Welcome to the May edition of the PROSPER newsletter, “Our Champions Day Special”.

The months of April/May saw the first of our twice yearly PROSPER champion study days, which took place around the county. There were 4 events held, one in Mid, West, South and North Essex, and continued to prove to be popular with a total of 112 staff representing 42 homes in attendance.

The staff who attended were treated to a packed agenda that offered refresher workshops in a number of different subjects, delivered by health professionals and other partners, including:

- Wound Care
- Dysphagia
- Infection Control
- Diabetes
- Falls Prevention
- Catheter Care
- Communication
- Medication

As well as the Quality Innovation teams own Innovation fair where attendees had the chance to spin The Wheel of Dignity, were set a challenge to train the rest of their homes staff on the 5 Principles of MCA and had fun with Dementia Activities, learning what are positive and negative ways of communication. If this wasn’t enough each event even had an appearance from the one and only Mr Potato Head, who was on hand to help teach staff all about PDSA’s Cycles, and how they can be used as part of PROSPER when homes look at implementing small acts of change.

An ‘Outstanding’ Achievement!

We here at PROSPER would like to send our congratulations to Woodbury Court, who have recently been awarded an overall Rating of OUTSTANDING on their latest CQC report.

This is a tremendous achievement for both the Management and Staff at the home, and we were really pleased to see from the report that PROSPER has become integral in the processes used within the home.
This time round we have decided to do some featured articles around the workshops that were delivered. First up is:

**Infection Control**

At each event there was a session dedicated to infection control. Although there was generic advice/information around infection prevention, there was a specific focus around Hand Hygiene. This ties in nicely with our new regular feature ‘Hands on Care’.

At 3 of the events ‘Infection Prevention and Control Nurse Specialist’, John Swanson brought along his glow box, which allowed the attendees to visually observe how effective their own hand washing technique was. This proved to be a real ‘eye opener’ for many of us, hopefully we will now be more aware when it comes to washing our hands, and making sure that we cover all areas, as well as taking on John’s excellent advice about singing ‘Happy Birthday’ twice during the entire process of hand washing.

Back in the January edition of the PROSPER newsletter there was an article on hand hygiene and this handy poster from the World Health Organisation.

To get your own copy please visit: [http://www.who.int/gpsc/clean_hands_protection/en/](http://www.who.int/gpsc/clean_hands_protection/en/)

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**First Falls Friday**

**Friday 2nd June 2017**

June’s Theme is: **Medication**

How about using this day to consider which of your residents may benefit from a medication review if this hasn’t been done in a while. Falls may be due to recent medication changes, but are usually caused by medicines that have been given for a long time without appropriate review. Talk to the GP or pharmacist about arranging a review.

**Did You Know**

Residents taking 4 prescription drugs, regardless of type of drug, are at an increased risk of falls.
Innovation Fair – Wheel of Dignity

One of the highlights of our Quality Innovation Fair was our ‘Wheel of Dignity’. Based on TV’s ‘Wheel of Fortune’ (but without the exotic prizes), participants were invited to ‘spin the wheel’ and answer a question depending which number the arrow stopped on. Most of the questions were designed to stimulate debate, and some very good conversations were had about how people would deal with various situations which may arise in their care home.

Participants were also given the opportunity to commit to the ten ‘Dignity Dos’ and sign up to become Dignity Champions for their homes. For more information about this scheme visit: http://www.dignityincare.org.uk/Dignity-Champions/

This exercise could easily be adapted for use in any care home, as part of a team meeting or general activity, and could even be used for other subjects too.

If anyone would like a copy of the wheel template and the Dignity Questions email; Prosper@essex.gov.uk

Dignity Catheter Bag Covers

Maybe inspired from spinning the Wheel of Dignity?

St Marys Court/New Deanery’s Matron/Dignity Lead, Joan Sirett, has created Dignity Catheter Bag Covers for residents living in the home.

Residents have been able to choose what they would like on theirs & some helped to paint them.

Joan came up with this wonderful idea after walking past a resident’s room & seeing their urine bag on display.
Dysphagia

Judging by comments on the evaluation forms, attendees clearly found the sessions around Dysphagia particularly interesting, and many commented that they would be taking some of the suggestions made by the speakers, back to their homes.

All the sessions were ‘hands on’, and all of us should now be aware of our favourite flavouring of thickeners! Attendees were given many tips around how people with swallowing difficulties can be supported to maintain a varied diet. Demonstrations of soaking cakes and biscuits was given, which would allow someone used to ‘eleveneses’ or ‘Afternoon Tea’ the opportunity to maintain their daily routines.

Attendees were also given information around the risks associated with dysphagia faced by their residents, the signs of aspiration, and other associated health risks including, weight loss, loss of appetite, Recurrent chest infections / pneumonias, dehydration and excess oral secretions.

Attendees were surprised that difficulty swallowing, something that we all take for granted, can cause so many complications when difficulties arise.

Did You Know

Swallowing is a complex process and involves the coordination of nerves and 50 different pairs of muscles in the face, neck and oesophagus.

Estimates show; 15 to 30 per cent of hospitalised patients and 10 to 30 per cent of people over 65 have swallowing difficulties.

People who have one of the following conditions

Stroke, head injury, learning disabilities, dementia, progressive neurological disorders, head and neck cancer

Are at high risk of developing Dysphagia
See you in the autumn

With the continued success of PROSPER Champion Study Days our thoughts are now turning towards planning the next set of days scheduled for autumn 2017.

If you have an idea regarding subjects you would like to see covered at one of these events, please email Prosper@essex.gov.uk

Here is a lovely selection of pictures showing the fun staff had at the events.

Don’t forget to wear your badges with pride!

Champions Day Feedback

“Fantastic Day! Really useful, relevant and informative. I would like all our staff to have access to this”

“It was very educational and enlightening”

“Brilliant Day Brilliant Training”

“Would defiantly recommend this to other staff to attend”
Other News……

National Care Home Open Day

National Care Home Open Day this year is on Friday 16th June, and we can’t wait to see what you all get up to, after all the exciting events that were held last year as part of the national event. So please make sure to send us pictures and stories of what your homes get up to.

Cohort 7

We are currently in the process of arranging dates for homes that have been invited on to the project to attend the initial PROSPER Quality Improvement Methodology training. If any of you wish, or feel it will be beneficial to attend one of these sessions as a refresher around the methodology we use to build PROSPER around. Please email prosper@essex.gov.uk and we will make sure we send you an invite including dates, times and locations for the training.

Updated Tool Kit

Three years after first introducing the Prosper Toolkit we are giving it a refresh which includes a range of information about good nutrition/hydration, pressure ulcer trigger tool and much more. If you would like an up to date copy of the tool kit please email the Prosper@essex.gov.uk and advise if you would like this sent electronically or a hard copy, which Karen and Rod will bring on their next visit to your home.

“Don’t worry Manning’s Methodology corner returns next month”

Don’t forget to wear your badges with pride.

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Want to Feedback?

Do you have a top tip or story to share in the newsletter?

Email: Prosper@essex.gov.uk