



Warwickshire Nutrition and Hydration Standards for Adults in Community and Domiciliary Settings

For use in all health, social care and community settings

To be used in conjunction with the
Warwickshire Nutrition and Hydration Guidelines for Adults in
Community and Domiciliary Settings

Endorsed by



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The Warwickshire Nutrition and Hydration Standards

1. The Vision

The following is the agreed collaborative vision, by health, social care, and other Public Sector services, including Community, Voluntary and Independent Sectors, for achieving excellent nutrition and hydration standards across Warwickshire:

The Vision

From 2018:

- There will be a consistent approach, to promoting excellent nutrition and hydration standards, rolled out across Warwickshire's workforce and residential population.
- Excellent nutrition and hydration will become everyone's business in organisational and community settings as well as in people's own homes, care settings and hospitals.
- The Warwickshire population will be able to self-manage their nutrition and hydration needs and easily access safe and high quality nutrition and hydration support, consistent information and education opportunities.

This vision will be achieved through effective integrated working with health and social care, other Public Sector services, the Community and Voluntary Sector and the Independent Sector.

2. Introduction

These standards have been developed in Warwickshire, because individuals, their formal and informal carers; and those who commission services have identified a need to improve nutrition and hydration standards and services in ALL settings. These stakeholders are jointly taking a prevention based approach to ensure there is an impetus on promoting excellent nutrition and hydration standards. These standards will become anyone and everyone's business across Warwickshire wherever possible, including in workplaces, in communities, in health or social care settings or in someone's own home.

The standards are underpinned by holistic, Making Every Contact Count (MECC), wellbeing support and health behaviour change principles. They have been developed, written and endorsed collaboratively by stakeholders and other partners to demonstrate this collaborative view.

The Warwickshire Nutrition and Hydration Standards have been informed by several Government publications including the NHS England Guidance: Commissioning Excellent Nutrition and Hydration 2015-2018 which supports the Department of Health's (DH) request to develop strategies to improve the delivery of adequate nutrition and hydration services in hospitals and The National Institute of Clinical Excellence (NICE) Quality Standard (QS24) for Nutrition Support in Adults in hospital or in the community.

In addition, these Standards have been informed by an evidence base that demonstrates that excellent nutrition and hydration standards have a substantial impact on peoples' health, the health and social care economy and can reduce demand on primary, secondary, acute and Out of Hours services. For example, once in hospital, the average length of stay is three days longer, mortality rates are higher and failed discharges are more frequent when a patient has nutrition and hydration issues.

3. Who Can Use These Standards in Warwickshire?

These Standards will be used by individuals, their formal and informal carers and those who commission services across Warwickshire. The Standards provide a framework that can be integrated into local strategic discussions, service plans (i.e. Sustainable Transformation Plans, Out of Hospital and Better Care Plans etc.), implementation plans and organisational policies. They will also be used to develop commissioning improvement plans and therefore become embedded in future service specifications and contracts with Provider services.

The focus of these standards is on prevention and supporting individuals' self-management to improve health and prevent medical conditions as a direct result and/or subsequent consequence of poor nutrition and hydration, including the risk of falls and urinary tract infections. The requirement for excellent nutrition and hydration treatment standards cannot be ignored.

In order to ensure translation of the standards aims and philosophy into real life practice, the following document should be utilised: **Warwickshire Nutrition and Hydration Guidelines for Adults in Community and Domiciliary Settings: for use in all health, social care and community settings.**

An information booklet on the standards has also been produced for patients and family members who provide care.

There is a separate set of standards for adults living in care homes.

4. Aims of these Standards

The key aim for the Warwickshire Nutrition and Hydration Standards is to have consistent evidence based information, education and service delivery which supports the Warwickshire population, including the workforce, to adopt excellent nutrition and hydration practice across Warwickshire. Other aims are:

- For the Warwickshire population to have equal opportunities to maintain good nutrition and hydration throughout their lives.
- To improve health in the Warwickshire population.
- To deliver high quality health, social and community care.
- To reduce the cost of prescribed nutritional supplements to the health economy and reduce pharmaceutical waste.

- For the population of Warwickshire, including the workforce, to have the skills and competencies to support others to maintain good nutrition and hydration.
- To achieve excellent Care Quality Commissioning (CQC) ratings for nutrition and hydration in Warwickshire in health and social care settings and maintain this standard.
- For commissioners to have an embedded performance management framework to assure implementation of the standards and the measuring of health improvement outcomes.
- For all health & social care settings to have measurable outcomes which evidence improvement in nutrition and hydration standards.
- To ensure that care for individuals who have been identified at risk of undernutrition and / or dehydration is evidence based and appropriate, and their families are supported to help them make appropriate choices.
- To improve patient/service user experience.

5. More about the Warwickshire Nutrition and Hydration Standards for Adults in Community and Domiciliary Settings

These standards:

- Have been designed to be easy to read and implement by a wide range of audiences
- Are for adults:
 - Living in their own homes being supported by a range of health, social care and voluntary organisations; including supported living accommodation.
 - Receiving respite care (excluding care homes which are covered by a different set of standards)
 - Attending day care and receiving food and drink
- Will be implemented by anyone who has the opportunity to influence and promote excellent nutrition and hydration standards by using the guidelines which supplement these standards (see Warwickshire Nutrition and Hydration Guidelines for Adults in Community and Domiciliary Settings)
- Will be supported by training sessions delivered by the South Warwickshire Foundation NHS Trust Dietetic Service.

As the standards and supplementary documents are new to Warwickshire, feedback about them (good or bad), suggested improvements etc. are always welcome. Please contact: anne.davidson@swft.nhs.uk.

6. Using these Standards

It is recommended that managers and staff in any organisation providing care to people in their own home conduct a self-assessment exercise to identify if they meet the standards.

An example can be found on the Warwickshire County Council website via the following link: [add link when done](#)

Or

on the South Warwickshire Foundation Trust website via this link:

<https://www.swft.nhs.uk/our-services/adults-out-hospital-services/dietetics/nutrition-and-hydration-standards>

The results of the assessment will identify areas of good practice and standards that are already fully or partially achieved.

The guidelines can then be used to identify how the standards can be met by staff of differing professions and grades. Where there are gaps in knowledge and competencies regarding nutrition and hydration, training needs should be identified.

Repeating the self-assessment on an annual basis will identify the progress that has been made and ensure that standards are kept to.

7. Use of These Standards within Quality Assurance and Monitoring

Organisations providing care to people in their own home are quality assured through See, Hear, Act – the Warwickshire County Council approach to quality assurance of commissioned services. This approach supports the outcome based service specification for these services, which sets out the outcomes providers need to meet for their customers without constraining them to particular approaches or inputs in achieving those outcomes.

See, Hear, Act takes a customer experience led approach in establishing if customer outcomes have been met. It also considers best practice and guidance to ensure all services are delivered effectively and safely. These Nutrition and Hydration Standards will now be the basis for establishing if best practice is being delivered and organisations will be expected to demonstrate how they take account of them within service delivery.

Other organisations have been commissioned by Warwickshire Public Health to identify the nutrition and hydration status of their service users. Assessment against the standards will enable them to do this.

8. Nutrition and Hydration Standards for Community and Domiciliary Settings

Introduction

The standards below are for adults living in their own homes and the range of formal and informal carers who support them to meet their nutrition and hydration needs. They can also be applied in other settings where individual's nutrition & hydration needs are met such as day units, community cafés etc.

The level of input will differ for each adult, and as will the support given by different carers depending on their varied and diverse roles. For example community nurses carry out screening, give advice and refer to other members of the multidisciplinary team so will need to meet all of the standards. Staff who prepare meals and drinks or support adults to do so only need to meet standards 3, 5 and 7, while members of the fire service who carry out Safe and Well checks may only need to meet standards 5 and 7.

Details regarding how each staff / carer group can implement the relevant standards are explained in more detail in the Warwickshire Nutrition and Hydration Guidelines for Adults in Community and Home Settings.

Organisations are advised to look at all sections of the guidelines initially as different staff may need to comply with different standards.

There will be other staff / carer groups who are not listed, but have opportunities to support individuals to meet nutrition and hydration needs. These can select the most relevant section and actions from the guidelines.

Through adopting the principles of 'Making Every Contact Count' (MECC) all staff can support individuals to improve and maintain their nutrition and hydration needs.

MECC is an approach to behaviour change that utilises the millions of day to day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing. MECC enables the opportunistic delivery of consistent and concise lifestyle information and enables individuals to engage in conversations about their health across organisations and populations.

In adopting the MECC principles, the Warwickshire Nutrition and Hydration Standards aim to identify carers who provide support, assessment and care of individuals in community care settings. These carers include but are not exclusively from health, social care, public sector, care agencies and charitable organisations.

Training on the provision of all levels of nutrition & hydration is available from the Warwickshire Dietetic Service. SWFT Staff can book training via ERS. External staff can book via Central England Training Academy (CETA) <https://www.cetahealth.co.uk>. For details of online training or to request personalised training for your team contact dietitians@swft.nhs.uk. Information relating to MECC training can be found in the references.

Refer to the Warwickshire Nutrition and Hydration Guidelines for Adults in Community and Domiciliary Settings for evidence and information on how to implement and comply with these standards

Standard 1	My food and fluid needs are identified and include the assistance I need to achieve them, taking into account my individual preferences.
Standard 2	I am screened for under nutrition: a) I am assisted to complete a nutrition and hydration self-screening tool by my formal or informal carer OR b) My health care professional completes a validated screening tool, for example the Malnutrition Universal Screening Tool.
Standard 3	A plan explaining how my food and fluid needs will be met is communicated to all relevant formal and informal carers.
Standard 4	I can purchase and prepare adequate food and fluids to enable me to meet or improve my food and fluid intake. If I need help, my formal or informal carers ensure I have the support I need to do so.
Standard 5	My formal or informal carers ensure my environment, equipment and type of food and fluid available promotes my independence to eat and drink.
Standard 6	I can request a referral for professional assessment regarding eating or drinking if I need additional help.
Standard 7	My formal or informal carers are trained to enable them to understand and explain the reasons for the plans regarding my nutrition screening and assessment, food provision, nutrition support and hydration.

9. Useful Documents and links

1. Warwickshire Nutrition and Hydration Guidelines for Adults in Community and Domiciliary Settings 2018
2. State of the Nation. Older people and malnutrition in the UK today. Malnutrition task Force. Updated 2017 http://www.malnutritiontaskforce.org.uk/wp-content/uploads/2017/10/AW-5625-Age-UK-MTF_Report.pdf
3. BAPEN (2013) Malnutrition Universal Screening Tool
4. Dysphagia Diet Food Texture Descriptors. 2012.
5. Social Care institute for Excellence (2013) Hydration and older people in the UK <http://www.hydrateforhealth.co.uk/importance-maintaining-good-hydration-older-people/>
6. NHS Choices: water, drinks and your health (accessed May 2018) <http://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx>
7. NICE (2015) Type 2 diabetes in Adults: management (accessed May 2018) <https://www.nice.org.uk/guidance/ng28/chapter/1-Recommendations#dietary-advice-2>
8. Evidence-based nutrition guidelines for the prevention and management of diabetes (2018) (accessed May 2018) <https://www.diabetes.org.uk/professionals/position-statements-reports/food-nutrition-lifestyle/evidence-based-nutrition-guidelines-for-the-prevention-and-management-of-diabetes>
9. Living Well with Dementia in Warwickshire - <https://dementia.warwickshire.gov.uk/> (accessed May 2018)
10. Social Care institute for Excellence web site: Care providers – improvement support <https://www.scie.org.uk/care-providers/> (accessed May 2018)
11. Making Every Contact Count (MECC) <http://publichealth.warwickshire.gov.uk/making-every-contact-count/> (accessed May 2018)
12. Keeping your weight up in later life (accessed May 2018). www.nhs.uk/Livewell/over60s/Pages/Underweightover60.aspx
13. Age UK (2015) A Practical guide to Healthy Ageing <https://www.england.nhs.uk/wp-content/uploads/2015/09/hlthy-ageing-brochr.pdf> (accessed May 2018).
14. Warwickshire County Council (2014) Warwickshire Health and Wellbeing Strategy