

Prosper

Issue Ninety Nine June 2023



Welcome to June '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 Day Special



We had an amazing turn out over our 6 Champion Study Days that took place during May & June with a total of **86** staff who attended the events from **23** Residential Care & Nursing Homes.

The staff had a fun and informative day with sessions we sourced following feedback from our last round of study days that took place last October. The sessions were:

- **Prosper Pictionary – Quality Improvement Methodology**
- **Personal Care**
- **How to support a fallen resident**
- **Sepsis Awareness**

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 over the coming months planning our next set of champion study days, so please let us know if there is anything 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 **Clock**

Well done to all at **Parkview and Glendale** who answered the riddle correctly

This month's riddle is...

What goes through cities and fields, but never moves?

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



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Prosper Pictionary

For the recent series of PROSPER Champions Study Days we created an opening session which also acted as an 'ice-breaker'. This session was a way of refreshing our attendee's knowledge on all things Prosper.

At each event the attendee's were split into teams and had to compete against each other to try and identify the 12 different prosper related topics via drawings only, the artist wasn't allowed to speak or write any letters or words to help the rest of their team identify the topic during their turn, and each attendee had to be the artist at least once during the session. It was great to see all the different ways people interpreted the different topics they needed to draw with words including, Infection control, Falls Prevention, Fruity Fridays, Monthly data, and Community of Practice to name a few.



The prosper team explained some of the topics in more detail, such as Plan Do Study Act (PDSA) cycles, using data for improvement and ideas they can implement like hydration boosting themed days to help prevent UTI's. This generated discussions amongst the teams and gave them more insight into the different Prosper tools they can use in their homes.

There was lots of laughter, and competition going on during the session and acted as a great icebreaker to start the day off, and of course the winning team at each event was also awarded a prize!



Prosper Pages on the Essex Provider Hub

The session was ended with the attendee's being made aware of the Prosper pages on the Essex Provider hub and the QR code to access them.



The Prosper section on the provider hub has several different sections including

- A guide to Prosper Methodology
- A range of different toolkits including pressure ulcers prevention, to Oral Healthcare
- Prosper Accreditation

Want to have a look at our dedicated Prosper Pages scan the QR code or click the link below

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

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Personal Care

Delivered by Training2Care

At the end of all our Champions Study days we ask for feedback from those in attendance. One of the questions we always ask is suggestions for future Study Days. At the Study Days in Autumn 2022 it was suggested we could run a session on personal Care.

For this current series of Champions Study Days we commissioned Training2Care to deliver a session on Personal care. We were conscious attendees would be people already working in care provision, so the session was tailored more as a refresher, that would hopefully stimulate some debate amongst those in attendance.

Although a number of different trainers were used across the six sessions, one constant of all the sessions was 'Doris' the mannequin who was happy to be the resident for the day and also gave a few unsuspecting attendees a fright when she was wheeled in.



The trainer went through the complete personal care process, covering issues such as consent, dignity, oral health care, shaving, important areas to remember and caring for someone in bed. As well as looking at the different types of products that could be used.

Feedback from Attendees on Personal Care Session

Very efficient and person centred

Helpfully explained every point regarding Personal care

Made you think about how you support residents in a person centred and dignified way.

Gave me new techniques to personal care

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Sepsis awareness

WHAT IS SEPSIS?

Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics.

Sepsis sessions at Champion days focused on who was at higher risk of getting sepsis and why, what to do if you think someone has Sepsis, and most importantly the signs and symptoms an adult could display if they have sepsis.

HOW TO SPOT SEPSIS IN ADULTS

Seek medical help urgently if you (or another adult) develop any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

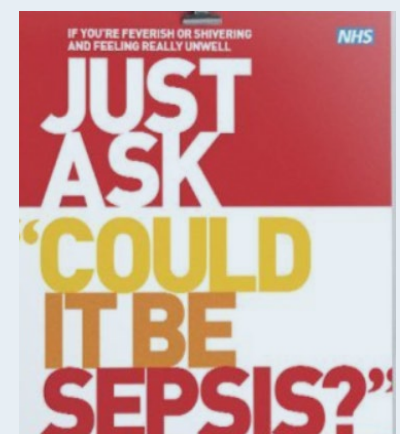
This sepsis information and facts has been taken from UK Sepsis Trust, for more information and useful resources including videos please access the website <https://sepsistrust.org/>

Sepsis Facts

5 people die with sepsis every hour in the UK.

40% of all sepsis survivors suffer permanent life-changing aftereffects.

Sepsis can initially look like flu, gastroenteritis, or a chest infection. There is no one sign, and sepsis symptoms present differently between adults and children.



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Supporting a Fallen Resident

At our Autumn/Winter Champion Study Days 2022 the Provider Quality Innovation team's Senior Occupational Therapist, Caroline Robinson delivered a session on Falls Prevention – Strength and Balance. Caroline decided for this round of Champion study days, it would be good to carry on with the fall's prevention theme and created a session on how to support a fallen resident, with the help from ICB leads and paramedics from each area.

The first part of the session included an update on the number of new falls prevention guidelines and 2 different algorithms I-Stumble and Help Fall that have been created to help care staff residents to assess if a resident is safe to be lifted from the floor after a fall.

The second part of the session was a practical element with demonstrations of 4 different types of techniques/equipment that can be used to lift/support someone up from the floor. After the demonstration the attendee's had a chance to practice with the equipment/techniques and look at the algorithms. Attendees really enjoyed being able to experience the different ways, and there was a lot of discussion taking place during the session.

The Equipment/techniques used during the session were:

MacGyver Approach – Use What's to hand



Mangar Elk



Mangar Camel



Raizer Chair



Useful Links

Algorithm Links

I STUMBLE video demo
<https://www.youtube.com/watch?v=0mYRy0dEPpA>

HelpFall information
https://youtu.be/vP_R_IC97bQ

Guidance and Guidelines

Enhanced Health in Care Homes Framework
<https://www.england.nhs.uk/wp-content/uploads/2020/03/the-framework-for-enhanced-health-in-care-homes-v2-0.pdf>

Saga's Staying steady pdf including using a chair to support you up from a floor

[Preventing falls & keeping your balance: the Saga guide - Saga](#)

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Hydration Boosters

With the weather still being very warm, we thought it would be nice to look back at some ideas PROSPER homes come up with to help boost hydration. These have included things like jelly melons, mocktails, hydration snakes and ladders, frozen banana penguins, self-serve drinks fridges and Hydration stations to name a few.

Why not get your thinking caps on and make hydration fun! Involve residents in creating colourful drink reminder posters and notice boards, hydration trollies or adapting a game to include hydration such as Snakes and Ladders, snap etc. Or you could even get a resident to become a hydration champion for your home.



Don't forget we also have lots of handy tools and posters that can help with hydration in our Prosper Toolkit

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

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](https://www.essexproviderhub.org/)
([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

