

Prosper



Issue 115 October 2024

Welcome to October'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

The month of October saw 6 Prosper Champion study days take place around Essex. These Champion study Days were different than normal as we are celebrating 10 years of prosper!

We had a total of 77 staff join us from 23 Care/Nursing Homes at the events and they had a fun filled morning of interactive sessions around:

- Pressure Ulcer's - Bingo style.
- Urinary Tract Infections – True or False
- Caffeine – How does it affect your residents?
- Visual Impairment Awareness

Everyone who attended the sessions enjoyed their morning and we received some lovely feedback!

It was very informative in the topics discussed and fun activities included.	The sessions were fun to engage in but also extremely informative.	It was very useful and clearly explained.
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Did you miss out on this round of Champion Study Days? Not to worry they will be making a return in 2025!

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:

A Coin

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

This month's riddle is...

**I sleep upside down
and I fly through the
night. I live in dark
places, and I don't
have good eyesight.
What am I?**

Answer in next month's newsletter



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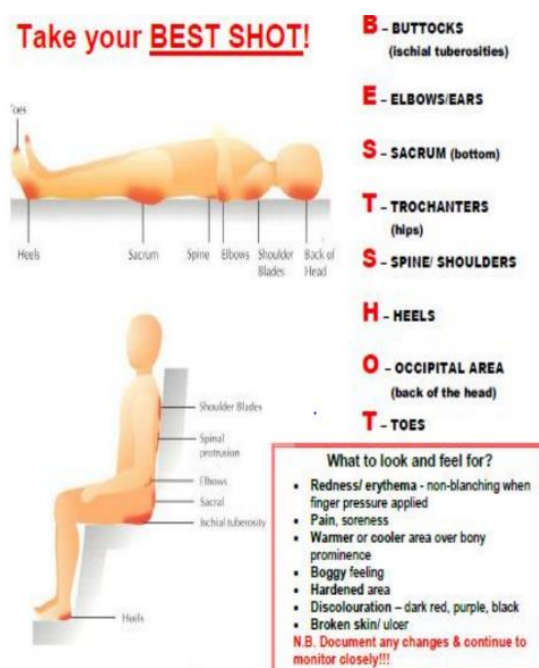
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Stop Pressure Ulcers Day 2024

November 21st is National Stop Pressure Ulcers Day; this is a good opportunity to raise awareness with staff and residents of ways to reduce the risk of a pressure ulcers developing.

What can you do on National Stop the Pressure Ulcer Day?

- Wear something Red to work, highlighting the importance of recognising the first signs of a pressure ulcer – React to Red!
- Hold an educational session using the Prosper toolkit!
- Get everyone moving by holding a music and dance event.
- Have themed Afternoon Tea to help provide good Nutrition and Hydration – Protein promotes healing and good skin integrity.
- Use Handy poster's to remind you about pressure ulcers, like how they can form and where.
- Visit educational websites like [React To Films Accompanying Resources - Download PDF Training Resource | React To](#)



The aSSKINg Framework

The popular SSKIN acronym that helps carers remember what to look for and what to do to help prevent pressure ulcers, has been given a make over and has two new letters:

A – Assess Risk

S – Skin Assessment

S – Surface

K – Keep Moving

I – Incontinence

N – Nutrition

G – Give information/ Get support

To find out more in depth detail around each one please visit the link below.

[The aSSKINg Framework](#)



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Pressure Ulcer Ideas

Here are a few of the ideas Prosper homes have tried to help Reduce Pressure Ulcer in their homes. 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

- **Time to Turn** – A home made these visual turn clocks to help staff know how often someone needs to be turned and in which direction. Each resident would have their own individual turn clock.



- **Dedicated Prosper Board** – Having a Prosper board purely around the prevention of Pressure ulcers, which lots of handy posters and info from the prosper toolkit to help raise awareness for both staff and visitors.



- **Using Mirrors and Blanchers** – Using the gadgets provided by prosper to look at hard to reach areas or test residents skin for early signs. The guide below is in the Prosper Toolkit.

Prosper Compact Mirror



Use the Prosper Compact Mirror to help you and your residents check pressure areas 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.

Prosper Blancher



The Prosper Blancher can help you pick up the early signs of a Pressure Ulcer:

How to use the blancher:

Press the blancher on the red, pink or darkened area. This area should go white, remove the blancher and the area should go back to the same colour as stated above within a few seconds, indicating good blood flow. If the area stays white, means damage has begun.

Visual Awareness Sessions

The Royal National Institute of the Blind have a range of free virtual sessions available for you to learn more about certain eye conditions. Below is an example of the sessions they have available:

Tuesday 5th November:
Introduction to Diabetic Retinopathy

Wednesday 6th November:
Inclusive environments for people with sight loss

Thursday 7th November
: Introduction to age related macular degeneration

Tuesday 26th November:
Introduction to Cataracts

Wednesday 27th November
: Introduction to Glaucoma

To book a place please see
[Courses for health and social care professionals | Eventbrite](#)

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Mundy House

Congratulations to Mundy House who have received a number of nominations for national and regional care awards this year, in addition to the Essex Care Sector Awards.

They are finalists in three categories in the national Caring UK awards, and another three categories in the East of England Region, Great British Care awards. The nominations cover all aspects of everyday life at Mundy House including 'Outstanding Leadership', 'Care Team of the Year', 'Innovation in dementia Care' and 'Community Engagement'.

Home manager Josi George said "I'm so proud of everyone at Mundy House. The whole team works hard every single day to make life full of love and laughter for our residents.

The support we receive from families, friends and the local community is also important, and these awards are just fantastic.

Thank you to everyone who contributes to making life at Mundy House as wonderful as it is.

It is an honour attending the prestigious awards again. We were the winners last year in Caring UK community involvement award and it was a great gala event. We really enjoyed the evening".

Indra Rajeevan, director of Mundy House parent company Permacare said "it is an honour to be acknowledged for all the hard work and commitment of our outstanding staff. we will continue to provide the highest standards of care".

A fantastic achievement!

We wish Mundy House good luck at the various events and look forward to hearing how they get on.

PROSPER Bronze Accreditation for Eastham

Congratulations to Eastham Care Home, who have just had their PROSPER Bronze Accreditation extended following submitting a fresh application.

Home manager Karolyn Sisto, who has only been managing the home a short while says she now wants to concentrate on gaining a Silver Accreditation in 2025.



Pictured above are home manager Karolyn, receiving Eastham's window sticker and Amber Miller who developed some 'drinks widgets' to help residents choose their drink preferences, and tested this out using a PDSA cycle.

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Manning's Methodology Corner

Ask Why

In recent newsletters I have been working through the PROSPER improvement methodology process step by step. I now want to introduce two simple root cause analysis tools that could compliment your improvement work following an incident.

The first of these is '**Ask Why**'.

Ask Why is a very simplistic questioning technique but can be incredibly effective at getting to the root cause of a problem. It can work very well at the point of an incident with two people bouncing the 'why' question off each other.

For example:

Why did this resident fall? – Because he/she has been walking a lot all day and was exhausted.

Why had he/she been walking a lot? – Because he/she was agitated

Why was he/she agitated? – he/she has recently given up smoking, and I think it is unsettling for them.

You can see by the simple example above that it would then be possible to come up with some potential solutions (these could be getting professional support with giving up smoking or finding other things to occupy this person instead of smoking), which could deal with the root cause of the problem.

Without going through the '**Ask Why**' process it may have been felt that a more restrictive solution to prevent the resident from walking around should be sought. But by continuing to '**Ask Why**' a more appropriate solution for everyone can often be found whilst continuing to support a resident's independence.

Why 'Ask Why'?

The technique discussed on the left is sometimes called '**5 Whys**' or '**5 Whys and a What**'. However sometimes when these titles are used people become 'tied down' with needing to ask five questions. Whereas sometimes the root cause can be reached with less than five questions, or alternatives it may take a few more than five questions.

Having that, these titles are often used because 'five' is a good rule of thumb, and if you find yourself asking many more than five questions, it could be that the incident is too complicated for '**Ask Why**' and a more complex root cause analysis tool may be required.

Once you reach what you feel is the root cause, and come up with a potential solution, this needs to be tested out using a **PDSA** cycle.

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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.

Halloween poem

It's Halloween night, 'TRICK or TREAT'
with children knocking on doors in your STREET!

Wearing a scary mask or a painted FACE,
to make your heartbeat and skip PACE!

You offer treats rather than have a FRIGHT,
because it's already scary on Halloween NIGHT!

Children wearing Halloween fancy DRESS,
trying to look there frightening BEST!

There's a sense of joy in the AIR,
and the children's plans are to aim to SCARE!

So when they come knocking be PREPARED
The best treat you can give is acting SCARED!

Happy Halloween to EVERYONE,
I hope you have lots of treats and FUN!



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