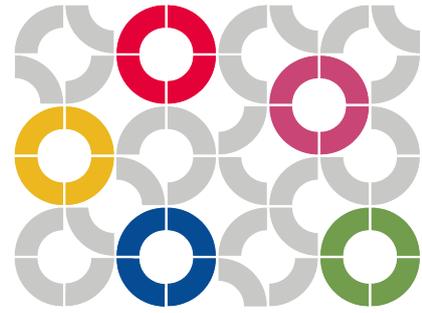


Prosper



Issue 104 November 2023

Welcome to November '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.

The Wellbeing Walk of Essex!

13th – 17th May 2024

Help us travel across Essex with the Care homes Wellbeing Walk of Essex. Linking Care homes in relay, to walk, run, ride the distance of the Essex Coastline which is 350 miles and meet new people whilst promoting mental, physical, and social wellbeing.



Did you know?

Essex has one of the longest coastlines of any county in England!

It is further than London is to Paris!

If your home would like to take part, please email Prosper@essex.gov.uk By 19th February 2024

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 of course the **A Mummy**

Well done to all at **Freda Gunton Lodge and Howard Lodge** who answered the riddle correctly

This month's riddle is...

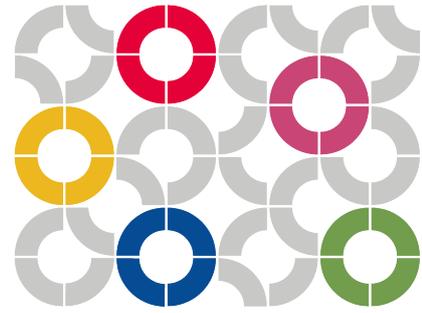
**I am a helpful creature—
I'm not too big and not too small. Out of all my fellow reindeer, you could say I'm the fastest of them all.**

Who am I?

Answer in next month's newsletter



Prosper



Issue 104 November 2023

Burns and scalds.

Due to an increase in burns and scalds in care homes from hot drinks around the country, we thought we would highlight how you can minimise the risk in your setting.

Burns are injuries to the skin caused by fire or a dry heat source, such as a hot meal. Scalds are similar injuries caused by a hot liquid or steam. The skin may peel and there may be blisters or swelling as well as intense pain. Where large areas of skin are affected, the injuries can be life threatening.

Hot water or unprotected hot surfaces can be dangerous for residents that are elderly, those with reduced mental capacity or mobility, those with sensory impairments or those who cannot react appropriately or quickly enough to prevent injury.

Most residents would react quickly to a burn or scald, but this is not always the case. This is because some residents who may be confused or suffer from sensory or cognitive impairments which can prevent them from recognising the dangers of things like hot liquids and surfaces and may not be able to feel the pain straight away or at all.

Where a burn or scald occurs, it is important that you gain advice/guidance from your local clinical support services i.e GP etc.

Useful links:

[Managing the Risks from Hot Water and Surfaces in Health and Social Care, Health Services Information Sheet No. 6 - Managing the risk from hot water and surfaces in health and social care HSI6 \(hse.gov.uk\)](#)

Chapter 10 of *HSG220 (2nd Edition) Health and Safety in Care Homes*. [Health and safety in care homes HSG220 \(hse.gov.uk\)](#)

Risk Assessments

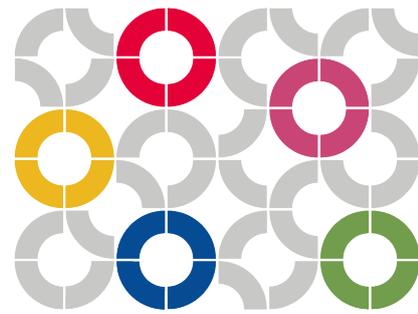
Key to the prevention of injury from scalds and burns is assessing the risk.

Key questions to consider are as follows:

Does your resident

- Have an impaired sensitivity to temperature?
- Have an impairment where they cannot recognise hot surface temperatures or hot liquids?
- Have any potential trapping risks near heaters or hot pipes?
- Do they use a beaker? If so, the beaker lid should be removed, and the drink kept in the kitchen to cool down. The temperature should be measure and for this to be at an acceptable threshold being given the resident.

Prosper



Issue 104 November 2023

Nutrition and Malnutrition

Recent Eating Well guidance from Hertfordshire and West Essex Integrated Care Board has offered some suggestions on how to increase the calorie intake for people who are at risk of malnutrition. Increasing calorie intake by 500 calories per day with nutrient dense foods, these are foods that contain a range of energy, protein, vitamins and minerals. The below table shows some examples.

| The following are simple examples of how you can increase your usual intake by 500 calories per day using nutrient dense foods. | | |
|---|-----------------------------|------------------------------|
| If you like milk and milk products – try having: | Energy added (Kcals) | Protein added |
| 1 mug (200ml) of hot chocolate made with fortified milk | 254 | 13 |
| 1 small tub of Greek yoghurt | 198 | 9.2 |
| 1 tablespoon skimmed milk powder added to custard | 55 | 5.5 |
| Total | 507 | 27.7 |
| If you don't like or cannot take milk products or you like savoury flavours – try having: | Energy added (Kcals) | Protein added (grams) |
| 1 small handful of mixed nuts | 246 | 8.6 |
| 1 cheese scone | 161 | 5.8 |
| 1 tablespoon pea protein powder added to vegetable soup | 60 | 11 |
| ½ tablespoon peanut butter added to toast or crackers | 47 | 1.4 |
| Total | 514 | 26.8 |
| If you like sweet flavours – try having: | Energy added (Kcals) | Protein added |
| 1 mug (200ml) of hot chocolate made with fortified milk | 254 | 13 |
| 1 tub (150g) of custard | 146 | 4.2 |
| 2 tablespoons of Greek yoghurt (with honey) | 122 | 4 |
| Total | 522 | 21.2 |

There are lots of useful fact sheets and information around eating well for small appetites, increasing nutrients for those with malnutrition and how to spot and manage malnutrition. Please use the link below for the Herts and West Essex nutrition to find out more.

<https://hertsandwestessex.icb.nhs.uk/downloads/download/20/nutrition-and-blood>

Spotting

Malnutrition

Common signs of malnutrition include:

Unplanned weight loss – which can cause clothes, dentures, belts, or jewellery to become loose.

Loss of appetite

Lack of interest in food and/or drinks

Loss of muscle strength

Tiredness

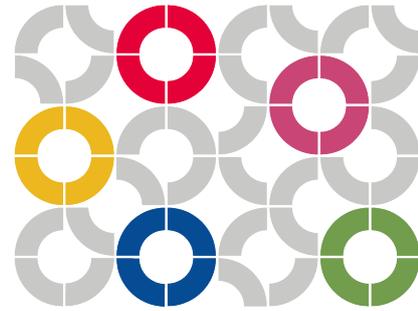
Alterations in mood

The British Dietetic Association (BDA) also have resources and further information on malnutrition.

<https://www.bda.uk.com/resource/malnutrition.html>



Prosper



Issue 104 November 2023

Monthly Walking Aid Safety Check.

Mandie Thompson, Home Manager at Glendale in Felsted has shared with us the monthly walking aid audit she has created to ensure all walking frames, rollators, and tripods used by their residents are safe and in good working order. Staff at the home complete the audit every month and Mandie feels this preventative measure helps to prevent potential falls and skin tears.

| WALKING AIDS MONTHLY AUDIT | | | |
|--|--|---|---|
| IS THE RESIDENTS NAME ON WALKING AID? ID NUMBER AND LOCATION OF AID | IS THE FRAME CLEAN TO EXPECTED STANDARD? | ARE ALL BOLTS/SCREWS IN TIGHTLY? | ARE THERE ANY PARTS WHICH EXT RISKING SKIN TEARS? |
| | | | |
| ARE ALL RUBBER FEET (FERRULES) APPROPRIATE AND SAFE TO USE? ARE THEY WORN & NEED CHANGING? | DO THE HANDLES HAVE RUBBER GRIPS IN PLACE WHICH ARE APPROPRIATELY FITTED AND SAFE FOR USE? | DOES THE WALKING AIDS APPEAR AN APPROPRIATE FIT FOR THE RESIDENT? | DO YOU NEED TO WITHDRAW FROM USE? |
| | | | |

What current checks are in place in your home to ensure all residents that require a walking aid have one in good condition that is safe for use? You may regularly check the ferrules, but have you looked to see if a screw/bolt has become loose? Is it protruding and a hazard with a potential to cause a skin tear? Was the aid supplied specifically for that individual resident or is it too high / too low for them?

Is this something you could incorporate in your home? Could this be part of the monthly care plan review? Could you use it at the point of admission to the home? Maybe you could use this as a part of a **Plan, Do, Study Act** cycle/ intervention to help reduce falls.

Mandie is happy for other homes to use / adapt her walking aid monthly audit check.

Thankyou Mandie for sharing!

Provider Quality Innovation

Are your treads safe?

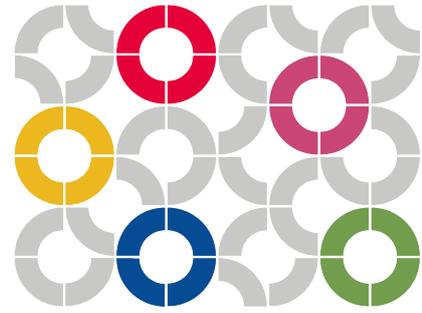


Would you drive your car with worn, bald tyres? Imagine the consequences of tyres that are worn on an icy road, an accident waiting to happen you would agree.



Similarly ferrules on a walking aid help to provide grip to the flooring surface below. Ferrules that are worn away present an increased risk of falls as there is reduced or no grip, regular checks, and replacement of worn ferrules could prevent falls so please ensure that these are checked on a regular basis.

Prosper



Issue 104 November 2023

Manning's Methodology Corner

Finding the PROSPER Toolkit

During round table discussions at the recent PROSPER Community of Practice event it was highlighted some people find it difficult to find the PROSPER Toolkit on the Essex Provider Hub website. So below I am going to attempt to produce a step-by-step process to do so.

1. Log into the homepage of the Essex Provider Hub website <https://www.essexproviderhub.org/> (you may find it easier to use a search engine, such as Google, and search for 'Essex provider hub').
2. Scroll down the page until you reach the tile entitled 'Quality'. Click on that tile.
3. Once the Quality page has opened, look for the tile entitled 'Provider Quality Innovation'. Look for the word PROSPER in this tile and click on PROSPER.
4. This will open the PROSPER section of the website. You will then see a 'sub-index box' on the right-hand side of the screen.

In this section

1. Prosper
2. [Prosper Methodology](#) >
3. [Prosper Toolkits](#)
4. [Is My Resident Well](#)
5. [Prosper Window Stickers](#)

Click on 'Prosper Toolkits'.

5. You will now be at the PROSPER Toolkits page. You will note that the Toolkits have been categorised, and you need to click on the heading most appropriate for what you are looking for. For example, if you are looking for a Falls Safety Cross or 24 hours Falls clock, these would be within 'Fall Prevention'. All tools and resources can be downloaded and printed from this page.

Other things you may be looking for.

If it is not the PROSPER Toolkits you are requiring, but some other element of our work, you still need to follow steps 1 – 3 on the left and locate the 'Provider Quality Innovation' tile.

Provider Quality Innovation

[Quality Innovation Team](#)

[Current Programme of Training & Events](#)

[Prosper](#)

[My Home Life](#)

[Domiciliary Care Programme](#)

[End of Life Care](#)

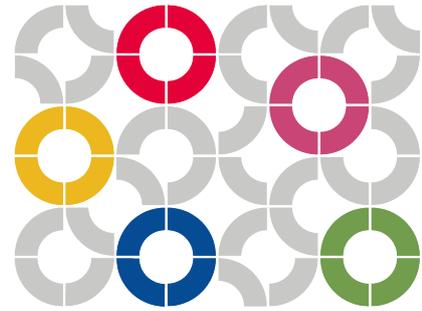
[Quality Team Newsletters](#)

[Essex Care Sector Awards 2023](#)

From here you can navigate to any of the sections listed above.

The 'Current Programme of Training & Events' is regularly updated. Or you may want to view a Newsletter; both the PROSPER and Innovation newsletters can be accessed by clicking 'Quality Team Newsletters'.

Prosper



Issue 104 November 2023

CARE PROVIDER HUB

You can find a lot of information on the care provider hub including:

Prosper information.

- ❖ Toolkit and resources
- ❖ Prosper Methodology Guide
- ❖ Prosper Window Stickers

Newsletters

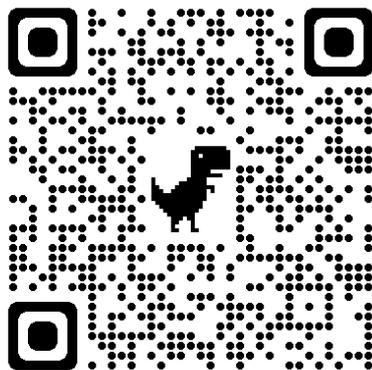
- ❖ Backdated Editions of the Prosper Newsletter
- ❖ Innovation Team Newsletter

Training and Events

- ❖ Current training programmes for OP Residential, Domiciliary and AWD including Supported Living and Residential.
- ❖ Events Tab where you can find and book training on offer from ECC.

To Access the hub please use the link below or scan the QR Code

[Quality Innovation Team | Provider Hub | Essex](#)
(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?

**Don't forget to
wear you 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