Welcome to the November edition of the Prosper newsletter, “Our Champions Day Special”.

The month of November saw the second of our twice yearly Prosper champion study days, which took place around the county. There were 5 events held this time, with an event held in Mid, West and South Essex and two events being held in North quadrant. Again it was good to see that the events continued to prove to be popular with a total of 157 staff representing 48 homes in attendance.

The aim of these events are to be both educational and fun for the staff who attend, and they were treated to a packed agenda that offered refresher/new workshops in a number of different subjects, delivered by health professionals, other partners, and our very own Prosper team that included;

- Sepsis Awareness
- Sensory Services and Awareness
- Skin Care
- Hydration Games
- Steady Falls Game
- PDSA Exercise – Mr Potato Head
- Root Cause Analysis – 5 Whys and a What.

In this edition we will be doing featured articles on each session held, and will be recapping on the information shared/learnt, as well as facts, useful hint’s and tips.

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

Champions Day Feedback

“Very Interesting and loads of information to put into practice”

“Very Good Day Informative and Useful”

“This was an excellent day, Good fun and informative”

“Overall the training was very good and relevant to job role. Recommend to everyone who is caring for someone”
Hydration Games

We recently heard about 2 great games The Haven in Colchester has started playing with residents to promote Hydration whilst having fun. We liked the ideas so much we did our “Pinch with Pride” and decided to recreate them for one of our sessions at the champion’s day. The homes who attended the events were introduced to 2 traditional games adapted to make them more user friendly for residents and boost hydration at the same time.

First up we had Twister with a twist. Instead of sticking to the traditional rules of the game, we laid down the twister mat and put chairs going around it, once staff had sat down around the mat we explained that each of them would be given a bean bag to throw and whatever colour circle the bean bag landed on they would be given a drink of that colour.

Our second game Fruit Ping Pong is again another classic that has been adapted. Fruit Ping Pong consisted of a long rectangle table with 3 fish bowls set up on each end. We asked 2 champions at a time to come up and give it a try, both given 3 different colour ping pong balls, all they had to do was bounce the balls on the table and see if they could get one of their balls into the other player’s fish bowl. If they succeed they were given a drink that corresponded to the colour ball.

Whilst both games were played there was discussion around what coloured drinks could be used to represent the different colours, and also the homes could use other things like fruit, Jellies and even ice poles.

Hydration Instructions

As part of these sessions we created a handy A5 instruction card for both games and idea’s around different drinks

If you would like a copy of the instructions sent electronically email: Prosper@essex.gov.uk

Don’t Forget

If you do adopt either or both the games you tried at the champion’s day, or have been enthused and created/adapted other games, we would love to hear about them, and will feature them in future editions of the newsletter.
Basic Sepsis Awareness

The sepsis awareness sessions were thoroughly enjoyed by staff, as it gave them the information needed to spot sepsis early and how to prevent sepsis developing into sepsis shock.

It is important for staff to be aware of certain signs and symptoms when an infection has developed into sepsis. Sepsis can develop from an infection being a urine infection or even a chest infection, which are most common in residential homes. Sepsis causes the body to go into overdrive and if not treated quickly, it can lead to multiple organ failure and even death. It claims more lives than lung cancer and it is the second biggest killer after cardiovascular disease. There is an estimate of 123,000 cases a year and around 36,000 have ended up in death.

If sepsis is caught early then it can be treated by anti-biotics which can be prescribed by your local general practitioner. If sepsis is caught too late, then the only way it can be treated is by anti-biotics intravenously at a hospital.

A great screening tool has been created by the Sepsis Trust. This tool is a tick list flow chart, which will give you a range of symptoms a person may be having and what the best route to take, either by seeing their general practitioner or to call 999.

For the Sepsis Screening Tool and more information please visit: https://sepsistrust.org/news/what-is-sepsis/
Sensory Services and Awareness

We were extremely fortunate to have the expertise of the ECL Sensory Service who provided Sensory Awareness Training on all of the champion days. Accompanied by their guide dogs the team gave people an in-depth understanding of living with a sensory impairment. Including vision impairment, hearing impairment and dual sensory loss. Using their own lived experiences the team provided lots of useful tips, information, advice and also a practical experience on how someone with a sensory impairment may be feeling, and how to communicate effectively with them.

With 200,000 people in Essex have a sensory impairment and 1 in 5 people aged 75+ living with sight loss, it’s important to know your residents and their sensory needs. Please access the ECL sensory service website for more information on how to offer support to those residents.

For more information on the ECL Sensory Service please explore their website which has information and advice.

http://www.eclsensoryservice.org/

You can also contact the ECL Sensory Service on the details below:

Email: sensoryservices@essexcares.org
Phone: 03330 133 262
Text phone: 01245 261715
SMS: 07921 397547

Did you know?

Out of 544 older people who experienced hip fractures 15.4% had vision impairment and 30% had dual sensory loss.

And

At least 4 million people who don’t have a hearing aid would benefit from having one.

Most Importantly

Know your residents

Who has a hearing aid?
Who wears glasses?
When was their last eyesight check?
Does their hearing aid battery need replacing?
Are they wearing the correct glasses/hearing aid?
Are their Vision/Hearing tests due?
Pressure Ulcer Prevention

The Pressure Ulcer sessions at each event were delivered by H & R Healthcare, who continues to support the Prosper team, and have now delivered a number of sessions over all of our Champion Days.

The Sessions were very informative and Laura was very engaging and a brilliant presenter. She covered the whys, who and how’s of pressure ulcers.

Laura is a qualified nurse and previously worked as a district nurse and understands the pressures of being a carer, she had a really positive attitude and couldn’t praise carers enough for the work they do.

To re-cap on the session:

- **Changing position**: regularly helps prevents the build-up of pressure.
- **Sitting**: change position every hour.
- **Bed**: change position every 2 - 4 hours. Do not have objects in bed with you; make sure that any tubing is not under you. Small position changes can make a big difference.
- **Always use slide sheets or hoists**: to move up or down the bed. Make sure that heels are on the slide sheet and not dragged on the sheet.
- **Encourage Residents**: to have 3 balanced meals a day.
- **Supplement build ups**: can be prescribed for residents that do not eat well, try and bulk up their calories, use full fat milk, put extra butter on their toast if they ask for cake… give them cake!
- **Equipment**: Make sure you have pressure reliving equipment in place if needed.

Why not use your Goodies?

To help you with the prevention of Pressure ulcers, you would have had some handy gadgets in your Prosper goody bag including:

- **Compact Mirror**: Use your handy compact mirror to check those hard to reach places like heels and elbows.
- **Great Skin Body Map Pads**: Keep your pads handy for when you complete position changes or personal care, to see if any red areas are starting to develop.
- **SSKIN Cards**: A handy reminder, keep your wallet size SSKIN Cards with you at all times.
Steady On!

Steady on was originally created by Ipswich hospital. To help/teach their elderly patients who were being discharged back to their own home, to be more aware of objects/hazards that could aid in them having a fall.

In true Prosper style we really liked this idea so decided to slightly adapt it to run a Pick and Mix of Falls prevention game. The aim was to act as a refresher, but to also aid discussion amongst care staff from different homes, and to make them work together to look at solutions to prevent falls from occurring.

The game itself consisted of a number of different items that included: A toy Cat, a bone, worn ferrules & slippers, boxes of medication and pictures of bathrooms to name but a few, these were given out to the groups, who then had to answer Two simple questions about each object they had been given;

What is the link to Falls?

What can you do?

After giving the groups 10 minutes to complete the questions, they then all came together as one to discuss each object and how they felt it could result in a fall and what they could do to prevent it from happening. It was great to see from these sessions staff from different homes working together and all coming up with a number of different ways they could help prevent the risk of falls happening.

If anyone is interested in the Prosper team coming to your home to deliver this session to your staff, email Prosper@essex.gov.uk and your Officer/Assistant will be in contact to arrange a date/s.

What Does STEADY Stand for?

Check out your

- Slippers, feet & Footwear
- Tablets & Medicines
- Environment & Lighting
- Activity & Exercise
- Do you fall & have a falls plan?
- eYesight & Vision

Light your night

At the end of the Steady Session we discussed the Light your night initiative which looks at reducing falls at night by introducing glow in the dark footprints, light switches, as well as light up loo's.

Each Home was given a Light your night pack, to go back and trial with a resident who may be falling at night whilst trying to access the toilet.

We can’t wait to hear if this initiative works in your home!
Prosper

QI Methodology Session

Making a welcome return to the Prosper Champions Study Days was Mr Potato Head, who was once again used whilst conducting a PDSA exercise.

Mr Potato Head offers a fun way of teaching PDSA cycles. The objectives of the exercise are:
- Understanding a PDSA Cycle
- Show how theory & prediction can help with learning
- How to collect real time measurement
- How to use collaborative learning

The ‘Mr Potato Head’ sessions were the last session of the day, and certainly raised the energy levels in the room, creating quite an element of competition between the various tables. However we were able to demonstrate how, as long as it does not get out of hand, a little bit of competition can be a good thing.

Additionally we also saw lots of positive engagement, teams collaborating with each other, and some people ‘anchoring to a false requirement’ by assuming things needed to be done which were not written down anywhere in the rules of the game.

In the debrief session at the end of the exercise we were able to relate all the above back to a care home setting when a PDSA cycle may be used to test a change being implemented.

5 whys and a what

Because we felt some attendees at the study days may have already participated in the ‘Mr Potato Head’ exercise; we offered as an alternative a ‘5 whys and a what’ session.

The ‘5 whys and a what’ is a simple root cause analysis technique, featured (with an example) in the July 2017 issue of the Prosper Newsletter. It is a basic questioning technique, which can often get to the root cause of a problem, making a satisfying and sustainable solution more likely.

During discussions in one of these sessions we were told how this technique had already been used in one care home, which had a resident who would regularly get up for the toilet during the night, become confused, and proceed to wander around the home.

Using ‘5 whys and a what’ a solution was found which retained the resident’s independence, with no staff intervention being required.
Other News…..

Introducing Resident Riddles
“Keeping the mind and brain active”

From next month every edition of the Prosper newsletter will include a riddle for residents to solve. This is a fun way of keeping the brain active and getting everyone thinking. So keep your eyes peeled for the riddle in the next edition, and what we want you to do if residents are able to solve it.

Festive Fun!

With Christmas fast approaching us, we are looking forward to hearing all about the fun activities, events and shows that will be taking place for Residents to enjoy and participate in. So please make sure to let us know what you get up to by emailing prosper@essex.gov.uk

Flu Fighters!

Important Information!

NHS England has recently released a letter advising there is an Extension of the NHS seasonal influenza vaccination to include social care workers. This means Health and Social Care staff employed by a registered residential/nursing home could be eligible. Please see letter attached on the email for more information.

So Remember 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? Please let us know, as we are always looking for articles to share in our monthly newsletters.

Email: Prosper@essex.gov.uk

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

Don’t forget to follow us on Twitter

@ProsperHF