



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.

PROSPER Champion Study Days



We had an amazing turn out over our 5 Champion Study Days that took place during October/November with a total of **75** staff who attended the events from **26** Residential/Nursing Homes.

The staff had a fun and informative day with sessions being held on:

- 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



For those of you who missed out on the days don't worry the next few articles will be going through each of the sessions that were delivered, including helpful hints, tips and information given on the day.

The Prosper team will also be busy working away over the coming months planning our Spring 2023 Champion Study Day's, so please let us know if there are any sessions you feel would be useful for us to have at these events by emailing 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

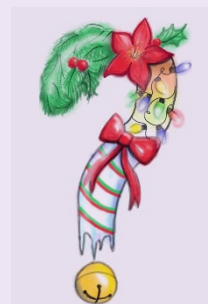
Answer to last month's riddle was of course the **Firework**

Well done to **Maldon Lodge** who answered the riddle correctly

This month's riddle is...

When going around the world, I can find the way. I go to every country while helping pull Santa's sleigh. What am I?

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





It's a Zoo Around Here

For the recent series of PROSPER Champions Study Days we created an opening session which also acted as an 'ice-breaker' session, but with a serious message behind it.

The session was based on the book 'It's a Zoo Around Here' by Nigel Risner, in which the author claims there are four different communication styles, which he likens to four animals, Lions, Monkeys, Elephants and Dolphins. Nigel Risner not only highlighted the importance of knowing your own communication style, but also that of people you communicate with.



We started the session with a short questionnaire which allowed us to sort attendees into the four groups. Then after highlighting some of the main characteristics of each group, we set a scenario requiring negative feedback to be given. We then asked each group to feed back to one of the other groups in the communication style most suitable for that group, using some of the pointers in 'It's a Zoo Around Here'.

Two observations we noted from the sessions:

There were massively more 'dolphins' than any other animals present – This is probably to be expected with a group of care staff, but it was surprising how few 'lions' and 'elephants' there were.

The few 'lions' we did find found it very difficult to move from their own communication style when giving negative feedback, the other three groups appeared to find it much easier.

A good team needs a mix of all characteristics and no one characteristic is better than another. You will find certain characteristics naturally fit the different roles in a care home.

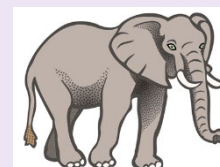
So which animal are you?



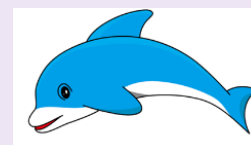
Task/results oriented
Likes to be in charge
Determined and competitive



Has plenty of ideas
Knows how to have fun
Creative



Controlled and disciplined
Needs accurate details
Conscientious



Team player
Supportive
Tuned into people's emotions
Sensitive

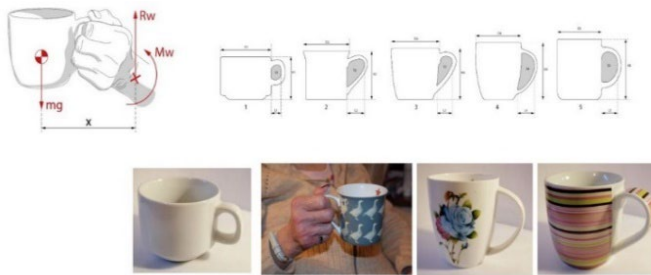


UTI'S/ECOLI and Hydration

Our Second session was delivered by The PROSPER team which had a focus on urinary tract infections, E Coli and hydration, using information and findings from the I-Hydrate project created by the University of West London. The session focused on:

- Causes of Urinary Tract Infections and the Link with E Coli
- How to prevent infections
- Barriers to hydration
- Hydration
- Emotional Mapping
- Increasing Hydration

Discussions took place about the importance of knowing residents and what information could enhance hydration for individuals. These included what type of cup/mug individuals like to drink from, is the cup easy to handle/grip? Is it light enough to lift? Does it hold enough fluid? For example; small tea cups tend to have very small handles that many people are unable to hold, whilst mugs have bigger handles making them easier to grip. The right drinking vessel will promote dignity and independent drinking.



How do you like yours?



Which tea/coffee colour from the chart above is your preference?

How do your individual residents like their tea/coffee, strong, milky with or without sugar?

Everyone has different tastes. Would you enjoy a milky coffee if you prefer a strong cup of tea?

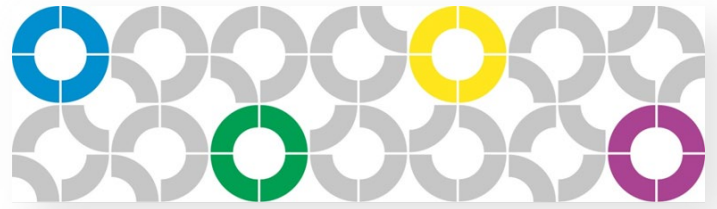
So why not ask your residents how they would like their hot drink next time you offer them one and make a note so that next time they are offered a drink they are given their perfect cuppa!

Hydration in Care Homes

A practical resource pack to support the hydration of care home residents

For further information and ideas on hydration, please visit the I-Hydrate website where you can access the I-hydrate Resource pack, training videos and a lot more.

[The I-Hydrate Project \(uwl.ac.uk\)](http://uwl.ac.uk)



Falls Prevention – Strength and Balance

The 3rd session was completed by the Provider Quality Teams Senior Occupational Therapist, Caroline Robinson, whose session focused on Falls Prevention and how strength and balance plays a big part of this.

The aims of the session included:

- Increase understanding of leading causes of falls in older adults
- Explore route-causes for falls
- Explore preventative measures to reduce likelihood of falls
- Look at strength and balance activities and how this can impact reducing falls
- Increase awareness of toolkits and resources available

Caroline made sure to keep the session interactive and fun for everyone and included quizzes, visual aids and lots of discussions about falls, and what could be done to prevent/reduce these from happening in homes.

How can we prevent falls?



INCREASING PHYSICAL ACTIVITY



CHANGES IN THE HOME



MEDICAL CHANGES



CHANGES IN DAILY ACTIVITIES



ENSURING THE RIGHT EQUIPMENT IS USED

If this wasn't interesting enough, Caroline also introduced the homes to a 30-minute Move it or Lose it exercise video that everyone got involved with! It was great to see everyone staying active and having fun during this part of the session.

Caroline ended her session with a whole range of useful links to keep residents active, as well as tools to help falls prevention including tools from the prosper toolkit!

Useful Links!

Below are some useful links from different services that have exercises, toolkits and much more to get your residential involved in and keeping them active, as well as helping you to look at different ways to prevent falls!

<https://www.activeessex.org/find-your-active/workout-channel/>

[Make a real difference – become a RoSPA Fall Fighter | Free Fall Prevention Course - RoSPA](#)

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

[Sandra Move it or Lose it | Active Essex](#)





Pressure Ulcer Prevention

Sharon Gardner from H&R healthcare ended the days with a refresher about pressure ulcer prevention.

The session was jammed packed with lots of information about pressure ulcers and how these can be prevented. With the main aims of the session being:

- Describe what a Pressure Ulcer is
- Categorising Pressure Ulcers
- State what risk factors place a patient at risk of Pressure Ulcers
- What strategies there are, which can prevent Pressure Ulcers including elements of the SSKIN bundle
- What the Local Trust requirements are when a Pressure Ulcer is identified

Sharon gave some interesting information about people who have a medical device such as:

- Oxygen Tubing
- Face Masks
- Compression Stockings etc.

Who are 4x more risk of a pressure ulcer developing, and discussed the importance about checking the skin daily, even if the device cannot be removed, so the first signs of a pressure ulcer can be picked up quickly and dealt with before it gets to a higher category. Lastly Sharon introduced the staff to the new version of **SSKIN** assessment tool which is now known as

ASSKING:

- A** ssessment of risk
- S** kin inspection and care
- S** upport surface selection and use
- K** eep your patient moving
- I** ncontinence and moisture care
- N** utrition and hydration management
- G** iving information

Don't forget!



To use your Prosper Compact Mirror to help you and your residents check pressure area's in hard to reach places like:

- Elbows
- Heels
- Back of the head and ears

You could even give your more capable and independent residents a mirror so they can check their own hard to reach areas with ease.

If you'd like to view any of the Pressure Ulcer Prevention documents from our Prosper toolkit you do so via the Essex Provider hub

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



Winsford House go Swimming



Residents at Winsford House care home have been busy getting active by visiting their local swimming pool. First to enjoy the outing was Phyliss, a lady living at Winsford house with

dementia, who was a very keen swimmer, going swimming most days of her adult life. The home said 'When she first got into the water she had forgot how to swim but with my encouragement after about five minutes it all come back'. Phyliss who has not walked for over a year 'was using her legs so well by the end of the session. She did not stop talking about it after the session and that evening', it was a wonderful experience for everyone involved. Winsford house are hoping to take other residents swimming and make it a regular outing for those wishing to join in.

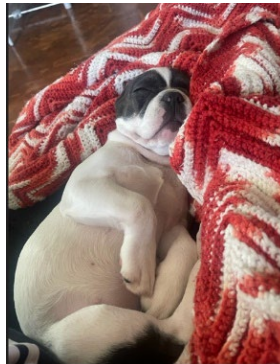
Poppy Puppy Power



Winsford House care home have been having regular visits from the home manager's puppy, Poppy. The home feel she is making a real difference to residents, cheering them up and creating a sense of calmness 'she seems to influence a change in their behaviour.

They all love her, and she does her round every morning which sets a lot of smiles off'.

Keep up the good work Poppy, who I am sure you will agree is very adorable.



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

Don't forget to wear you badge with pride

