



**Welcome** to October'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.

## PROSPER Champion Study Days



Our Autumn Champion Study days are in full swing with 4 out of the 5 events already taken place. With one event left to go, you will be pleased to know that we still have spaces available at the South event taking place on the following:

**Date** - Thursday 10<sup>th</sup> November.

**Timings** - 10:00am to 16:00pm.

**Venue** - Cordite Room at Wat Tyler Centre, Pitsea Hall Lane, Pitsea, Basildon, SS16 4UH

We have a fun and formative agenda with the following sessions taking place:

- Pressure Ulcer Prevention
- Falls Prevention, Strength and Balance
- Urinary Tract Infections, E Coli and Hydration
- Team building and the differing characteristics and perspectives of a team

To book spaces on the remaining Champions Day please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)



Don't worry if you haven't been able to attend this round of Prosper Champion Study Days, we will be doing a Champions Day Special in next month's newsletter where we will go over each session in more detail!

## 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 the **Black Cat**

Well done to **Madelayne Court** and **Maldon Lodge** who both answered the riddle correctly

This month's riddle is...

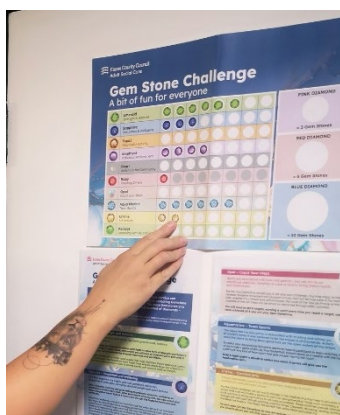
**You wait to see me, I crackle in the sky, I stay for a moment and then vanish before your eyes. What am I?**

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





## GEMSTONE Challenge



We have been sent this picture from **Freda Gunton Lodge** sharing their progress on their Gemstone Challenge. As you can see, they are steadily making their way through the different Gems, and have almost completed two Gems, which means they are not far away from getting their Pink Diamond Sticker! The Prosper Champions at the home Aliona and Sandra told us the

whole home has got on board with the challenge, and both the staff and residents get excited when another sticker can be added to the board. We can't wait to see how their journey continues!

Have you been making progress with your own Gemstone challenge? We would love to hear all about it, including what activities you have been doing to collect those Gemstone stickers, so send us your stories and pictures to [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

The Gem Stone challenge helps to prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time.

It is something the whole Service can get involved in.

**“A bit of fun for everyone!”**

Each Gemstone represents a series of activities you will work your way to collect. The more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond! Would you like a Gemstone pack for your home to get involved?

Then email Prosper and it will be sent out to you.

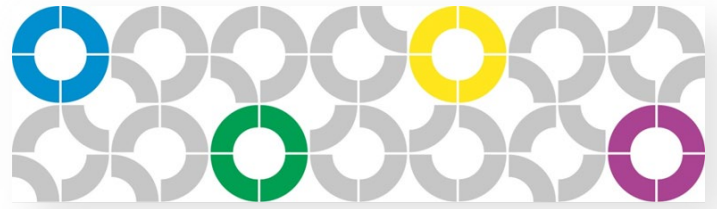
## Prosper Window Stickers

The Prosper window stickers are a mark of achievement and demonstrates a home's level of commitment to promoting the safer provision of care for every resident. There are 4 levels which can be awarded, each level has a set of criteria which will need to be evidenced before a home is awarded that level. Each home will soon receive their level 1 white stickers, via their Prosper support officer.

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 Window Stickers | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)





## Stop Pressure Ulcers Day 2022

**November 17th is National Stop Pressure Ulcers Day;** this is a good opportunity to raise awareness with staff and residents of ways to reduce the risk of pressure ulcers developing.

What can you do on National Stop the Pressure Ulcer Day?

Wear something Red to work, highlighting the day.

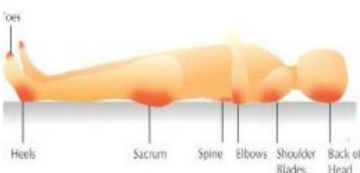
Hold an educational session using the Prosper toolkit!

Get everyone moving by holding a music and dance event.

Have themed Afternoon Tea to help provide good Nutrition and Hydration



### Take your **BEST SHOT!**



- B** - BUTTOCKS (ischial tuberosities)
- E** - ELBOWS/EARS
- S** - SACRUM (bottom)
- T** - TROCHANTERS (hips)
- S** - SPINE/ SHOULDERS
- H** - HEELS
- O** - OCCIPITAL AREA (back of the head)
- T** - TOES

**What to look and feel for?**

- Redness/ erythema - non-blanching when finger pressure applied
- Pain, soreness
- Warmer or cooler area over bony prominence
- Boggy feeling
- Hardened area
- Discolouration – dark red, purple, black
- Broken skin/ ulcer

**N.B. Document any changes & continue to monitor closely!!!**

Why not use this Handy poster to remind you of all the different area's a pressure ulcer could form

[React To Red: Pressure Ulcer Prevention :](#)  
[Training resources](#)

## Did you Know

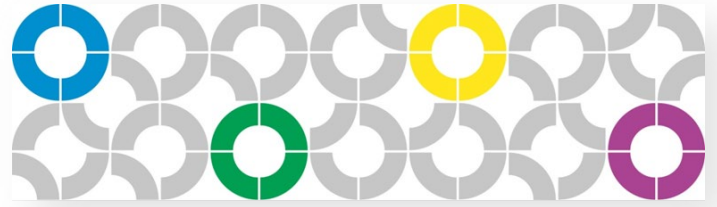
**Pressure Ulcers affect around 20% of people in Nursing and Residential homes**

**Treating Pressure Ulcers cost the NHS more than £1.4 million every day (2017)**

**In certain circumstances pressure ulcers can result in:**  
**Infection/Sepsis**  
**Pain**  
**Amputation**  
**Delayed discharge from hospital**  
**Ongoing community care**  
**Death**







## PROSPER Supporting Students

Some of you may remember back in September 2019, we told you about PROSPER supporting the Young Engineers Club at King Edwards VI Grammar School in Chelmsford, on a project asking the question ‘Can Low-Cost Technology Assist in Social Care’? Despite major interruptions during the various lockdowns the country has been through, the project has continued, with new students taking up the challenge. Furthermore, some of the teams have had recognition for their work, and we would like to tell you about three of these in this month’s newsletter.

### Team ModPill by Casey



Given the task of “Using low-cost technology to improve social care”, our team decided the best idea was to aid the way older people take medication. Many of us had elderly grandparents, so knew the sheer number of pills that some have to take – it is a lot to remember, especially for those with dementia.

Therefore, our idea was a device that would automatically dispense pills at set times of the day and alert the users with an alarm and flashing lights. This device would take in what we called “pill magazines” which would be made by pharmaceutical companies rather than just plastic bottle containers, feeding the device with pills. Once at low levels, the device would then automatically request more be sent to its owner’s address, which could then be easily slotted into place (much like the magazine for a firearm).

Coupled with a range of other supplementary features, such as an internal locking system and a system to ensure that pills are not dispensed all together (to prevent polypharmacy, when medicines mix together and cause unwanted side effects), we produced a very solid blueprint of our design and developed some rudimentary prototypes, leading to a CREST gold award from the British Science Association.

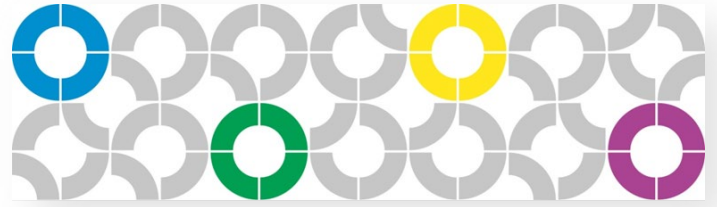
## Student Success at Technology Comp.

Two teams of year 10 students received awards at the recent Chelmsford



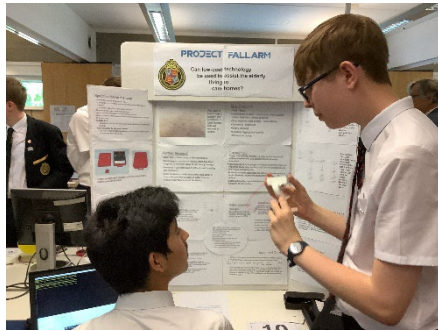
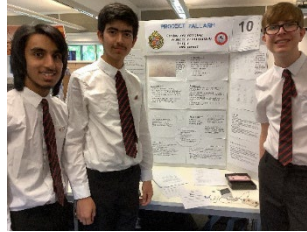
Science and Engineering Society’s TEXPO event at ARU. The students had been working on their extra-curricular projects at KEGS Young Engineers Club with ARU and PROSPER as part of the Royal Society Project ‘Can low cost technology assist with adult social care’. Umar, Alex and Hiranya were highly commended for their Fallarm invention and Stephen and Shaashvath won the CSES Concept Design Award for their adult health monitor.





## Team FallArm

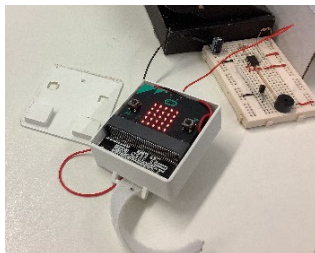
We are Fallarm, a Young Engineer's group from King Edward VI Grammar School comprising of members, Alex, Hiranya and Umar. We developed a prototype of a fall prevention and detection device, in the form of a watch. Our prototype received a British Science Association Gold CREST award, which consists of a research, design and creation project requiring over 70 hours to complete.



We began the design process by identifying the main causes of falls, particularly in care homes. After detailed research and analysis of these causes, we were able to identify factors such as nocturnal hypoxia were the most important factors to tackle

with our product. We found that a fall was 25% times more likely if a person has slept for  $\geq 10\%$  of sleep time with oxygen saturation ( $SpO_2$ ) of  $< 90\%$  (nocturnal hypoxia). We also found that the heart rate of fallers can have a 20% change, compared to a normal 10% variation. We also considered dementia as this affected many people in the care home setting, creating a design which didn't require manual input.

We considered different design approaches, finding that our product should be ideally positioned on the wrist, as information from our mentor as well as statistics sourced from our research showed us that this was the most comfortable position for our device.

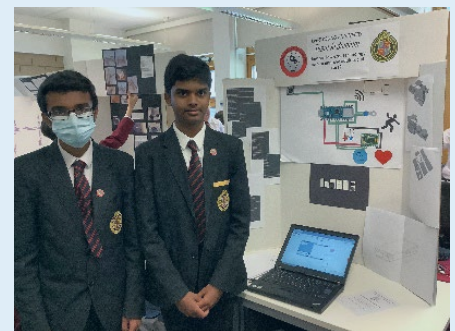
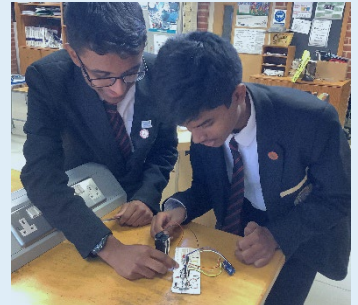


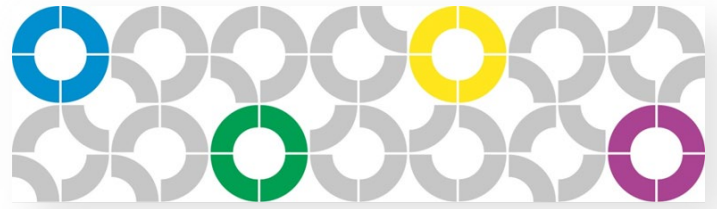
## Team AHM

Stephen says 'The AHM (Adult Health Monitor) is a real time health monitor, designed especially for use with people with health-related dependencies and those in need of social care. This project aims to provide carers with real time health updates and notifications for patients who are using this device.

This will allow medical assistance to be administered more effectively and quickly to people in need'.

We were also awarded BSA silver CREST awards for our work on the project.





## Manning's Methodology Corner Why use PROSPER Methodology

As I visit care homes to conduct PROSPER support visits, I am often asked, why do we need to use PROSPER Methodology? We are always trying to keep fall, UTIs and Pressure Ulcers to a minimum anyway.

Whilst I have no doubt that statement is true, there is lots of evidence to suggest that by using Quality Improvement Methodology processes you will be far more likely to see a reduction in the harms listed above.

I have spoken in previous newsletters about the importance of setting a **SMART** Aim and displaying it in the home. That way everyone will know exactly what it is the home is trying to achieve. On the other hand, if you just have a vague statement like 'We are going to try and reduce the number of falls occurring', nobody will know what you are trying to reduce it to. Additionally, although there may be ideas about how to reduce falls, implementing a change will probably keep being put off until tomorrow, and the likely outcome will be nothing will change.

Likewise, by conducting a **Plan, Do, Study, Act (PDSA)** cycle for any change you make, and following the process all the way through, forces you to look at the outcome and think about whether a slight tweak may improve things further. Rather than returning to the previous situation before the change was implemented, which often occurs if a **PDSA** cycle is not being followed.

Whilst doing this you are building evidence that your home is striving for continual improvement.

For support with using PROSPER Methodology in your home email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

## Gold Accreditation for Howard Lodge

This month we would like to congratulate Howard Lodge, who have been awarded a Gold Accreditation in recognition of their engagement and use of PROSPER Methodology, which is integral in their quest for continual improvement.

Howard Lodge have been given their Gold Window sticker in recognition of this achievement, which is now proudly displayed in the entrance to the home.



I am sure you will all join us on congratulating Howard Lodge on achieving their Gold Accreditation

Want to know more about the Prosper Methodology to help you towards achieving your Prosper Accreditation, we have a handy step by step guide on

[Prosper Methodology | Provider Hub | Essex \(essexproviderhub.org\)](#)





## Love ❤️

'Poem by Sue Smith,  
Manager at Cherrywood Grange

I tell you I love you everyday,  
and that's the way it's going to stay! ❤️

I tell you that your my best friend,  
this is forever and until the end! ❤️

I tell you you're my soulmate,  
you are my destiny and my fate! ❤️

I tell you everything about me that there is to know!  
You've always held me tight and never let go! ❤️

I tell you my dreams and share my fear,  
you stay close holding my hand & keeping me near! ❤️

I tell you when I'm happy I tell you when I'm sad,  
you make things better so nothing seems bad! ❤️

I tell you my secrets and my journey through life!  
You always say, "I'm glad you're my wife!" ❤️

I tell you I'm lucky as I have your heart! ❤️  
We feel in love right from the start! ❤️



## CARE PROVIDER HUB

You can find all our Prosper information and toolkit along with events and newsletters on the Care provider hub.

To Access the hub  
Please visit the link

[Provider Hub | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)

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

## Don't forget to wear you badge with pride

