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

Firstly we would like to welcome all the new homes who have recently started on the project. This is our 7th Cohort and as PROSPER has now been running over 3 years, we thought we would do a ‘Look Back’ over some of the great ideas that you have come up with.

Above is a very small selection of some of the amazing idea’s and events that have come from different homes on the PROSPER, and we can’t wait to see what the future holds.

If your home has come up with a great idea, or held an event then make sure to email prosper@essex.gov.uk to enable us to share you successes with all the other homes on the project.

Quality Improvement’s Innovation Team Wins National Award!

We are very excited to announce Quality Improvement’s Innovation Team, which includes the PROSPER team, WON! The National Patient Safety Award for the second year running, this time in the category; “Best Patient Safety Improvement Team”.

The judges stated “This was a fun and simple innovation with a real impact on reducing harm, engaging the population and empowering carers”.

We would like to thank you all for your hard work which has helped us make Prosper such a success!
Manning’s Methodology Corner

By Rod Manning, Prosper Support Officer

In the December 2016 edition of the PROSPER Newsletter we spoke about using Plan, Do, Study, Act (PDSA) cycles to test out ideas your home may have to reduce falls, UTIs and/or Pressure Ulcers whilst trying to achieve the SMART aims you have set.

Whilst testing out ideas using PDSA cycles, homes are greatly encouraged to complete PDSA work sheets, and create a PDSA folder, either electronically or in ‘hard copy’.

In the Plan box record what test of change do you want to try? Where are you going to try it and on who? What do you expect to happen? How will you measure it?

In the Do box record what happens when you actually test out your change.

In the Study box record the results of your test, what your data tell you? Did it meet your expectations?

In the Act box record what you plan to do moving forward. Are you going to adopt your change and embed it into your processes and routine? Does it need to be adapted? Or are you going to reject it, and maybe carry out a new test on a different idea?

There’s no need to write an in-depth record of your PDSA cycle, but a few bullet points provide you with an invaluable resource for your home. Your PDSA folder can be used as evidence of continual improvement when an inspection is being conducted at your home. Additionally the folder is something that can be referred back to at any stage in the future, as a means of showing what worked well, or not when it was tried previously. This could be very useful if there have been changes of personnel at the home.

Remember not all PDSA cycles will be successful, but it is still useful to record this for future reference.
Fun Themed Food days

Residents at Stafford Court are currently enjoying a variety of themed food days, all in an attempt to increase nutrition and hydration to support the aims they have set in respect of the PROSPER project, whilst also keeping residents healthy.

These pictures show some residents tucking in to fruit on their ‘Fruity Friday’, but the home also promotes ‘Milkshake Mondays’, ‘Trifle Tuesdays’, ‘Wobbly (jelly) Wednesdays’ and ‘Smoothie Saturdays’, which is a good opportunity to use up any fruit left over from ‘Fruity Friday’.

This is a great example of how you can make Hydration and Nutrition fun for all. If your home has similar initiatives then please email Prosper@essex.gov.uk with some photos and a brief overview so you can be included in a future edition of the newsletter.

Did you know August is Peach Month! Celebrate with a Peach Smoothie!

Another Great Hydration Idea!

The Haven in Colchester has recently installed a fridge in their reception area, which is constantly well stocked with a variety of drinks and snacks.

This is to encourage visitors and relatives to grab a drink for their loved one when they visit.

The Manager Ryan tells us that since installing the fridge they “have seen great results and are restocking the fridge daily”.

Did you know August is Peach Month! Celebrate with a Peach Smoothie!
Help ‘Beat the Heat’ This Summer

Public Health England has some really useful advice on how care homes can help keep their residents well during the heat of summer.

Available on their website is a useful guide and checklist especially for Care homes which can be downloaded and printed.

www.nhs.uk/heatwave

Keep residents cool

Keeping cool is vital in hot weather. There are actions you can take to help residents remain well. Signs of heat related illness include nausea, drowsiness and headache.

- Recognise heat related illness
- Encourage suitable clothing and fluid intake
- Reschedule physical activities to cooler hours

Keep the building cool

There are simple actions to take to reduce overheating in care homes.

- Monitor temperatures in all rooms
- Create cross ventilation and use blinds to reduce heat gain
- Turn heating systems off

Take action

Treatments for heat-related illness are always the same. Cool the person down and get help if they are unresponsive.

- Move to a cooler room
- Cool showers, wet skin, fluids
- Get help or Call 999 in an emergency

For more information go to www.nhs.uk/heatwave
5 Whys and a What…..

The 5 Whys and a What is a basic question asking technique, which can help you to explore the root cause of a particular problem, and will often result in identifying the ‘broken link in the chain’ and reveal the possible solution.

For example a conversation with a carer using the 5 Whys and a What technique helped to reveal a possible solution for a Resident who frequently fell. It turned out the carers knowledge of the resident and their history gave them a good insight into why it was happening and how falls could be prevented.

This is how the conversation went…

Why do you think this resident keeps falling?

Why do you think she is exhausted?
Have you tried putting in points of interest such as fiddle boards, tactile surfaces, pictures along corridors for her to stop and interact with?

Why do you think she doesn’t stop even for a few minutes to look at them?

Why do you think she gets agitated, is there anything in her life history that could help?

Why do you think its nicotine withdrawal?

What else can be done?

I think it’s because she is exhausted
Because she constantly walks around the home and doesn’t stop.
Yes but she doesn’t stop to look.
It’s because she is so restless, anxious and agitated.

She used to be a heavy smoker and has just had a long spell in hospital and was not able to smoke, I thinks she’s suffering nicotine withdrawal.
She now has a couple of cigarettes a day and I’ve noticed she is a lot calmer and will sit with us when she smokes.

Arranging a MDT with GP to explore available options, which may include nicotine replacement therapies, explaining your rationale for preventing falls.

First Falls Friday

Friday 4th August 2017

August Theme is:

Standing and Falling
Linked to Blood Pressure

A person’s blood pressure can fall when they suddenly stand up from a lying or sitting position, this is called Postural Hypotension.

Postural hypotension occurs by delayed constriction of the lower body blood vessels which is normally required to maintain adequate blood pressure.

As a result blood pools in the blood vessels of the legs for longer and less is returned to the heart and can cause dizziness and fainting.

Some medications used to treat incontinence, antidepressants (Cymbalta and Tofranil) and Anticholinergic medications (Ditropan, Oxytrol, and Detrol) can cause postural hypotension.

Allow the person to stand still for 3 or 4 seconds when first standing up. Simple exercise of leg crossing before standing can also help.
Other News….  

Date for your Diary…  

Tuesday 12th September – PROSPER Community of Practice being held at the Essex County Cricket Ground, Chelmsford. Look in your inbox for the invite! Please make sure to book your places ASAP.

Upcoming Events…

We are excited to announce after the success from last year’s PROSPER Awards; another ceremony is being held on 28th November 2017. This year it has been decided to widen the scope of the awards to include the entire care sector, not just Residential Care. We are in the process of firming up the Award Category criteria, but there will be some PROSPER specific categories open only to those on the Prosper project, and you will of course be able to enter for any of the other awards. Further details will be coming shortly so make sure to keep an eye on your email inbox.

Welcome Back and Hello…

Firstly we are pleased to welcome back Sarah Perry to the team, after her maternity leave. We are sure Sarah is looking forward to catching up with all her PROSPER homes to see the progress the project has made whilst she been away.

We are also pleased to announce our small team is expanding, and we will soon have a further 2 new members joining the PROSPER team. We are sure you will be very welcoming when you get to meet them.

Look out for next month’s edition of the newsletter where we will have a ‘Meet the Team’ feature, a chance to get to know some interesting facts about us all and find out who our new recruits are!

Don’t forget to wear your badges with pride.

Follow us @ProsperHF

Want to Feedback?

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

Email: Prosper@essex.gov.uk