



# Nutrition and Hydration in Older People

Training the Trainer Guide



## What this guide does

Since 2018 over 2,000 frontline staff, support staff and volunteers in Salford and across Greater Manchester have been trained to identify and respond to undernourishment and dehydration in older people.



The purpose of this pack is to use the knowledge that was gained through this experience to enable those who work or volunteer with older people to deliver their own training to those who work in their services. It is designed to assist anyone to gain the knowledge and skills to deliver our training course, irrespective of past training experience.

It is one element of an Age Friendly Salford (AFS) Nutrition and Hydration toolkit and should be read alongside the “Nutrition and Hydration Conversations”- How To Guide and AFS Nutrition and Hydration Conversations video – search for Wellbeing Conversations training on [www.salfordcvs.co.uk](http://www.salfordcvs.co.uk)

A section of the training focusses on having simple conversations about nutrition and hydration. The skills needed to have meaningful conversations with older people can be developed using the separate Age Friendly Salford Wellbeing Conversations guide, video and training. Search for Wellbeing Conversations training on [www.salfordcvs.co.uk](http://www.salfordcvs.co.uk). You may also want to consider including the Wellbeing Conversation training session, which can be found at [www.salfordcvs.co.uk/event-feed](http://www.salfordcvs.co.uk/event-feed)

## Who is the training for?

Nutrition and Hydration Programme training has been designed for staff and volunteers across the whole spectrum of health and social care services, housing and community organisations. It has been found that with little adaptation the aims and contents have a relevance and applicability across many areas of activity and early intervention.

The training is based on the five principles of best practice in supporting good nutrition and hydration care as defined by the National Malnutrition Taskforce. These have been used to guide the work in Salford and the wider areas of Greater Manchester.

## The 5 principles are:

1.

Identifying malnutrition

2.

Raising awareness

3.

Personalising care and support

4.

Working together

5.

Monitoring and evaluation

## What this pack includes:

This pack contains many resources to help you prepare and deliver a training session. There are references to the various presentations, exercises and videos.

01. The AFS “Nutrition and Hydration Conversations” – How To Guide
02. The AFS “Nutrition and Hydration Conversations” – Search on Age UK Salford’s YouTube channel for “Nutrition and Hydration Conversations”
03. A one hour training session programme (can be requested from [CarmelBerke@ageuksalford.org.uk](mailto:CarmelBerke@ageuksalford.org.uk))

[www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)

04. The main training PowerPoint presentation
05. A trainers’ script for delivering the training
06. A shorter PowerPoint presentation that can be used as an introduction to nutrition and hydration and the programme methodology
07. A script to accompany the shorter PowerPoint presentation
08. Case studies that can be used during the training
09. Links to useful videos
10. Training evaluation form
11. A certificate for those completing the training
12. The Salford MTF e-learning module, available at: [www.paperweightarmband.org.uk](http://www.paperweightarmband.org.uk)

“Before I had the training, I was reluctant to talk about someone’s weight due to a lack of information and knowledge. I can now advise people correctly using the booklets provided and also signpost on if and when needed.”

Dawn Braithwaite, Staying Well Team, Bury Council



# Preparing for a training session

Successful training requires good preparation. There are many different questions you need to think about and decisions to make. Before you start to plan, read the “Nutrition and Hydration Conversations” – How to guide, as well as, the training materials and exercises on the Age UK website. We recommend you also watch the videos and consider what you want to achieve. An example programme for a 1 hour session and optional content for a longer session is included later in the pack.

## Some practicalities

### 1. Training time

At least 1 hour should be set aside for the training, 1½ hours is more beneficial if the group is larger and allows more time for discussion.



### 2. PowerPoint presentations

The training uses a Powerpoint presentation, so access to a computer and the means to project the presentation is needed.

### 3. Face to face

The training is best delivered face to face, although during times of Covid-19 restrictions, it has been shown that it can be delivered remotely by video link with slight adaptations.



### 4. Group size

The size of groups receiving the training have varied between 3 and 30. In larger groups it is advisable to use smaller break out groups for some discussion during the training.



### 5. Paperweight armbands

You will need sufficient PaperWeight Armbands© for demonstration purposes. In Salford these are available free from Age UK Salford (see useful addresses section).



# What to consider

## Know your audience

Before delivering the training, think about who the recipients will be, their level of knowledge and the work they are involved in. For example, district nurses may routinely use MUST (Malnutrition Universal Screening Tool) to measure BMI and so would not need to use the PaperWeight Armband® but would Look & Listen. This will, also, inform which case studies are more applicable or whether to use a short video as part of the training.

## Personalise your presentation

Delivering a presentation is more effective when it is personalised. All of us will have our own examples to illustrate the point(s) being made.

Read the script alongside the training slides. Consider examples from your own, or your agency's work, where the issues discussed have been experienced. Using these examples will bring the presentation to life and increases the relevance of the points being made.

## Localise the training

The help available to support and treat older people will vary from place to place. When you are planning the training, think about or research local services that can be used to provide additional or specialist support to older people at risk. For example, is there a local Age UK and what does it provide? Are there lunch clubs to support older people in your area? Most local authorities have an online Service Directory that will help identify agencies you may not know about. There will be lots of examples you can use in your presentation.

We have included a slide that allows you to add local statistics about the number of older people and the potential scale of malnutrition and dehydration. Only use this slide if you have access to this local data.

## Familiarise yourself with the resources

- Familiarise yourself with the training presentation and script, decide how you might want to customise it to reflect your audience.
- Practice using the PaperWeight Armband on yourself or a colleague.
- An important part of the training is in the use of the Eat, Drink, Live Well Booklet. Make sure you understand what it is recommending.
- Decide whether you want to extend the 1 hour session by showing a video or completing one of the additional exercises.

# Delivering the training – The presentation and script

“A fun and very informative session, easy to use tools. It will be easy to follow up with my clients.”

The training presentation is the culmination of the knowledge and experience gained during a three year pilot programme. The contents have been tested with a range of audiences. This does not mean that all of it works in every situation and with every audience. The script we have provided can be delivered exactly as you receive it or tailored to your own circumstances and audience.

The slides are designed to cover all the aims and objectives of the training. You may want to add a video or a case study to enhance the delivery. We have provided some to support you. A description of these and how they are best used is detailed later in this guide.

## The presentation is broken down into 6 sections

1. Why we should be concerned about undernourishment and dehydration in older people
2. Signs and symptoms and how to recognise under nourishment and dehydration
3. Using the Paperweight Armband©
4. Having simple conversations about nutrition and hydration
5. Providing support to older people to help gain weight and avoid dehydration using a Food First model
6. Next steps and further information and resources

## Covid-19

There is growing evidence that the Covid-19 Pandemic is adversely impacting the nutrition of older people.

- Many risk factors are increased due to current social distancing measures
- There is an increased risk for those who are vulnerable and have been shielding; have limited food access and/or are experiencing social isolation
- People who have been in hospital with Covid-19 are experiencing high levels of weight loss

It is important that this is highlighted in the training. Staff need to be aware of the increased risks faced by some older people. The presentation includes a slide about this and we recommend that this is included. This should not just be included for the period that the virus is active, as the consequences of Covid-19 will continue even if the virus itself has been brought under control.



## Other resources

### Nutrition and Hydration How To Guide and Video

This Training the Trainer Guide is part of the Age Friendly Salford Nutrition and Hydration Toolkit. The other parts are a Guide to recognising and responding to undernourishment and dehydration, a 6 minute video demonstrating the use of the PaperWeight Armband© and having conversations about nutrition and hydration.

### Wellbeing conversations training

We recommend linking our nutrition and hydration training with the training in carrying out Wellbeing Conversations. For more information Search for Wellbeing Conversations training on [www.salfordcvs.co.uk](http://www.salfordcvs.co.uk)

## Case Studies and Videos – for use in the training

### Emily's Story (30 minutes)

Emily's story is a real-life experience that tracks the events which led to serious illness. The case study is broken into five stages, each followed by the opportunity for discussions about what interventions could, and perhaps should, have been carried out. It provides the opportunity to explore good practice, the importance of recognising risk and symptoms of loss of appetite and dehydration. It will need at least 30 minutes to complete. It has relevance for everyone working in NHS or social care settings.

### Grandads Story (10 minutes)

Grandad's story is a 4-minute video (with subtitles) showing how easy it is for an older person to get dehydrated and simple steps to provide support. The video shows an older gentleman (Fred) who receives care at home by his carer (Deepa). It is told from the perspective of Fred's granddaughter.

### Salford Malnutrition Task Force e-learning package

A separate interactive e-learning tool developed at Salford Royal Hospital to raise awareness of malnutrition and swallowing difficulties. This is free and accessible to anyone, with the main target audience being carers in residential settings. It could also be promoted as an additional resource to raise awareness for people in the community who are using the simple conversations and PaperWeight Armbands©. It can be accessed free at [www.paperweightarmband.org.uk](http://www.paperweightarmband.org.uk)

### Hidden hunger (15 minutes)

Hidden Hunger is a series of case studies submitted to a 2018 inquiry by a cross-party group of Members of Parliament and Peers who serve as officers on the All-Party Parliamentary Group on Hunger. You may choose to discuss all of them or just one or two that are most relevant to the work of the training participants.

There are other videos available on the Age UK Salford You Tube site.

### Continuing Professional Development

The training can contribute to staff training and development. We have included a certificate template that can be used to provide evidence of participation.

## More information

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All available at **Greater Manchester Nutrition and Hydration Programme Resources** ([ageuk.org.uk](http://ageuk.org.uk)) or contact [carmelberke@ageuksalford.org.uk](mailto:carmelberke@ageuksalford.org.uk)

### **PaperWeight Armbands**

### **Eat, Drink, Live Well booklet**

– tips to boost appetite and fortify food

### **Food First recipes**

– recipe ideas for high energy meals and snacks

**A5 Hydration Leaflet & Malnutrition signs & symptoms**  
– for raising awareness

### **Staple cupboard recipes**

– simple recipes using mainly tinned and frozen food

### **Eating Well Affordably**

– simple affordable recipes

### **Meal and snack ideas from a range of cultures**

– different ideas and recipes to try from different cultures

### **Care home kitchen posters**

– food fortification/ snacks

**E-learning tool** [www.paperweightarmband.org.uk](http://www.paperweightarmband.org.uk)

## Other useful websites

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NHS Eat Well Guide – The Eatwell Guide – [www.nhs.uk](http://www.nhs.uk)

Eat Well Age Well – [www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)

BAPEN – [www.bapen.org.uk](http://www.bapen.org.uk)

Malnutrition Task Force – [www.malnutritiontaskforce.org.uk](http://www.malnutritiontaskforce.org.uk)

Greater Manchester Ageing Hub Ageing Hub – [www.greatermanchester-ca.gov.uk/what-we-do/equalities/ageing-hub](http://www.greatermanchester-ca.gov.uk/what-we-do/equalities/ageing-hub)

Age Friendly Salford – [www.ageuk.org.uk/salford/about-us/age-friendly](http://www.ageuk.org.uk/salford/about-us/age-friendly)

