Welcome to the December edition of the Prosper newsletter, designed to keep you updated with the progress of the Prosper project.

During the last few weeks we have been rolling out ‘Introduction to Quality Improvement Methodology’ sessions to Cohort 6 who have just joined Prosper and we thought it was a good time to give a refresh on the model for improvement used as part of Prosper.

PROSPER uses Quality Improvement methodology of PDSA cycles (plan, do study, act) which means plan your idea, try it out and look back and see what worked. You then either keep on doing it or may need to tweak the idea and retest, starting the PDSA cycle again.

First of all you have to know what it is you are trying to achieve and a SMART aim will help to clarify this. This means it needs to be Specific so everyone knows what you are trying to achieve, Measurable to see if what you are doing is working and although your aim should be stretching it also needs to be Achievable and Realistic. Finally your aim should be Time bound, set yourself a goal date to work towards.

The Monthly data tool and safety cross will help you to measure your aim and show everyone how well you are doing!
Protect your Birthday suit Event

As part of World Pressure Ulcer day Cunningham House held a ‘Protect your birthday’ suit medieval themed Tea party, the Queen for the day Paula, was joined by her princess and Jester to deliver facts to residents and guests about how to keep skin healthy, following the SSKIN bundle. Residents enjoyed a medieval feast with plenty of high protein foods such as eggs and meats to encourage healing and fruits and salad items to promote hydration.

Prosper Methodology in action

Well done to Broomhills, who joined Prosper on Cohort 5. Leigh-Anne and her team set themselves a smart aim focusing on Falls and UTI Prevention. The home was inspired by ideas in the Prosper newsletters and from networking with other homes and started trying them at Broomhills. These ideas have been recorded as PDSA cycles and by regularly recording their data and monitoring the results of their interventions they were able to see which interventions made a difference and which ones needed to be adapted and tested again as a new PDSA cycle. We are pleased to say the home are starting to see a significant reduction in both of their identified areas.

Prosper Champion Study Days

A New Year means more Prosper Champion Study days! Please let us know if there are any specific topics you think should be included

Email Prosper@essex.gov.uk
Prosper Homes in the News……

We are very pleased to share the great news that not 1 but 2 Prosper homes have recently received positive media coverage! It’s great to see such good news stories in the press!

First up we would like to congratulate Angela and all the staff at Chalkney House who have recently been on Look East regarding their amazing personalised walking frame initiative, something many homes on the project have adopted. Not only were they on the TV they also had radio coverage on BBC Essex, as well as news articles in a number of new papers including the Metro, the Essex Chronical and even as far as the Isle of Wight Newspaper on the Wight.

If this wasn’t amazing enough, there is also a video on YouTube explaining how they came up with the idea and how it has really helped the home to achieve their aim of reducing falls by 60%.

Our second Congratulations goes to Ryan Wicks, one of the PROSPER Champions at Boars Tye, who was recently featured in an article in the Braintree and Witham times. The Article titled “Dedicated carer wants more to sign up to work in the industry” explains Ryan’s Journey through his caring career, and the passion he has, which saw him develop his innovative Traffic light training pack to prevent UTI’s and won him the PROSPER Innovation Award at the PROSPER’s award ceremony in June of this year.

Watch out for January’s Caring Essex 12 page supplement featuring in local press. This will be full of more good news stories and care staff biographies!

Link to the
“Pimp my Zimmer” YouTube Clip
https://www.youtube.com/watch?v=G6gn1CawauU

Want to read the Full Article about Ryan
Click the Link Below
http://www.braintreeandwithamtimes.co.uk/news/14928357.Dedicated_carer_wants_more_to_sign_up_to_work_in_the_industry/
Festive Competition

Don’t forget to take part in our Competition around looking at fun and unique ways to promote good Nutrition/Hydration through the festive period.

All we are asking is for you to either recreate one of the tasty looking idea’s we share such as: Banana Santa’s, Christmas Tree made entirely out of fruit, or a fruity twist on the traditional Candy Cane. It doesn’t have to be one of the above or even food related, why not get your creative hats on and look at making up some festive themed milkshakes or Mocktails. All you have to do is send plenty of pictures and also a paragraph explaining how it was made possible i.e you had a very enthusiastic chef who couldn’t wait to get stuck in and release their artistic flare. Winner will be announced in the January Edition of the Newsletter.

We also want to see pictures of all your activities & parties you are holding over the festive period.

Please email Prosper@essex.gov.uk and tell us what fun residents have had over Christmas.

Lastly From all of us here at PROSER we would like to wish you all a .......

Est Felix Dementia
Day
20th January 2017

Nutrition Hydration Week
13th – 19th March

Want to Feedback?
We want to hear your stories
email Prosper@essex.gov.uk

Don’t forget to wear your badges with pride.

Merry Christmas