



Welcome to May'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 Prosper Skills Network

The Prosper Team this year have introduced a series of bitesize virtual sessions focusing on a different subject matter each time, to help build skills and knowledge and give subject matter champions, in homes, idea's and tools to help aid them.

We have currently held 2 successful Sessions on falls prevention and pressure ulcers. Our next 3 sessions will be on:

UTI's –1st July – 10am to 11.30am

Hydration/Nutrition –29th July – 10am to 11.30am

Oral Health Care – 26th August 10am to 11.30am

The sessions are being held virtually via Microsoft Teams.

If you're interested in booking spaces for your home please email Prosper@essex.gov.uk with the names of the people you wish to attend the event.

This month's session was all about **Pressure Ulcer Prevention**, and we thought it would be a great idea to share some good news stories, facts, tools and a overall refresh around what we have on Prosper to help your home with looking at pressure ulcer prevention.

Following on from the Skills Network we have arranged some **Pressure Ulcer training** for your staff, there are 3 sessions a day (9.30, 12:00 & 14:30) on **24th June, 6th, 15th and 21st July**. To book email quality.innovation@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 **Mirror**

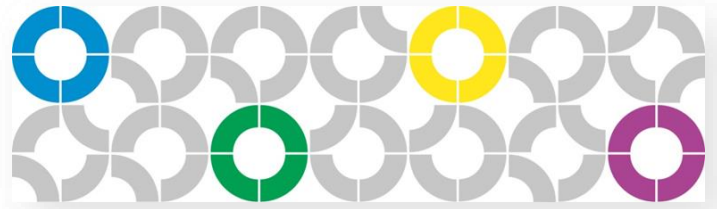
We had a great response this month and a Well done goes to the following: **Kingsgate, Eastham, Parkview, Hill House, Madelayne Court and Squeaks House** for answering it correctly.

This month's riddle

What can fill a room but takes up no space?

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





7 Weeks Pressure Ulcer Free

Silvanna Court has shared this amazing achievement with us

Manager Sue wrote: For the 7th week running Silvanna court, have none of our residents with a pressure ulcer we have managed pressure relieving care to the highest standards, and have 83 residents in total, and we are really proud to say none have a pressure Ulcer. We are part of the Prosper programme and this has helped as we measure our data and managed themes and trends.



We have worked hard with the district nurses and promoted good healthy nutritional intake, we have been encouraging fluids in the way of fun, whereby introducing “happy hour” every day from 3:00 to 4:00 seven days a week on all units and offer a selection of lovely drinks, hot or cold, and we offer lovely fruits & cakes. We

include singing and dancing to help get residents mobile and moving every day. We have made sure all pressure relieving equipment is put in place prior to admission so there are no shortfalls. Any residents on pressure relieving equipment is monitored on a regular basis and we take advice from the district nurses. We recently had staff training in skin integrity awareness. We have changed our menus to support a healthy balanced diet and discussed menu choices with the residents so that we could make sure they were having meals they preferred, in turn the residents dietary needs are met and there is weight gain rather than weight loss as they enjoy the meals.

Everyone has been focused on relieving pressure areas for our residents and we achieved this goal together with a whole team approach! **A massive well done to all staff at Silvanna for this amazing achievement!**

Did you know

Pressure Ulcers have an impact on both an Emotional and Psychological level

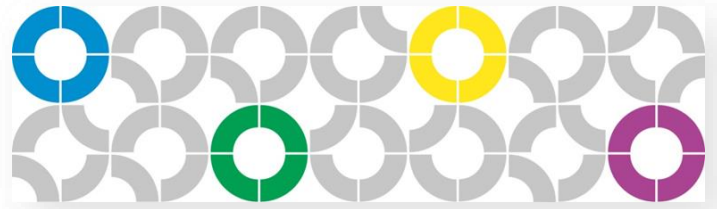
Pressure ulcers typically have a negative impact on the individual's psychological and emotional wellbeing and can include:

- Pain**
- Anxiety**
- Embarrassment**
- Withdrawal**
- Loneliness**
- Dependency**

They can then result in further physical decline, depression, social isolation, and feelings of helplessness.

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

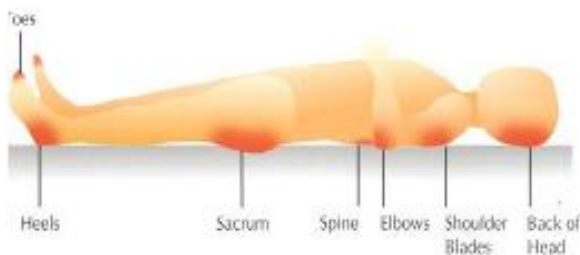




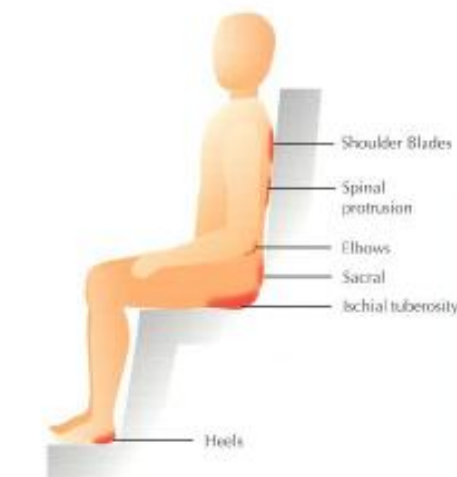
Pressure ulcer Prevention – Give it your Best shot!

Acronyms like SSKIN (Skin, Surface, Keep moving, Incontinence, Nutrition) are a very helpful way of remembering important information and when it comes to preventing pressure ulcers. Knowing and remembering to check all the key pressure points can help to prevent a pressure ulcer developing so we thought we would share with you another handy acronym so you can give it your **BEST SHOT!**

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!!!

Taken from the react to Red website: [React To Red: Pressure Ulcer Prevention : Training resources](#)

Don't forget!



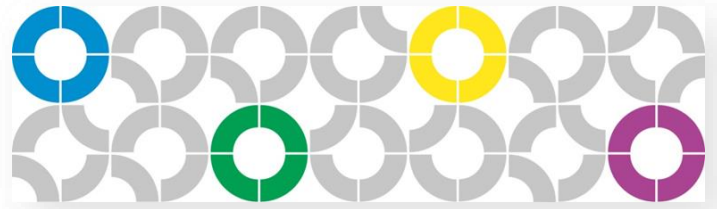
To use your Prosper Compact Mirror to help you and your residents check pressure area's in hard to reach places like:

- 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 visit the Care Provider hub

<https://www.livingwellessex.org/quality/quality-innovation/prosper/prosper-toolkits/>



World Earth Day

Belmont Lodge wanted to share how they have been using different national events to get their residents up and active, as well as incorporating meaningful activities. This month they enjoyed celebrating world earth day 🌍 and some of their residents enjoyed up cycling milk bottles in to pot planters, and making hanging baskets for their courtyard for all residents to enjoy.

I am sure you will all agree that the plant pots look amazing and will make their home and courtyard look very colourful and fun!



Nutrition and Hydration Week 2021

14th – 20th June 2021

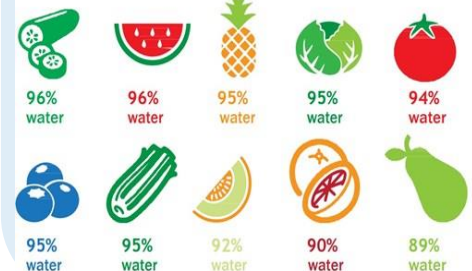
This year Nutrition Hydration week has teamed up with McVities Tasties, who have launched a challenge for 'The Biggest Virtual Afternoon Tea Party' on the 16th June. There is a booklet full of activities and ideas, including word searches, templates to make your bunting for the tea party and much more! You can download the resources from the Nutrition Hydration week website by following the link here:

https://nutritionandhydrationweek.co.uk/wp-content/uploads/2021/04/0000_pladis_activity_booklet_nw_v6-1-compressed.pdf

Don't forget to send us your photos from the different events you hold over the week! Email Prosper@essex.gov.uk

Shropshire and Telford
Reducing infection for all

Top 10 Hydrating Fruit and Veg





National Smile Month – 17th May and 17th June 2021



National smile month is a charity campaign all about championing the benefits of having good oral health and promoting the value of a healthy smile.

Key messages for great oral health

During National Smile Month, please help by promoting these four key messages for better oral health:

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.

Don't forget we also have the amazing 'Smiles Better' **Greater Manchester Mouthcare Toolkit** which is a practical guide for care staff to which contains sample care policies, assessments, and care plans for care homes to use and adapt. This can be found within our Prosper Toolkit on the Living Well Essex Website: [3004-gm-smiles-better-toolkit-web.pdf](https://www.livingwellessex.org/3004-gm-smiles-better-toolkit-web.pdf) ([livingwellessex.org](https://www.livingwellessex.org))

Oral Health Care Training Dates

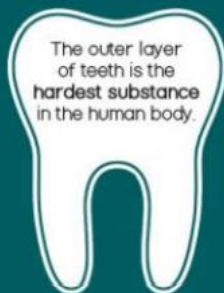
We are pleased to announce we are again working with the Community Dental Service to help promote good oral health care and have the following training dates available:

- Monday 12th July - 10:30am - 12:00pm
- Tuesday 13th July - 10:30am – 12:00pm
- Monday 27th September 10:30am -12:00pm
- Wednesday 29th September 10:30am - 12:00pm

If you would like to book spaces, please email: quality.innovation@essex.gov.uk

Useful Information

DID YOU KNOW?



The outer layer of teeth is the hardest substance in the human body.

It is similar in structure to cement and concrete.

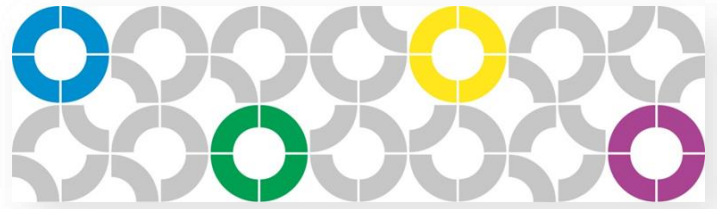
DID YOU KNOW?

PLAQUE CONTAINS 300 SPECIES OF BACTERIA.



Quick denture tips:

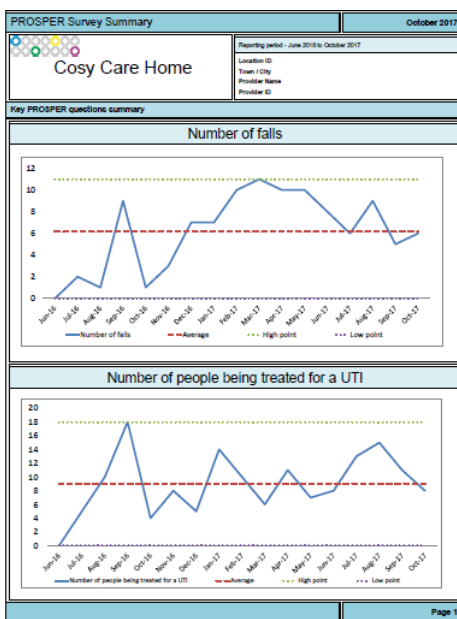
-  Clean your dentures daily.
-  Remove dentures and soak overnight.
-  Brush inside your mouth each morning.
-  For loose or painful dentures – see your dentist.



Manning's Methodology Corner Monthly Mapping

The PROSPER Team has commenced visiting some homes to support engagement in the PROSPER project again, and hopefully things will continue to return to some kind of normality over the next few months. So I thought this may be a good time to refresh some of the basic principles of PROSPER, starting with monthly data mapping.

We have been very encouraged by the number of homes that have continued to regularly submit data during the past fourteen months, so thank you to all of you that have done so. I want to reiterate that we do not ask you to submit monthly data for us. It is only so we can convert that data into 'easy to understand' dashboards (graphs) that can clearly show patterns and trend developing in your home in the areas of falls, UTIs and pressure ulcers, for your use.



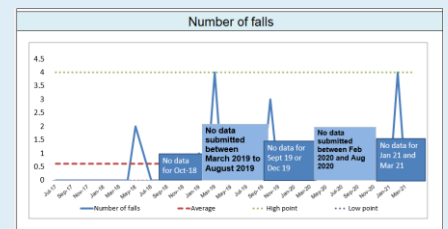
The idea being you can use the dashboard as a basis for any improvement you do. Additionally, it is very easy to interpret, so all staff members can be involved and take an interest.

For example, the dashboard on the left clearly show an upward trend in the number of falls during the first half of the graph, so this would be an ideal area to commence your improvement focus.

The importance of regular data submissions

To be able to use your dashboard to detect patterns and trends developing it is vitally important that you regularly submit data every month. If a month is missed out, the dashboard has no other option than to record the data as zero for that month, and in turn a blue text box has to be inserted onto the graph to state that no data was submitted that month.

If lots of months are missed it is possible to end up with a graph like the one below



In this example you can see that it would be impossible to pick up any trends at all, so really the dashboard is of no use for improvement work.

Any months that are missed can always be inputted and added to your dashboard at a later date.



Silvana Court's Poem

It wouldn't be right to end this month's edition any other way, than sharing another amazing poem from the very talented manager **Sue Smith** at **Silvana Court**.

Age Awareness Poem

Look closely & what do you SEE!
I was young like you and soon you'll be old like me! ❤️

I look around and I take it all IN!
Life is beautiful I've not lived in SIN! ❤️
I've had children a Job and a HOME! Now I'm in your care but at times feel ALONE! 💛

I kissed my husband on are wedding DAY!
His no longer here his gone AWAY! ❤️
I shopped, I worked and went out with FRIENDS!
Those days have gone they've come to an END! 💙

I used to be free and go where I PLEASE! But now I feel the pain within my KNEES! 🩹
I close my eyes, I dream about YOU! and long for the day when ONE becomes TWO! 😊

Until that day please take care of ME! and let me live in HARMONY! ❤️
Come take my hand and Lead the WAY! I need your help now every single DAY! 🩹
I'm old, but grateful I have lived a life so FULL! please don't treat me like a fool ❤️

Show me kindness, give me some love & TIME! then I will show you I'll be just FINE! 💙
Thank you for caring and taking my HAND! I look back knowing my life has been PLANNED! 🙏



<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 your badge with pride!



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