

Prosper

Issue 101 August 2023



Welcome to August '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 Quiz and Resident's Riddle Challenge!

In last month's special edition to celebrate 100 editions of the prosper newsletter, we decided to do not one but 2 different style quizzes that gave everyone in the home a chance to get involved.

If that wasn't enough, we also have a selection of different prizes to give away for the winner's and yes even the runners up! The prizes include things like a robotic cat, to educational board games, to activity bundles for all to enjoy!



Well do not despair that you haven't had a chance to enter these amazing competitions/Challenges because after a discussion within the team, we realised that it is of course the 6 weeks holidays, so we are aware a lot of people will be on leave etc! So, we have decided to extend both quizzes until 22nd September!

Not seen the questions? Not to worry you can access last month's edition via the provider hub, or you can email the prosper inbox and we can send you the questions and riddles.

Send your answers to 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

This month's riddle is...

You bury me when I am alive and dig me up when I die. What am I?

Answer in next month's newsletter.



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Continuous Improvement Methods PROSPER Community of Practice

The Prosper Community of practice will explore continuous improvement methods and tools which can easily be used in the care setting to address problematic areas. It is also an opportunity to learn how other homes have introduced quality improvement methodology and gain valuable peer insight.

This is open to all Residential Care and Nursing Homes (you do not need to be actively part of Prosper to attend).

The event is taking place:

Date: 12th October 2023

Time: 09:15am to 1:30pm

**Venue: Colchester Football Stadium, United Way,
Colchester, CO4 5UP**

The agenda includes sessions around:

- Quality Improvement Methodology Session
- Round Table Discussion
- How can you use Prosper in your home
- What else Prosper has to offer
- Update on Wider Innovation of work.

To book spaces please email Prosper@essex.gov.uk

Prosper Skills Network Sessions

We also have several different Skills Network Sessions we can either deliver face to face or virtually for your home.

These bitesize sessions focus on different subject matters the Prosper Project covers, to help build skills and knowledge and give subject matter champions in homes ideas and tools to help aid them.

The sessions we have on offer are:

Falls
Nutrition and Hydration
Pressure Ulcers
UTI's
Oral Healthcare



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Psychological and Emotional Impact of Falls.

This month we would like you all to think about the psychological and emotional impact that falls can have on residents. This can include:

- ❖ Fear of falling
- ❖ Anxiety
- ❖ Withdrawal
- ❖ Lack of confidence

These can result in further physical decline, depression, social isolation, and feelings of helplessness. All of which can severely impact someone's emotional wellbeing. If someone has recently experienced a fall, consider their emotional wellbeing for a while after and try and increase their confidence where you can.

Tips to help someone with anxiety following a fall.

The NHS website [Falls - NHS \(www.nhs.uk\)](https://www.nhs.uk) has some useful advice on overcoming anxiety following a fall. These tips can easily be adapted to supporting someone in a residential setting.

- ❖ Identify why you're falling and take action to reduce risk.
- ❖ Decide on a plan for getting help if you should fall.
- ❖ Talk to someone about your fears and anxiety.
- ❖ Set small achievable goals to help you feel more confident again.
- ❖ Keep active!
- ❖ Practice relaxation technique

Talking and listening to someone's concerns about falling and their feelings can go a long way to helping them feel safe and confident mobilising.

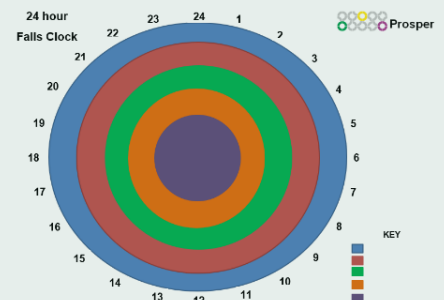
Prosper Toolkit

There are many tools in the Prosper Toolkit that can help support someone following a fall and preventing further falls. These include:

- Environment Checklist
- 24 Hour Falls Clock
- Fall checklist
- PDSA forms
- Tumbles leaflet
- Posters including 3fs and good slipper guide

The toolkit can be downloaded on the provider hub.

www.essexproviderhub.org



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Hydration Busters!

With the hot weather we are enjoying this summer, it's important to make sure the people you support are getting plenty of fluids. The Oxford Patient Safety Collaborative have created a set of great videos about Hydration with top tips such as;

- ❖ Nominate a Super Drinks Champion on each shift
- ❖ Aim to have seven set drinks rounds a day to prompt hydration, as well as making drinks available at all times
- ❖ Make the drink rounds fun!
- ❖ Use words that make drinks sound inviting & attractive
- ❖ Dress up the drinks trolley making it eye catching & fun
- ❖ Vote for drink flavour of the Month

To watch the Good Hydration videos visit [Prosper Toolkits | Provider Hub | Essex \(essexproviderhub.org\)](#)

Super Drinks Champion Challenge

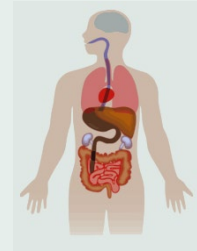
We are setting you all a challenge to dress up your drinks trolleys and create imaginative ways to make hydration fun! Why not test this as a PDSA cycle to see if it makes a difference to number of falls or UTI's as Hydration is key to both.

Send your pictures to Prosper@essex.gov.uk and we will feature in the Prosper Newsletter.



Did you know?

70% of the human body is made up of water.



Blood is more than 90% water, helping deliver oxygen around the body.



Drinking water can help reduce joint pain.



Remember Hydration is Key!

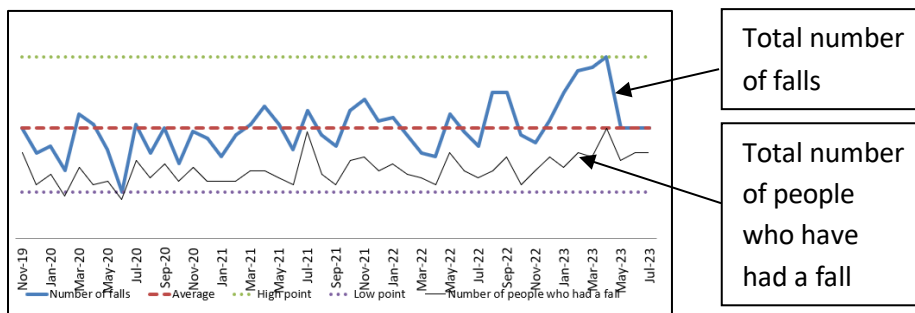
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Manning's Methodology Corner Changes to Runtime Dashboards

Some of you may have already noticed that we have made a change to the PROSPER Runtimes Dashboards (see below) sent out each month to homes that have submitted monthly data. An additional line has been added following request from a few homes for this to be included.



You can see that a new line has been added to the 'Number of Falls' graph on the dashboard. A thinner black line represents the number of people who have had a fall that particular months, whilst the thick blue line continues to represent the total number of falls occurring that month.

This additional line is now being added to all dashboards that are updated from the beginning of August 2023 onwards. We hope you find this additional data line useful in analysing falls in your home, setting **SMART** aims, and coming up with ideas for changes you may want to test out using a **Plan, Do, Study, Cycle**, as part of your continual improvement strategy.

However if you do not feel this addition is beneficial to you, and you would prefer your dashboard how it used to be, with just the single blue line for the total number of falls; email Prosper@essex.gov.uk and we can revert your dashboard back to the original design.

How can the additional data line be used?

As explained on the left, the two lines on the 'falls' graph represents the relationship between the number of falls occurring, and the number of people having those falls. There is no 'right or wrong' with regard to these lines, but how close together or apart they are may change the way you look at falls prevention in your home.

For example, if the lines are quite close together it would suggest that falls are being spread across a number of residents. So, you may want to look at more generic solutions around the home

Whereas if there is a large gap between the two lines, it would suggest that maybe there are one or two 'frequent fallers', and you may first want to try and reduce the falls these residents are having, before looking at wider issues.

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CARE PROVIDER HUB

You can find a lot of information on the care provider hub including:

Prosper information.

- ❖ Toolkit and resources
- ❖ Prosper Methodology Guide
- ❖ Prosper Window Stickers

Newsletters

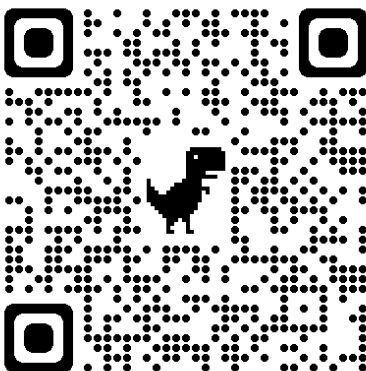
- ❖ Backdated Editions of the Prosper Newsletter
- ❖ Innovation Team Newsletter

Training and Events

- ❖ Current training programmes for OP Residential, Domiciliary and AWD
- ❖ Events Tab where you can find and book training on offer from ECC.

To Access the hub please use the link below or scan the QR Code

[Quality Innovation Team | Provider Hub | Essex](#)
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?

Don't forget to wear your badge with pride!



Prosper Contact

Would you like a prosper support visit, can't find something you are looking for on the provider hub then email

Prosper@essex.gov.uk