Welcome to the June edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.

So to kick things off with this month’s edition, it is our regular feature:

‘Hands on Care’

The ‘Hand’ that is being featured this month, is the SSKIN HAND from the ‘Stop the Pressure’ Campaign. The hand was created to aid/educate around the prevention of Pressure Ulcer’s.

Five Simple Steps to prevent and treat Pressure Ulcers

- **Skin Inspection**: Early inspection means early detection. Show patients and carers what to look for.
- **Incontinence/Moisture**: Your patients need to be clean and dry.
- **Surface**: Make sure your patients have the right support.
- **Nutrition/Hydration**: Help patients have the right diet and plenty of fluids.
- **Keep your patients moving.**

As you can see the ‘Hand’ is very self-explanatory and there is further information and resources to be found on the [http://nhs.stopthepressure.co.uk/](http://nhs.stopthepressure.co.uk/) website.

‘Handy’ Pocket Guide

Did you know that there is actually a ‘Handy’ credit card size version of this, that the team have a supply of?

These would look great on your PROSPER Lanyards and will act as a prompt of the 5 steps for all your staff.

If you would like some of these, please let Karen or Rod know when they next visit or email Prosper@essex.gov.uk, and they will be more than happy to ‘hand’ some over to you.
Alternative Safety ‘Crosses’

We mentioned in last month’s edition that we have recently revamped the PROSPER toolkit, and we are really pleased to introduce some alternatives to our safety crosses, that have been created to closer fit the aspect of the area that is being recorded.

These ‘funky’ crosses have been created by the very enthusiastic and pro-active PROSPER Champion Ryan Wickes from Boars Tye, who you may remember also came up with the very eye catching Operation NUTI Poster that is used to help promote hydration and reduce UTI’s.

![Funky Safety Crosses](image)

We would like to say a ‘Big Thank You’ to Ryan for agreeing to let us adopt and share his creations.

If you would like copies of any of these recording tools please email Prosper@essex.gov.uk

We would love to hear about and feature any idea’s that others have come up with, so please make sure to let us know.

First Falls Friday

Friday 7th July 2017

July’s Theme is:

Continence link with hydration

Some things you may like to consider on this day:

- Urinary incontinence can contribute to falls risk in several ways:
  - Rushing to the toilet in fear of not reaching it on time, particularly when getting out of bed at night.
  - Reducing fluid intake can in fact exacerbate symptoms or urgency, frequency and incontinence
  - A fear of Incontinence can also promote leg crossing and abnormal walking patterns.
  - Urine incontinence may cause floors to become slip hazards.

Did You Know

Bowel and Urinary incontinence is associated with increased risk of patient falls (up to 50 percent of falls are elimination – related).
Manning’s Methodology Corner
By Rod Manning, Prosper lead

Many of you are now regularly submitting data onto our online monthly mapping tool, and in return receiving a runtime dashboard showing the total number of falls, newly acquired pressure ulcers and people being treated for a UTI each month. These dashboards are a very visual aid and an important element of the methodology tools promoted on PROSPER.

The dashboards can be used to decide which areas require attention, and help you create appropriate SMART aims (See March 2017 Newsletter). Then as your PDSA cycles progress your updated dashboards will clearly show whether they are having a positive effect, whilst also allowing you to watch whether a negative effect is occurring in a different area.

If we look at the dashboard on the right from the ficticious ‘Cosy Care Home’; In May 2016 this home felt that its level of falls was too high so set a SMART aim of reducing falls by 50% by end of November 2016. The dashboard demonstrates that the PDSA cycles Cosy Care Home implemented where successful in achieving the SMART aim, and furthermore, apart from a ‘spike’ in January 2017, the number of falls each months has continued to reduce.

However the dashboards also clearly show that whilst the falls have been reducing, there has been an upward trent of newly acquired pressure ulcers. This may or may not be related to the interventions to reduce falls, Cosy Care Home would need to decide this. But whether this was felt to be the case or not, the home would need to consider setting a SMART aim around pressure ulcers in an attempt to turn the trend from upwards to downwards.

Updated dashboards are sent out to all homes who submit data. If you are not already doing so, and would like more information or support with inputting monthly data please email prosper@essex.gov.uk
Other News……

Save the Date!!

After the great success we had from the ‘Community of Practice’ event that was held in February. We have started to make arrangements for the next one, which we can confirm will again be held at the Essex County Cricket Ground on Tuesday 12th September.

This time we are pleased to announce that we will have a number of representations from different homes, about how they have incorporated PROSPER into their homes, and the difference this has made.

Formal invitations and further details about the event will be sent nearer the date.

Support Directory

In case you have not already heard, Essex County Council is creating an online service directory for providers to be able to advertise their services. For more information and how to register see attached leaflet.

National Care Home Open Day

We are sure that you all had great fun on National Care Home Open Day, and we are eager to see the photos from your events. So please make sure to send them over with a paragraph for inclusion in next months newsletter.

Want to Feedback?

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

Email: Prosper@essex.gov.uk