

Welcome to September'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.

Remembering Queen Elizabeth II 1926 – 2022



We would like to pay tribute to Her Majesty's life-long commitment to public service as the longest-reigning monarch in history.

QUIZ Afternoons

Following popular demand, the Prosper OP team are hosting two Quiz afternoons for your residents and staff to enjoy.

Halloween Quiz
Friday 28th October, 14:30 – 15:30

Christmas Quiz
Monday 19th December, 14:30 – 15:30

The quizzes will be virtual via Microsoft teams, and consist of questions, a picture round, and a fun game or two.

Invites for the Halloween Quiz will shortly be making its way to your inbox so keep your eyes peeled, and we look forward to spending a fun filled afternoon with you all.

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

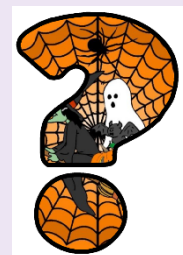
Answer to last month's riddle was of course the **Age**

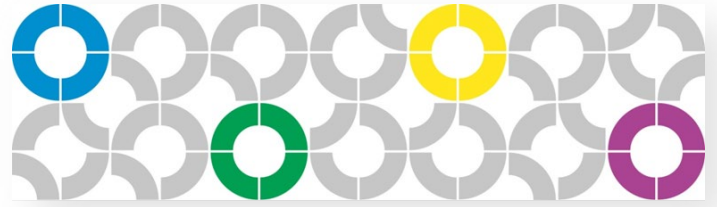
Well done to all those who answered.

This month's riddle is...

I'm thought to bring bad luck. I blend in with the night, and I'm known to mingle with witches. What am I?

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





PROSPER Champion Study Days



Our Autumn 2022 Prosper Champion study days are fast upon us. This time we are holding 5 Champion Study Days around the county. The Autumn Study days will include sessions on:

- **Urinary Tract Infections, Ecoli and Hydration,**
- **Falls prevention** with a session run by our Occupational Therapist,
- **Pressure Ulcer care**
- **Team building** and the differing characteristics and perspectives of a team which can add a vital contribution to your homes Prosper journey.

This year we are conducting our very own **PDSA** and are bringing the Study Days right to your doorstep with sessions in the heart of Clacton and Maldon, as well as Colchester, Basildon, and Ongar. Dates, timings, and venues are as follows:

13th Oct, 10:00 – 16:00, The Swan, Maldon

14th Oct, 10:00 – 16:00, Colchester Officers Club, Colchester

18th Oct, 10:00 – 16:00, Princes Theatre, Clacton

20th Oct, 10:00 – 16:00, Zinc Arts, Ongar

10th Nov, 10:00 – 16:00, Wat Tyler, Pitsea

We are also excited to announce our ever popular Champion day goody bags are back, and these will be filled with lots of useful gadgets to help you with your homes prosper journey, including your very own Prosper Champions badge you can wear with pride!

To book spaces on one of the upcoming study days, email Prosper@essex.gov.uk

Prosper Window Stickers

The Prosper window stickers are a mark of achievement and demonstrates a home's level of commitment to promoting the safer provision of care for every resident. There are 4 levels which can be awarded, each level has a set of criteria which will need to be evidenced before a home is awarded that level. Each home will soon receive their level 1 white stickers, via their Prosper support officer.

If your home is interested in applying for a level award or want to find out more about the criteria and gain access to the application form, please visit:

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





Summer Fun

Edensor Nursing Home have been making the most of the sunshine by using their beach wheelchairs to take residents, who need assistance, on to the beach and in the sea for a paddle.



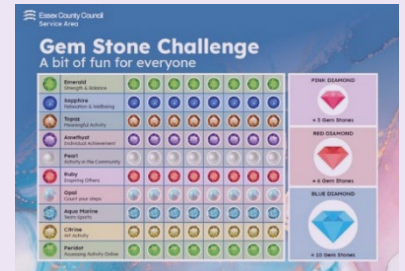
Boosting Hydration



St. Marks residential care home in Clacton have created an ice cream board to help increase resident's hydration, using cut out pictures from the ice cream boxes to make them more easily recognisable for their residents to choose their chosen treat.

Has your home done something fun to boost hydration? Please let us know by emailing Prosper@essex.gov.uk as we would love to share your idea's with other homes in the newsletter.

GEM Stone Challenge



The Gemstone challenge helps to prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time.

It is something the whole Service can get involved in.

Each Gemstone represents a series of activities you will work your way to collect. The more Gemstones you have will enable you to reach the most coveted of Diamonds – the Blue Diamond!

Would you like a Gemstone pack for your home to get involved? Then email Prosper and one will be sent out to





E Coli and UTI'S

Did you know that E-Coli is a germ that can cause UTI'S?

E coli is a germ that can quite happily live in the bowel but can also cause infections in your urine or blood. Women are more susceptible to UTI'S due to how close their bowel and the tube from their bladder are.

Ecoli in the blood causes Ecoli blood stream infections otherwise known as SEPIS which can be fatal. Ecoli infection can be prevented with a few simple steps

Urine infection symptoms can include an urgent frequent need to pee, often with little urine passed. Other symptoms can include a bladder fullness, a burning sensation when peeing, and pelvic pain. Foul smelling urine, cloudy, brownish or pink in colour or tinged with blood.

Symptoms of SEPIS can include a high temperature, not passing urine all day, more confused than normal, stomach pains, lower back pain and feeling sick. If SEPSIS is suspected urgent medical treatment is required.



How to keep E Coli free

- Drinking plenty of water is the main way to keep E coli free as the fluid flushes bacteria out of your system.
- Wash hands thoroughly after using the toilet
- Wash hands thoroughly after dealing with urinary catheters
- Ladies- wipe from front to back
- Wash hands thoroughly before eating
- Change pads when soiled
- Keep Genitals clean





Manning's Methodology Corner Plan, Do, Study Act Cycles



Last month I talked through an everyday example of how a **Plan, Do, Study, Act (PDSA)** cycle works, in this case making a journey to a new destination. This month I want to show an example that would be relevant to social care.

You could have set a **SMART Aim** like this:

By end of 2022 there will be no more than four people per month being treated for a UTI.

You may then feel that good hydration will be key to achieving this aim, including accurate record of how much a resident is drinking. So it may be useful to give yourself a period to get systems in place to achieve this, consequently your initial **PDSA** cycle may reflect this and you may want to consider the below:

Plan – Don't rush into starting your cycle, spend some time planning. What systems need to be in place to get an accurate measurement of what someone is drinking? Is new drinking equipment required? And how will it be recorded? You may want to reassess all residents recommended hydration targets, so staff members would need to be allocated that task. It is important that all staff are aware of what is required of them, otherwise you may come into work on the second day and find nobody has been continuing the processes being trialled. It is recommended to put names to actions during the planning stage and decide how long the cycle will run for. A prediction of the expected outcome should be made at this point too.

Do – Only after conducting a thorough planning process should you commence the trial. Noting what is working well and things that may be working as well as intended.

Study – At the end of the planned '**Do**' period you are then evaluating how it has worked. Do staff and residents feel it has worked well? Has an increase in individual's hydration levels been noted? Are you seeing a deduction in the number of people requiring treatment for a UTI? And how does this match the prediction that was made during the '**Plan**' stage?

Act – This is where you decide what you are going to do moving forward. Has this been so successful that you want to embed it into your processes? Does the process need 'tweaking' slightly to be successful? (A fresh **PDSA** cycle could then be started). Or has the trial not had an impact at all. Remember not every initiative you trial will be a success, but there is learning to be made from every **PDSA** cycle you conduct.

As always, it is recommended that you record your **PDSA** cycle on a **PDSA** worksheet for future reference, and evidence of your quest for continual improvement.



In Loving Memory

'Poem by Sue Smith,
Manager at Cherrywood Grange

My subjects; Thank you for letting me reign as your QUEEN!
But my husband called for me in my DREAM! ❤️

He was looking down and could see I was so TIRED! He knew I
missed him and needed to be back at his SIDE! ❤️

I was torn as I didn't want to LEAVE, please understand this
when you GRIEVE! ❤️

I did my best I've worn the royal CROWN! but towards the end it
pulled me DOWN! ❤️

My life has been good and rewarding TOO, I loved looking after
all of YOU! ❤️

My passing is not the end as heaven opens its GATE! It's a new
beginning so mark this DATE! ❤️

I'll carry on ruling with the Angels and Philip by my SIDE! I'm still
your QUEEN I haven't DIED! ❤️

I have just gone to heaven, my place of REST! because GOD
told me he only takes the BEST! ❤️



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 \(essexproviderhub.org\)](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 your badge with pride

