thank you so much this is kind of you, but my ankles and heels are hurting too.

Nurse: I'll get you booties they are soft to wear, helping your skin not to tare! Resident; I'm feeling much better now with all this equipment in place!

Nurse: That's our intention and I can see the relief on your face!

Resident: What is that cream you rubbed in? as It has helped me to!

Nurse: It's a barrier protection, Prescribed especially for you!

Resident: I'm feeling so much better now, and I just want to say, most of my discomfort has gone away!

Nurse: That's so good to hear, the dietitian also helped here! She monitored your intake and it's been great!

Resident: I'm enjoying my meals now and drinking more to, & all this is down to you, I really want to thank you!

Nurse: you'll able to go home soon with your skin intact, when your discharged I'll be pleased to help you pack!



<https://www.livingwellessex.org/care-provider-information-hub/>

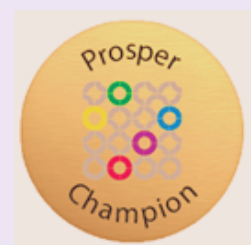
Done Something New and Exciting?

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?

Email:

Prosper@essex.gov.uk

Don't forget to wear you badge with pride!



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