

# Prosper



Issue 114 September 2024

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

Promoting Safer Provision of care for Every Resident.

## Champion Study Days Autumn 2024

These special Champion Study Days are for Staff at the home to attend and help us celebrate 10 years of prosper!

### Sessions will include:

- Pressure Ulcer Bingo
- Urinary Tract Infections – True or False
- Caffeine – How does it affect your residents.
- Eye Conditions

### Dates and Venues:

**NORTH** -Thursday 3<sup>rd</sup> October - 1.15pm to 4.30PM - Princes Theatre, Town Hall, Station Road, Clacton-on-Sea, CO15 1SE

**NORTH** - Friday 4<sup>th</sup> October – 9.15 am to 12.30pm - Princes Theatre, Town Hall, Station Road, Clacton-on-Sea, CO15 1SE

**WEST** -Tuesday 8<sup>th</sup> October – 9.15am to 12.30pm - Latton Bush Centre, Southern Way, Harlow, Essex, CM18 7BL

**SOUTH** - Tuesday 15<sup>th</sup> October – 9.15am to 12.30pm - Barleylands Farm Park & The Village, Barleylands Road, Billericay, Essex, CM11 2UD

**NORTH** - Thursday 17<sup>th</sup> October – 9.15am to 12.30pm - Colchester Football Stadium, United Way, Colchester, CO4 5UP

**MID** - Thursday 24<sup>th</sup> October – 9.15am to 12.30pm - Hamptons Sports and Leisure, Beehive Lane, Great Baddow, Chelmsford CM2 9FH

**To book spaces please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk) with which venue, and how many spaces.**

Provider Quality Innovation

## 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:

**Pack of Cards**

Well done to all at **Parkview, and Brewster House** who answered the riddle correctly.

This month's riddle is...

**I have a head and a tail that will never meet. Having too many of me is always a treat. What am I?**

Answer in next month's newsletter



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## Hydration is Key

### Why is it important to keep hydrated?

The body is made up of roughly 60% of water which is needed to enable the brain and body to function effectively. Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. Being properly hydrated is also needed for some medications to work effectively.

### What can happen if I'm dehydrated?

Being dehydrated can have serious health implications in the elderly and those with Dementia. It can increase UTI's (Urinary Tract Infections), impair our thinking, change our mood, cause dizziness and can increase the instances of falls. Sometimes dehydration can lead to hospitalisation and decrease the effective function of organs in the body such as the kidneys.

### Signs of dehydration

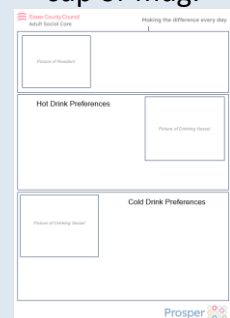
- Added confusion and delirium
- Dry lips
- Headache
- Dizziness
- Dark coloured, strong-smelling urine
- Weakness



## Drink Choice

### Template

**Edensor** Nursing home wanted a simple guide all their staff could use when making residents drinks. The form has sections for both hot and cold drink preferences, as well as spaces to add pictures of the residents preferred drinking cup or mug.



The prosper team created a form, as well as a guidance document, and sent this to **Edensor** to try out. The home advised this form has worked well and they now have these documents in a folder for each floor.



Would your home like to try the form? [Prosper Toolkits | Provider Hub | Essex \(essexproviderhub.org\)](#)

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## Hydration Ideas

Here are a few of the ideas Prosper homes have tried to help increase hydration within their homes. Not all will work with every resident but worth considering as a PDSA cycle. Tried something else? Let us know by emailing [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

- **Coloured Doilies/coasters** – These can act as visual aids for staff to signify residents who need hydration prompting.
- **Hydration Stations** – Stations set up around the home to enable residents to be more independent and get their own drinks and snacks throughout the day. Putting signage like free or please help yourself can help residents know they can help themselves. Also think about whether residents can carry their drink back to their seat or do you need a couple of chairs next to the hydration station.
- **Watermelon Jellies, jelly drops** – making Jellies and fruit more interesting for residents and easier to eat with bitesize portions.
- **Drinking Vessel Picture** – A pictorial chart which tells staff how much fluid is in the different cup's residents use, this enables staff to accurately record the amount of fluid, a resident has drunk, on hydration charts/records.
- **Hydration Games** – Making hydration fun for residents by creating different games or adapting traditional games like Snakes and Ladders to Drinks and Ladders, to Hydration twister and many more.
- **Themed Events** – Holding themed events like Hawaiian Days, Mad Hatters Tea Parties to Afternoon Tea, gives both residents and staff a fun event to look forward to, and a way of introducing new drinks etc to help increase hydration.
- **Visual Drink Choices** – Using picture cards of different drink choices to help residents choose the drink they want.

## 7 Day Hydration fun themes

Making hydration fun every day of the week could help increase hydration at your home.

**Milkshake Mondays**

**Snacky Tuesday**

**Wobbly Wednesday**

**Thirsty Thursday**

**Fruity Friday**

**Smoothie Saturday**

**Sundae Sunday**



Can you think of any other themed days of the week? If so let us know and we will share your ideas in the newsletter.

Please email your ideas to [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

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## Cherry Wood Grange featured on The One Show

A care home in Essex was recently featured on BBC's The One Show as part of World Alzheimer's Month.

Cherry Wood Grange from Chelmsford were filmed taking some of their residents on a minibus trip to the seaside, where they were greeted by some of their family members and a group of school children being 'Beach Explorers'.

Staff member Rebecca Harmer said "It was with great pleasure and excitement that our Cherry Wood residents and team were filmed alongside the beach school explorers for a short documentary which was aired on The One Show. We had the most amazing day, and we could not be prouder of this amazing day".

The short film can be viewed via BBC iPlayer

<https://www.bbc.co.uk/iplayer/episode/m00231y8/the-one-show-17092024> from around 12 minutes in.

I am sure you will all agree that this is a lovely film, and how refreshing it is to see the positive work done by care homes in Essex highlighted on national television.

Well done everyone involved at Cherry Wood Grange.



## Bring Experiences into your Home.

A trip to the beach is a lovely experience for everyone, but of course a trip like this takes a lot of organising, and for many residents may not be possible. However, there are ways to activate the senses for your residents without leaving the home.

If a resident used to enjoy going to the beach, but is no longer able to do so, you could always bring some sand into the home for them to run their fingers through or bury their toes in, even make a sandcastle! Whilst also playing a soundtrack to the seaside.

Or if someone enjoyed walking in the countryside, you could recreate the smells by bringing flowers, pinecones and pine needles. Again sound could enhance the experience further.



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## Manning's Methodology Corner

### Plan Do Study Act

In the past two months I have been discussing **Plan, Do, Study, Act (PDSA)** cycles. This month I am going to explain why **PROSPER** believes it is beneficial to use these for any changes you make for improvement.

We all subconsciously conduct **PDSA** cycles in our everyday lives, whenever we try something new, like travelling to a new location, or cooking a new recipe. We just do not think of it in terms of a **PDSA** cycle on those occasions.

However, what using a **PDSA** cycle model does is put structure into anything you try out as a change. So rather than just commencing the change, it makes you go through a thorough planning stage. This will mean all those involved will know what is expected of them during the cycle, so consequently it is more likely to happen, and be successful.

During the '**Do and Study**' phases you will be recording how things are going. What is working well, and what is not. Are there any barriers that have prevented some aspects from taking place? All this information is invaluable when you reach the '**Act**' phase.

The '**Act**' phase forces you to review the changes you have made. Far too often a change drifts along not achieving anything, or just 'fizzles out' and things return to how they were before. However, by using the information gathered at the '**Do and Study**' phases you can decide if your change is an improvement, which could be rolled out further. Or does it need a slight amendment to make it successful, in which case a new **PDSA** cycle will need to be conducted. Or in some cases your change may not be producing the improvement you had hoped for, in which case it needs to be shelved, and you can go 'back to the drawing board' and try a different idea.

### PROSPER Philosophy

Considering the article on the left, I believe this does a good job of summing up **PROSPER'S** philosophy, in that it is trying to encourage homes to conduct their quality improvement work in a structured manner.

We want **PROSPER** to be something that everyone at the home can feel involved with, not just something that sits in the 'manager's office'.

Consequently, all our tools and resources are developed to be visual and easy to understand. Our **Runtime Dashboards** are deliberately simplistic, so it is easy to see patterns and trends developing and understand why a home may be focussing on improving a certain area. **Safety Crosses** and **24Hours Falls Clocks** are visual tools that can give an instant view of the current situation without having to do a lot of investigation.



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## Poetry Corner

Once again, our regular contributor Sue Smith, Manager at Cherry Wood Grange, has sent us a poem to end this month's newsletter.

### Autumn

September is here and the sun is not so hot or high!

Autumn is coming, plants and flowers begin to die!

The leaves are falling from the trees, winds replacing the summer breeze!

Birds migrate for a winters rest, but we will soon see the beautiful Robin-Redbreast!

Conkers will tumble to the ground, in children's pockets they will be found!

The grass stops growing, and hedges are bare, fruit pickers collect the last of the blueberries for us to share!

Holly with red berries start to appear, ready for Christmas and a winters cheer!

Freezing ice across the fields, with farmers discussing their crops and yields!

Fog and rain, it's on its way, winter nights will shorten the day!

School walks become more of a task as children hurry to get in their class!

Nights round the fire with a steaming hot drink! This is my take on autumn? What do you think?!!



## Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different from 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)

