

Prosper



Issue 113 August 2024

Welcome to August'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 3rd October - 1.15pm to 4.30PM - Princes Theatre, Town Hall, Station Road, Clacton-on-Sea, CO15 1SE

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

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

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

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

MID - Thursday 24th 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 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

Answer to last month's riddle was of course:

Left Hand

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

This month's riddle is...

What has 13 hearts but no other organs?

Answer in next month's newsletter

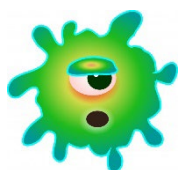


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UTI Prevention



A Urinary Tract Infection (UTI) is a Urine Infection which occurs when bacteria in any part of the urine system causes symptoms.

If a urine test finds bacteria but your residents are otherwise well, do not worry this is common, and antibiotics are not usually needed. However severe urine infections can be life threatening.

Signs of UTI can include:

- Shivering or Shaking
- High or Low Temperature
- Pain or burning when passing urine
- Pain in the lower tummy
- Incontinence
- Cloudy Urine
- Frequent urination or feeling the need to urinate

What you can do to help prevent a UTI

- Make sure they are drinking enough, recommendations state 6-8 glasses a day.
- Avoid giving them too many fizzy drinks or alcohol
- Check the colour of their urine to make sure it is pale in colour, if it isn't then encourage more fluid

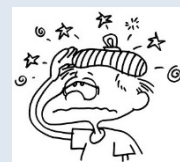


- Stop bacteria spreading from the bowel to the bladder.
- Wipe genitals from front to back after using the toilet.
- Keep the genital area clean and dry – Avoid using scented soaps.
- Don't stay in soiled incontinence products for long periods.
- Remove incontinence pads from Front to back.

Did you Know?

Confusion can be caused by a Urinary Tract Infection, however, there could be several different reasons a resident could be confused including:

- Pain
- Constipation
- Poor Sleep
- Low Mood
- Not Drinking Enough
- Side effects of medication
- Other Infection
- Change in their routine or home environment
- Poor Diet



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UTI Prevention Interventions

Here are a few of the ideas Prosper homes have found to help reduce the number of UTI's in their home. 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

- **Doilies** – These can act as visual aids for staff to signify residents who need hydration prompting.
- **5 Day Fluid Chart** – Tool used with new residents to keep track of a resident's fluid intake to determine whether they will be at a higher risk of developing UTI's and what can be put in place to prevent them.
- **See Pink Think Drink** - an Initiative using pink items to act as visual aids for staff on who needs fluid pushing, the pink items could range from doilies to stickers of doors, to pink glasses or a pink object placed near them.
- **UTI Supervision Quiz** – Used to keep track on staff's understanding around UTI's and if they need further training/refreshing on this topic.
- **UTI Crosswords** – Created to help residents become more aware of UTI's, the symptoms of UTI's and the importance of reducing these from developing.
- **Urine Colour Charts** – Put on the back of bathroom doors to act as visual reminders for staff to check residents Pee. Having hand slogans to help them remember what is good or bad, such as **Healthy Pee is 1 to 3, 4 to 8 they must Hydrate!**
- **Operation NUTI** – initiative created to act as a traffic light system to indicate which residents were at higher risk of developing UTI's and need fluid pushing. Green – resident is fine and no intervention needed, Red – Resident high risk of UTI's and needs fluids pushing/prompting regularly.

Did you Know?

Simply breathing in and out uses more than a pint of water a day!



Drinking more water actually helps to reduce water retention!



Being well hydrated helps medicines to work more effectively!



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Dementia Carousel Experiential Learning

Following on from the successful launch of the teams new experiential training, known as the Dementia Carousel, we are pleased to announce a further 2 events in Mid and West Essex.

Dates and venues:

15th November 2024, 9.30am to 12.30am, The Harlow Hotel, Harlow

15th November 2024, 1.30pm to 4.30pm, The Harlow Hotel, Harlow

21st November 2024, 9.30am to 12.30pm, Hamptons, Chelmsford

21st November 2024, 1.30pm to 4.30pm, Hamptons, Chelmsford

The 3hr experience takes staff through a series of experiential booths, designed to create cognitive challenges, confusion, and sensory overload, giving a person with a healthy brain empathy towards what a person with Dementia may feel and experience.

The Dementia Carousel is about evoking an emotional response to foster empathy and understanding of the feelings, emotions, and behaviours a person with Dementia may experience.

Spaces are limited to 4 people per home per session, and will fill up quickly so make sure you are quick to book spaces by emailing

Prosper@essex.gov.uk

Don't worry if you miss out on spaces this time round! The Dementia Carousel will return in 2025 with more events taking place around Essex!

Dementia Carousel Booths

Staff will go through 7 different booths during the experience that are known as:

Orientation Booth

Memory Maze

Communication Carousel

Puzzle Odyssey

Spatial Perception Adventure

Sensory Overload Café

Empathy Lounge



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Welcome to Howard Lodge's Namaste/Sensory Garden

Following attendance at a Namaste Care workshop, a group of activity staff at Howard Lodge decided they wanted to create a space where they could implement the Namaste philosophy of 'compassionate care with meaningful activity in a dedicated peaceful environment together with a loving touch'.

Activity coordinator Jo Glozier came up with the idea of creating such a space in the garden, and with the help of residents, residents' families, including children, and other staff members, the home has developed a space that is not only relaxing and calm, but also lovely to see.



The garden is now open and being enjoyed, following its official opening on 22nd August, which marked the enterprise of everyone involved with creating this space.

Comments from family members

Following visits to Howard Lodge, two families contacted the home to show their appreciation of the new garden area.

"As it was a nice day, we took Mum round to see the chickens, and then onto the sensory garden. Given that the last time I went round to that part of the garden there was nothing there at all we were all impressed. We will make sure we pop down there with Mum again when we have good weather".

"We came in today and thought how beautiful the sensory garden was looking, the wind chimes blowing gently in the breeze, all the potted plants now flourishing and the vegetable patch growing nicely too. It really is a wonderful place to be Jo."

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Manning's Methodology Corner

Plan Do Study Act

Last month I introduced the concept of the **Plan, Do, Study, Act (PDSA)** cycle. This month I am going to begin looking into each element of the cycle in more detail.

Plan – Plan your intervention thoroughly before you commence. You will already know what **SMART** aim you are working towards, and what change you want to try. Some people feel it is a good idea to make a prediction of what you think the change may achieve at this point, you can then refer to this at the end of the cycle.

Make sure everyone involved knows **who** is going to do **what, where** and **when**. Also at this stage decide what data you need to collect to enable you to measure the impact of the change you have made.

Do – Implement your change and observe the impact. Make sure the required data (decided at the **Plan** stage) is collected and recorded. Note any problems or barriers that arise to hinder the change being implemented.

Study – Analyse the data that was collected. Did the change achieve your prediction (made at **Plan** stage)? Did the change actually take place? Did any unexpected barriers or problems arise? Summarise the outcomes of the change that was implemented.

Act - What are you going to do going forward? Was the change successful, are you going to adopt it? Or did it not meet your expectation, and you are going to reject it? Do you want to rerun the cycle over a larger part of your home? Or do you want to make a few slight 'tweaks' to the change and then try it again by conducting a new **PDSA** cycle? This may be particularly useful if some barriers became evident during the original cycle. What can you amend to overcome those barriers?

Plan, Do, Study, Act Worksheets

We highly recommend you complete a **Plan, Do Study Act Worksheet** for every **PDSA** cycle you conduct.



WORKSHEET: PDSA Progress Sheet

This sheet is for you to use to record your progress as you complete your PDSA plan - this worksheet is designed for you to evidence what you have done and what you have tried.

Complete this part when you have identified which driver aim you are focusing on

PLAN (what are you going to try and how?)

Complete this part as you carry out your plan. Keep notes on what happens

DO (getting on with it)

Complete this part after you have finished your testing and observations, having gathered your data and reflected on what happened. Include expected and unexpected results.

STUDY (did the plan work or not?)

Record what you will use from this plan or what you will do differently next time

ACT (are you going to do it again or will you change anything?)

Home Date

Two reasons for this. Firstly, by doing this you are compiling a vast resource that anyone at the home can refer to in the future, and see what worked well, and what problems arose.

Secondly, when you have inspections and monitoring visits, these completed worksheet provide excellent evidence of the home striving for continual improvement.

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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.

Mental Health awareness Poem by Sue Smith, Mental Health Champion.

Looking happy and smiling on the outside for everyone to SEE!
....Mental health? They say "NO NOT ME"!

They hide their feelings deep down INSIDE! You've never seen the tears they have CRIED!

You can't see it, but it's THERE! They are afraid, it's something they don't want to SHARE!

They say I'm ok, just getting on with their LIFE, but there are days when the illness cuts like a KNIFE

They pretend their happy so you can't see their DESPAIR, if they told you they had mental health would you CARE?

They just carry on and keep it locked INSIDE, it's so sad, but easier for them to HIDE

Mental health champions we need to act QUICK, go with your instincts if you think someone is SICK

You can't see it! But Mental health is THERE, gain their trust and show that you CARE

Reach out and support them WHOLEHEARTEDLY

You never know when Mental health could effect YOU or ME

Provider Quality Innovation

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