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

**PROSPER Champion Study Days**
The champion days are fast approaching us, and there is still a chance for you to book spaces. Dates and venues are as follows:

- **Thursday 2nd November 2017**
  Tendring Education Centre, Jaywick Lane, Clacton on Sea CO16 8BE

- **Tuesday 7th November 2017**
  Hamptons Sports and Leisure Ltd Tydermans, Great Baddow Chelmsford, CM2 9FH

- **Thursday 9th November 2017**
  Wat Tyler Country Park Pitsea Hall Lane, Pitsea Basildon, SS16 4UH

- **Tuesday 14th November 2017**
  Zinc Arts High Street, Chipping Ongar, CM5 0AD

- **Thursday 16th November 2017**
  Colchester Community Stadium United Way, Colchester, CO4 5UP

To book places for your home on one of the remaining dates still available. Please email the prosper@essex.gov.uk inbox, with the number of places you require and names of attendees.

**Champion Days Agenda**
We have a number of exciting refresher workshops, and also a couple of new games/sessions that include:

- Sepsis Awareness
- Sensory Services and Awareness
- Skin Care
- Hydration Games
- Steady Falls Game
- PDSA Exercise – Mr Potato Head
- Root Cause Analysis
Stop the Pressure Day! 16th Nov 2017

What will you do to raise awareness!

Use your learning from the Prosper Champion Study day and help other staff members to know more about Pressure Ulcers or visit http://nhs.stopthepressure.co.uk/ for lots of resources and a Free online game to test your knowledge!

Try the Mi Skin tool developed by Barchester Healthcare to raise staff awareness in its care homes around identifying changes in an individual which may increase their risk of developing pressure damage on a daily basis.

Initially developed as a trigger tool, it has now evolved to include the handover process and raise the level of awareness for all staff, relatives and residents in the home.

The provision of badges, posters and cue cards has raised the profile of the MI SKIN Matters campaign and encouraged questions to be raised from anyone entering and working in the home.

Communication during handover now includes the MI SKIN trigger tool. This has provided our nurses with prompts that they can work through in ensuring clinical information and small changes to a person’s wellbeing are highlighted and therefore staff awareness raised.
• Do you feel the individual’s mobility has reduced today?
• Has the individual been sat in the same position bed or chair for more than 2 hours?
• Is the individual less able to change their own position today?

• Has the individual been started on any medication today?
• Are you worried that they are showing signs of becoming ill?
• Has the individual been more sleepy/drowsy than normal today?

• Has the individual been complaining of soreness today?
• Has the individual been restless and struggling to get comfortable?
• Have you observed any red areas on the individual today?

• Have you had to keep a closer eye on the individual today because you feel something just isn’t right?
• Have family members or others approached you with concerns about the individual today?
• Have you been happy that the surfaces the individual has been lying or sitting on are still appropriate?

• Has the individual had a new episode of incontinence today?
• Has the individual any signs of loose bowels, constipation or urine infection today?
• Has the individual’s continence pad leaked today?
• Have you been concerned about the individual’s food intake today?
• Have you been concerned about the individual’s fluid intake today?
• Have you had to introduce more support to assist the individual to eat or drink today?
Manning’s Methodology Corner
By Rod Manning, Prosper Support Officer

In last month’s newsletter we left the manager of Cosy Care Home beginning the process of using Quality Improvement Methodology to try and reverse the trend of rising number of falls each month in the home (see graph right).

The manager has set a SMART aim that by the end of 2017 this number would be no more than 15 falls per month. He had conducted a ‘brainstorm’ session at a team meeting, and used the ideas to complete a Driver Diagram. He then looked at the list of secondary drivers on this diagram to choose some ideas for a Plan Do Study Act cycle. He noticed that one of his staff highlighted that many residents seemed to be wearing poorly fitting slippers, and wondered if this was a contributing factor in the number of falls occurring.

It was decided two members of staff should inspect all of the residents’ footwear, and if it was felt a resident would benefit from new slippers, they could inform the resident, or if appropriate, the resident’s family. Additionally they could print the ‘Good Slipper Guide’ from the PROSPER Toolkit, and hand this to them, so new slippers could be purchased for the resident.

The manager recorded these actions on a PDSA worksheet (right), and after three months the homes fall graph looked like the graph on the left.

This clearly demonstrated a slight decline, and levelling off of the number of falls each month. However when the manager came to decide on the ‘Act’ section of the PDSA worksheet, and what the action would be moving forward, he could not be certain that this initiative alone would be enough to achieve the home’s SMART aim………To be cont. next issue.
Fun, Laughter and Friendship

It is always great to see when two homes come together and hold a fun event for their residents. Sister homes Frank Foster and Tallis House recently came together and held a coffee morning, for the residents, at one of the homes. The theme of the event: ‘fun, sharing thoughts and friendship’ gave residents from both homes the opportunity to meet and share their stories and experiences over a hot drink and cakes.

As you can see from the pictures, all the residents involved really enjoyed themselves, and we hope that this will now become a regular thing. This is a lovely example of how homes can come together and widen the residents social community.

If you have held events like this make sure to let us know by emailing Prosper@essex.gov.uk

First Falls Friday

Friday 3rd November 2017

November’s Theme is:

What do I do if I fall?

Why not take this day to help residents by giving them these handy tips of what to do if they do have a fall:

Firstly and most importantly stay calm!

If you're not hurt and you feel strong enough to get up, don't get up quickly. Roll onto your hands and knees and look for a stable piece of furniture, such as a chair or bed. Hold on to the furniture with both hands to support yourself and, when you feel ready, slowly get up.

If you're hurt or unable to get up, try to get someone's attention by calling out for help, banging on the wall or floor, or using your aid call button (if you have one).
Next Month’s Edition will be a ‘Champions Day’ Special!

Date for your Diary…

- Worldwide Stop Pressure Ulcers Day 16th November 2017
- Remembrance Day 11th November 2017
- World Diabetes Day 14th November 2017 – Celebrating the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which lead to the discovery of insulin in October 1921

Flu Fighters!

Do your bit to help prevent the spread of Flu this year, get a flu vaccination!

Done something new and exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other. Then please let us know, as we are always looking for articles to share in our monthly newsletters

Email: Prosper@essex.gov.uk

Don’t forget to wear your badges with pride.

Don’t forget to follow us on Twitter

@ProsperHF