

Older Peoples' Nutrition and Hydration - Training Package

Information for Trainers

Nutrition and Hydration

One million people in the UK over the age of 65 are malnourished and about 93% of these are living in the community, with a further 5% living in care homes and 2% in hospitals. There are significant healthcare costs from malnutrition because malnourished people have a higher risk of ill health compared with well-nourished people.

It is estimated that 20% of older people are dehydrated. This leads to increased hospital admissions and is a major contributor to falls, UTIs, low mood and confusion, increased risk of infection and loss of independence and mobility.

GM Nutrition & Hydration Programme

The Greater Manchester Nutrition and Hydration Programme focussed on the delivery of a community intervention for identifying and addressing malnourishment and dehydration in the 65+ population. The purpose of this project was to raise awareness about the risks and signs of malnourishment and dehydration amongst services, individuals and carers who have routine contact with older people aged 65.

The tool upon which the intervention is based is known as the Paperweight Armband®, developed and used over the past 3+ years by partners in Salford. The armband is a non-clinical and non-intrusive tool for identifying and dealing with the signs of malnutrition by measuring the non-dominant upper arm. One aim of the programme was to grow the use of the armband with older people and provide information and training on its use and practical responses to undernourishment and dehydration.

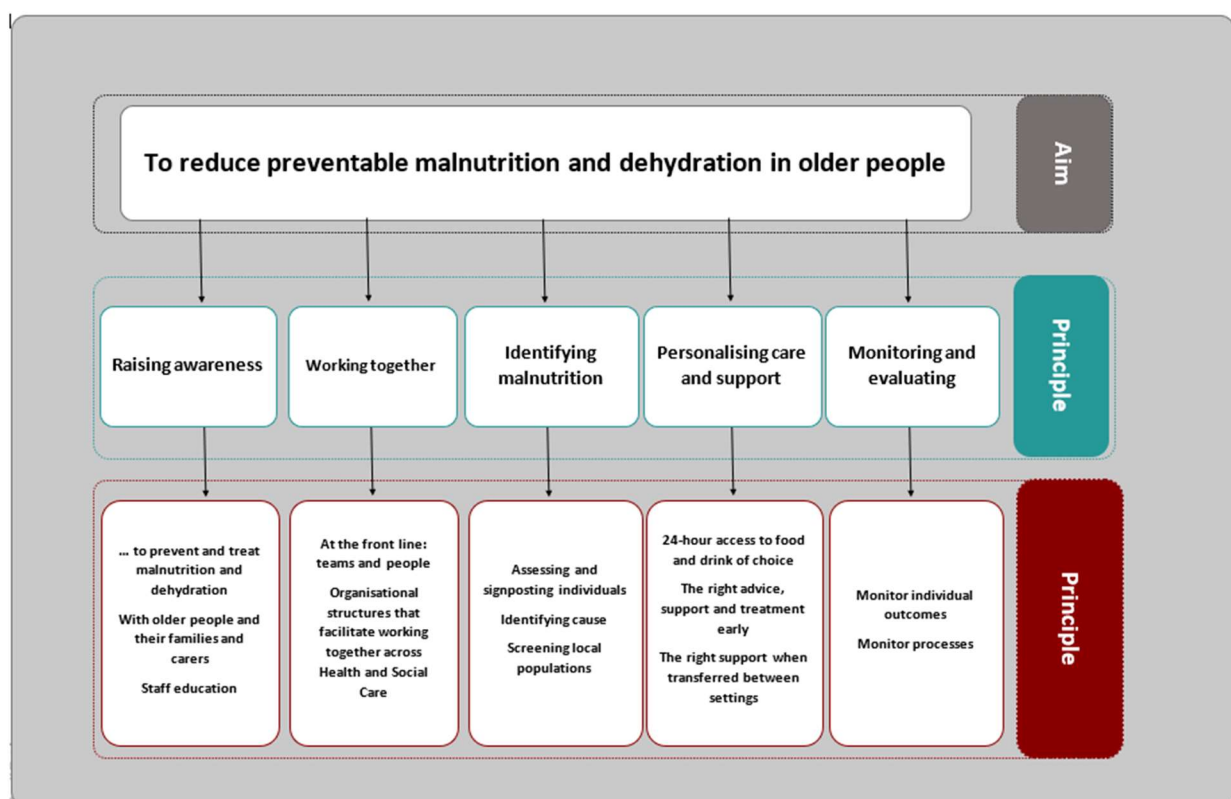
The aims of the Programme have been

- To preventing avoidable harm in older people
- To help older people maintaining their independence
- To improving the health and quality of life of older people.

The GM wide Nutrition and Hydration programme concludes on March 31st 2021. It will continue in some Greater Manchester authorities. For further information about areas that are still continuing with this programme, contact Carmel Berke at Age UK Salford on CarmelBerke@ageuksalford.org.uk

Programme Methodology

The Nutrition and Hydration Programme used the **Five Principles of Best Practice** in supporting good nutrition and hydration care as defined by the National Malnutrition Taskforce. Visit their website for more information: www.malnutritiontaskforce.org.uk



The Training Pack

During the lifetime of the programme over 2000 frontline and support staff were trained in identifying and responding to undernourishment and dehydration. The purpose of this pack is to use the knowledge gained through this experience to enable others to deliver their own training to staff and volunteers in their own, or other, teams and agencies. It is designed to assist anyone to have the knowledge and skills to deliver our training course, irrespective of past training experience.

It is one element of the comprehensive toolkit, developed by the area programme managers that gives practical advice and captures good practice based on real-world insight and experience. It will enable colleagues working across Greater Manchester to begin, or continue to develop, their local approach to preventing malnutrition and dehydration in the older adult population.

Who is the training for?

Nutrition and Hydration Programme training has been delivered to 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 all these areas of activity and early intervention.

Aims of the training

The aims of the training are practical and relevant to anyone who has contact with older people during their work. It will:

- Help staff and volunteers recognise when older people are experiencing or at risk of, undernourishment and dehydration
- Help carers and community workers to open up a conversation with an individual about appetite and unplanned weight loss
- Demonstrate how to use the innovative non-intrusive tool, the 'Paperweight Armband©', developed by Salford Together
- Show how to use a 'Food First' approach with those identified at risk

What this pack includes

1. The main training presentation
2. A trainer's script for delivering the training
3. A shorter presentation that can be used as an introduction to nutrition and hydration and the programme methodology.
4. A script to accompany the shorter presentation
5. Case studies that can be used during the training
6. Links to useful videos
7. Training evaluation form
8. A certificate for those completing the training

Some practicalities

1. At least 1 hour should be set aside for the training, 1½ will be more beneficial if the group is larger or more time for discussion is encouraged.
2. The training uses a PowerPoint presentation, so access to a computer and the means to project the presentation is needed.
3. 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 little adaptation.
4. 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 discussions, during the training.
5. You will need sufficient PaperWeight Armbands©. These can be bought from Age UK Salford (see useful addresses section).

The Training Presentation

The training presentation is the culmination of the experience gained during three years of the Nutrition and Hydration 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, adapt where necessary. The script provided, can be delivered exactly as you receive it or tailored to your own circumstances.

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

Tips

1. Know your audience

Before delivering the training think about who will be the recipients, their level of knowledge and the work they do, for example, district nurses may routinely use MUST to measure BMI and so would not need to use the PaperWeight Armband[®]. This will, also, inform which case studies you use or whether to use a short video as part of the training

2. Personalise your presentation

Making a presentation works best when it is made personal. All of us have our own examples or anecdotes to illustrate the point being made. Read the script alongside the training slides. Think of examples from your own, or your agencies, work where issues discussed have been experienced. Using them brings the presentation to life and increases the relevance of the points being made.

3. Localise the training

The help available to support and treat older people varies from place to place. When 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 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. Use this slide if you have access to this local data.

The Presentation Script

We have included the presentation script both as notes to the slides in the presentation and as an additional document. They give you guidance on what information to give and possible questions and discussion points.

Case Studies and Videos

Emily's story. 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 discussion about what interventions could and, perhaps, should have been made. 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

Grandad's Story. 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.

<https://vimeo.com/403103060>

Hidden Hunger Link 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 most relevant to the work of the training participants.

Using the Paperweight Armband - [Eat, Drink, Live Well: Using the PaperWeight Armband - YouTube](#) - This video demonstrates the Paperweight Armband© in action. It is part of a longer video, the section showing the armband being used lasts 2 minutes starting at 2:30 in the video.

Other relevant videos are available on the AgeUK Salford You Tube channel and website.

The Shorter Raising Awareness Presentation

The shorter PowerPoint presentation included in the package is for use in situations where there might not be time for a full training course or it is not appropriate for a full training session to be held, perhaps in a management or team meeting

It includes information on:

- Why Focus on Malnutrition?
- COVID19 & Risk of Malnutrition
- How to Spot Signs & Symptoms of Malnutrition?
- What You Can Do to Signpost and Offer Simple Advice?
- Where to find support & resources

At least 30 minutes should be allocated for its delivery.

It includes a script that can be used to ensure that all the information included in the slides. [Link](#)

COVID-19

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

- Many risk factors are increased due to current social distancing measures
- 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 discussed in the training. Staff need to be aware of the increased risks faced by some older people. The presentation includes a slide about this. We recommend that this is included, not just while the virus is active, the consequences of COVID 9 will continue even if the virus itself has been brought under control.

Raising Awareness Opportunities

You may want to link training and awareness raising events to established opportunities when nutrition and hydration may be receiving wider publicity

There are currently two weeks in the year when there are national campaigns to raise awareness of the issues.

- Malnutrition Awareness Week, held in October
<https://www.malnutritiontaskforce.org.uk>
- Nutrition and Hydration Week, held in March
<https://nutritionandhydrationweek.co.uk>

These are also ideal opportunities to organise or take part in activities to inform older people themselves. There is a lot more information and ideas in our Toolkit.

CPD

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

Further learning and Contacts

- **Age UK Salford** – Information about nutrition and hydration, the programme and resources are available on the AgeUK Salford website [Age UK Salford | Improving Nutrition and Hydration in Greater Manchester](#)
- **E-learning package** - An interactive e-learning tool developed at Salford Royal Hospital to raise awareness of malnutrition and swallowing difficulties. This is 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
- **Eat Well, Age Well** – Eat Well, Age Well is a Scotland wide project tackling malnutrition in older people living at home. Their training and resources are available throughout the UK. www.eatwellagewell.org.uk
- **BAPEN** - BAPEN* is a Charitable Association that raises awareness of malnutrition and works to advance the nutritional care of patients and those at risk from malnutrition, in the wider community. www.bapen.org.uk
- **Malnutrition Task Force** – Established in 2012, the Malnutrition task Force raises awareness and provides information and practical guidance for everyone, to help combat preventable undernutrition and dehydration in later life. www.malnutritiontaskforce.org.uk