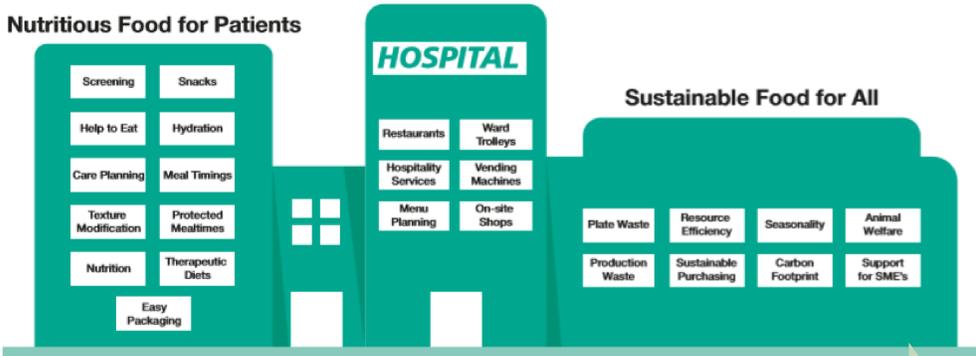


A Full Plate:

Food and Drink Strategy Implementation

Elizabeth Waters, Macmillan Dietitian

Can you find the CHIPS?



"Nothing shall be done on a ward whilst patients are having their meal"
Florence Nightingale (1859)

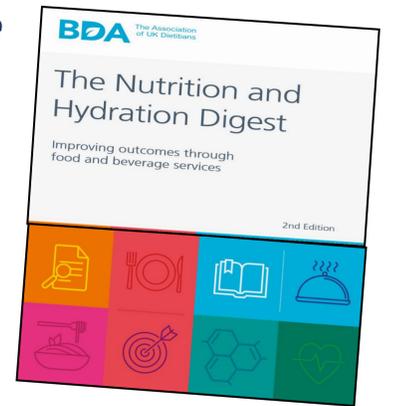


Figure 1: Depiction of aspects to be included in a Food and Drink Strategy



Patient-led assessments of the care environment (PLACE)

Regulation 14: Meeting nutritional and hydration needs

Categories: Organisations we regulate

Health and Social Care Act 2008 (Regulated Activities)
Regulations 2014: Regulation 14

Introduction

Since 2014 all NHS hospitals should have and maintain a food and drink strategy, encompassing all the aspects of care provided by hospitals - Figure 1.

An initial focus has been to review in-patient food. The items on offer for staff and visitors has also been reviewed. Compliance with regulations and guidance has been strived for ✓

Method

Collaborative working – Figure 2: Power of three

Observational audit

Staff training

Working towards compliance with The Nutrition and Hydration Digest

Nutritional analysis

Design of bedside information

Promotion of local and national initiatives

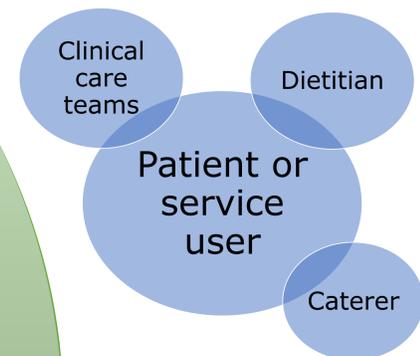


Figure 2: Power of 3

Results: Staff and visitors

New vending machines in place
Figure 3 - responses & comments

Wider choice – hot and cold drinks, snacks and confectionary, plus fresh food on offer

Easier payment methods

Compliance with the reduction in sugar sweetened beverages ✓

Results: In-patients

New menu for in-patients, allowing for cultural and ethnic preferences

Bedside information

Compliance with International Diet Dysphagia Standardisation Initiative (IDDSI) ✓

À la carte texture modified menu

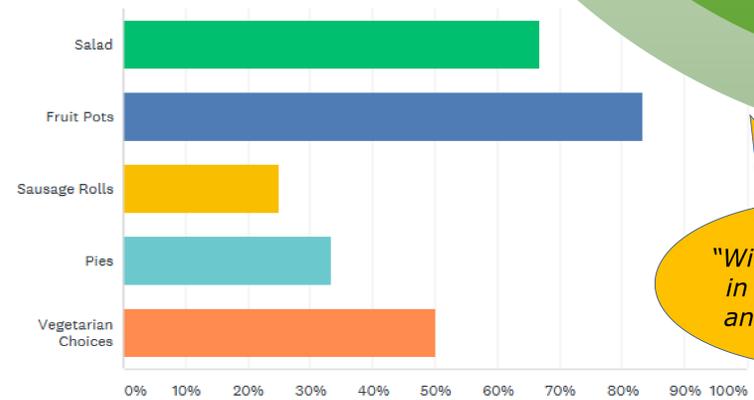
New regeneration trolleys



Copyright: The International Dysphagia Diet Standardisation Initiative 2016
@ <https://iddsi.org/framework/>

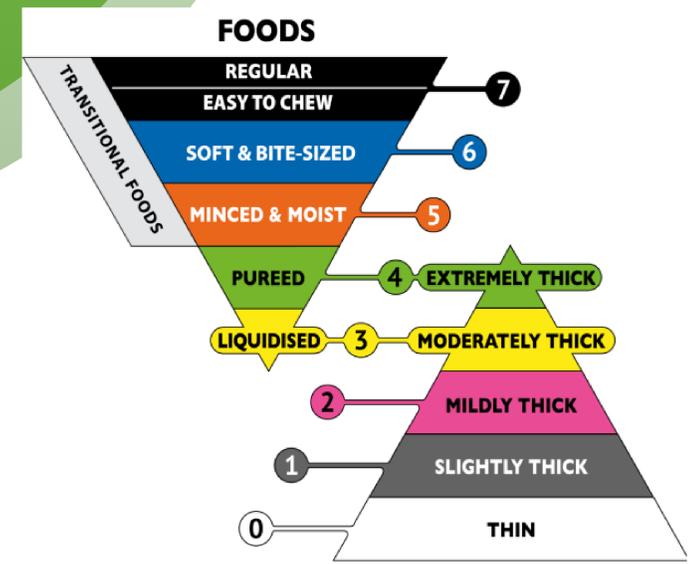
"Love the new machines and the contactless payment"

"Coffee is cheap and tastes good"



"Will they be stocked in the late evening and at weekends?"

Figure 3: Survey responses and comments regarding fresh food choices



- Recommendations:**
- Collaborative working is essential
 - Having a champion is crucial
 - Involve those consuming the product i.e. patients, staff and visitors
 - Provision for all – think of health inequalities, consider religious and cultural differences
 - Sustain the intervention



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