Read all about it!

Welcome to our fifth edition of our bimonthly care home newsletter, keeping you up to date with all the fabulous work by Eastern Cheshire care homes and health and social care partners to provide the best possible services to care home residents.

To share your news with other care homes, please call Charles Malkin, Communications Manager at NHS Eastern Cheshire CCG, on 01625 663824 or email c.malkin@nhs.net or Alex Skelly at alex.skelly@nhs.net.

For more information on "Time to go Home", email ecntr.timetogohome@nhs.net.
For more information on Care Home Quality email Julia Curtis at julia.curtis2@nhs.net.

House of Memories Liverpool

House of Memories is about joining the dots that link us through our life experiences, our dreams and our shared histories. The programme demonstrates how a museum (or by association a library, arts centre, or theatre) can provide the health and social care sector with practical skills and knowledge to facilitate access to untapped cultural resources; often within your locality.

The programme recognises that museums across the UK are expert at recording and caring for people’s memories - whether they are thousands of years old or within ‘living memory’. Great museums enable people to explore, connect their histories and engage in relevant and meaningful cultural activity.

National Museums Liverpool’s work with older people

National Museums Liverpool, they recognise that to acknowledge and understand an individual’s personal history and memory is of great value and significance - especially for people living with a form of dementia. Their experience of working with active and vulnerable older people is extensive. Through this, they have grown to understand how participation in their museum projects have a meaningful impact on people, some of whom who are most vulnerable in our communities.

House of Memories is centred on the fantastic objects, archives and stories at the Museum of Liverpool and is delivered with drama interpretation. The programme provides social care staff with the skills and resources they need to inform their practice and support people living with a form of dementia.

They offer a training programme that is designed to be easy to use and informative, acknowledging the central role the carer can play. They can help unlock the memory that is waiting to be shared, and provide a stimulating and rewarding experience for the person living with a form of dementia.

The programme provides participants (care workers, dementia champions, home care workers, agency support workers) with a variety of accessible practical experiences to:

- Introduce basic knowledge about the various forms of dementia
- Represent the challenge families face for people with early stage and progressive dementia
Introduce memory activity resources linked to the museum experience, which can also be used within care settings. To extend the learning beyond the initial training experience, participants are also equipped with resources to take back into settings. These include:

- A memory suitcase – access to the museums object loan programme
- A memory toolkit - ‘how to guide’ for developing memory activity in settings.

For more information contact: learning@liverpoolmuseums.org.uk or telephone 0151 478 4240.

Abbey Pain Scale

The Abbey Pain Scale is a tool designed to assist in the assessment of pain in patients who are unable to clearly articulate their needs, such as individuals with dementia. It is best used as part of an overall pain management plan.

It may not be ideal for everyday use, but it is validated and easy for non-trained staff to use. Directions for use are as follows:

- The staff recording the scale should observe the patient while they are being moved, e.g. during pressure area care, while showering etc.

For more information, follow this link: www.wales.nhs.uk/sitesplus/documents/862/FOI-286f-13.pdf

Free Advanced Care Planning

The End of Life Partnership is offering free training on Thursday 23 February on Advanced Care Planning that will cover the following topics:

- Why and how to support timely Advance Care Planning, including DNACPR decisions
- Appropriate approaches to end of life care – key priorities
- Enabling effective communication and coordination of care – How using the new documentation can help your practice
- This interactive workshop will include: Case study group work to help explore the challenges you face in practice, such as recognising dying;
- Timely communication with patients, families and others; Decision-making, i.e. resuscitation, hydration and nutrition.

The video aims to help patients feel more empowered to make informed choices by encouraging them to maximise the benefits of their consultations with clinicians as well as dispelling myths about palliative and end of life care.

The video is also a helpful tool for clinicians to help them to work with patients in an effective manner so that they feel reassured and confident about navigating a complicated healthcare system.

There was a recommendation for this to be promoted across the North West region. Follow the link below to watch the video.

www.nhs.uk/Planners/end-of-life-care/Pages/what-it

Guest Speakers include:
- Designated Nurse - Clinical Commissioning Group (CCG)
- Hill Dickinson Solicitors
- Police Public Protection Unit (PPU)
- Independent Domestic Violence Advocate (IDVA)

Would you know what to do and how to support someone who discloses historical abuse?
Do you know how Representation of a person who lacks capacity works in Law?
Do you understand the challenges of self-neglect and the person’s rights to choose?
Would you recognise Modern Slavery and Human Trafficking?
Want more information and a chance to discuss issues?

Places are limited so book early to avoid disappointment. To book your place complete and return the RSVP via email scc-tr.safeguardingmacclesfield.nhs.net or fax 01625 663055 NO LATER than 2nd June 2017

Cost for the study Day will include all refreshments and lunch.

Please note once invoice generated the fee will be Non-refundable

Come and join other colleagues to explore the challenges you face
Gain general and practical knowledge

Name: ……………………………………… Position: ………………………………………

Area of work: ……………………………… Telephone Number: ………………………………

Email: (please ensure it is legible) …………………………………………………………………

Line Manager: ……………………………… Telephone Number: ………………………………

You will be notified by email if you have been allocated a place by Friday 9th June
Learn about identifying and treating malnutrition in your residents!

The Dietitians from the Community Nutrition Support Service are offering training sessions to care home staff in East Cheshire.

The 2 hour interactive session covers:

**Malnutrition, Hydration & MUST screening**

Who can attend?
- Managers, nursing staff, carers, catering staff

To arrange a training date(s) for your staff or to find out more:
Call (01625) 661957
Email ecn-tr.communitynutritionssupport@nhs.net
Catherine Voyce (RD) & Kerry McGuigan (DA)

If you wish to take part please contact either myself at alex.skelly@nhs.net. I can send the booking form and leaflet. Alternatively, you can contact Suzanne Evans at the End of Life Partnership for more information at Suzanne.Evans@eolp.org.uk.

**Opening the Spiritual Gate – EOLP**

Please find attached a leaflet and booking form for the Opening the Spiritual Gate study day which will take place as follows:
9:00am - 4.30pm Wednesday 22 March 2017 or Wednesday 20 September 2017

At the following address:
End of Life Partnership, Winterley Grange, Sandbach, CW11 4RQ

This free one-day study day will cover;
- Explore the meaning of Spirituality
- Discover how to open a spiritual conversation
- Learn how to undertake a spiritual assessment
- Document, record and communicate spiritual needs
- Create a spiritual care plan
- Consider how to begin to address spiritual needs.

If you wish to see a leaflet, or request a booking form then please contact Nicola Haworth at Nicola.Haworth@eolp.org.uk or myself at alex.skelly@nhs.net.

**Falls Flyer**

Falls classes are designed for people who have fallen, have a fear of falling, poor balance or mobility.

Poor balance and strength are key factors for falls and injuries in older people, but can be improved with specific exercises.

The classes focus on improving balance, strength and confidence and consist of a series of leg-strengthening and balance-retraining exercises aiming to reduce the risk of falling.

Classes also include a free home exercise programme booklet.

For further information please contact;
Cheshire East Council Health Improvement Team at 01270 686560 or you can email them at BeSteadyBeSafe@Cheshireeast.gov.uk.

**We want your views!**

This is now our fifth edition of the care home newsletter and we want to know what you think.

- Do you find the newsletter informative and beneficial?
- Do you have any specific content requests? e.g. more training
- Would you prefer the newsletter in email format? Or both a postal copy and an email copy?
- How often do you wish to receive the newsletter? More or less frequent?

Email your views and opinions to alex.skelly@nhs.net. Or alternatively you can fill in the form enclosed within the envelope and return it to the address at the end of this newsletter.
As one of the world's largest employers, NHS investment in training must be high quality, efficient and cost-effective. Trainees work in most hospitals in the UK, and are exposed to a widely varied caseload. However, support from consultants and tutors can vary and there is increasing pressure on time and financial resource for learners or trainers to attend local, regional or national teaching sessions.

There is no defined national core knowledge content for learners to draw on, or which local trainers can build their teaching.
e-LfH's online, distance learning, or e-learning, is regarded as a solution to these problems for the following reasons:

- A detailed knowledge syllabus is mapped to the relevant curriculum with identification of national experts to create a comprehensive, nationally quality assured e-learning resource covering the entire curriculum including care homes.
- Content is available anywhere with an internet connection.
- Learning paths and the Learning Management System enables learners and trainers to match the e-learning to their current learning needs and clinical case load, ensuring that theory is reinforced by practice.
- E-assessment tools provide learners and trainers with evidence of progress and can be interrogated at local and national levels to ensure consistent high quality training.

For more information visit www.e-lfh.org.uk/

Care Home Collaborative future dates!
Save the date everybody– the Care Home Quality Improvement Collaborative is here to stay!

Here is a list of our proposed dates (which are subject to change):

- 16 March
- 26 April
- 7 June
- 19 July – This is the celebration event whereby we will be awarding those care homes that have made the most significant improvements.

Please let us know if the dates are suitable with you as early as possible by contacting Alex Skelly at alex.skelly@nhs.net.

We look forward to seeing you there and showing off all the excellent work you have been doing over the past 6 months!

Free healthcare training!
Here at the CCG we would like to congratulate Dystleigh Grange on their outstanding CQC rating!

This is an excellent achievement and certainly no mean feat.

Thank you to all the staff for their hard work and keep it up!

ECG interpretation training available
The North West Healthcare Science Network is offering a 2 day ECG training course to healthcare professionals who currently, or will undertake in the future,

- Good pharmaceutical advice
- Regular mouth and teeth care
- The care and use of hearing aids
- The role of hairdressing and looking good.

They will be getting 'top tips' from experienced practitioners who regularly work with care homes and care at home.

For more information you can contact them at www.relres.org or email your details to info@relres.org.

Adult Safeguarding Training
On the 23 June 2017, East Cheshire NHS Trust is hosting an adult safeguarding training event which will be taking place at Cranage Hall.

This will cover topics such as:
- Self-Neglect
- Domestic Violence
- Historical Abuse including Sexual Assault
- Modern Slavery and Human Trafficking
- Representing the Person who Lacks Capacity and what that means in Law

For more information see the second flyer at the end of this newsletter.
dysphagia and poor dentition and treat/ refer on to relevant health professionals as appropriate.

A detailed care plan needs to be implemented according to MUST score. Goals specific and appropriate to the individual must be set, for example a goal weight, to slow down further weight loss, to increase dietary intake, or to focus on food and fluid for quality of life. Progress towards the goal(s) needs to be reviewed monthly to determine if the care plan is effective.

What to include in a care plan for a resident at high risk of malnutrition?

Care plans should be written and agreed with the resident where possible.

- Provide a fortified diet: Food can be fortified to make it higher in calories and protein, so there is more nutrition in every mouthful.
- Encourage normal nutritious drinks through the day, which provide nutrition and fluid, such as milky coffee, hot chocolate, cold or warm milk, hot malted milk drinks.
- For residents at high risk of malnutrition: provide homemade milkshakes 2-3 times a day. These can provide as many or more calories and protein as a prescribed supplement and taste far nicer!
- Provide the resident with the individualised support and assistance they require to optimise their intake.
- Identify strategies that may help the individual increase their intake by addressing specific eating difficulties, for example using fingers foods if it is difficult to get the resident to sit down at the table for a meal, use picture menus to assist with meal choice, try adapted cutlery or plate/bowls to help independent feeding.
- Record all food and fluids offered and amount taken on food and fluid record charts. This information can then be used to monitor implementation of the care plan and identify any aspects that need to be amended.
- Monitor weight monthly and review effectiveness of care plan.

We have devised a 2 hour interactive training session covering nutrition, hydration and MUST screening and will be contacting care homes to arrange training over the course of 2017.

Living well and looking good

The Relatives and Residents Association Conference and Annual General Meeting on 28 February 2017 is about making life in care worth living and helping care workers to make a difference.

It builds on the successful Keys to Care supporting care workers. It will be looking at some practical and crucial areas of care, which have such a major impact on older people's quality of life, particularly those with dementia, in particular:

- ECG testing within their role including care homes.
- The training is run by senior Clinical Scientists in order to upskill the wider workforce and ensure best practice.
- Modules include:
  - Cardiac Conduction System
  - The Electrocardiogram: what an ECG is
  - 2 Lead ECG Positions
  - Recording an ECG and troubleshooting
  - The Normal ECG
  - Atrial & Ventricular Arrhythmias
  - Serious Cardiac Events
  - Acute Coronary Syndromes and the ECG
  - Basic Pacing

The training is taking place on:
Wednesday 1 & 8 March 2017
The Hive, 51 Lever Street, Manchester, M1 1FN
The Studio, 3rd Floor
To register visit: www.rwhcs.nhs.uk/news-events/upcomingevents

New care model for care homes

There are six enhanced health in care home vanguards offering older people better, joined up health, care and rehabilitation services.

These vanguards were selected following a rigorous process, involving workshops and the engagement of key partners and patient representative groups.

- Sutton Homes of Care
- Airedale & Partners

The enhanced health in care homes (EHCH) framework out a clear vision for working with care homes to provide joined up primary, community and secondary, social care to residents of care and nursing homes, via a range of in reach services.

For more information on this work, follow this link: www.england.nhs.uk/ourwork/new-care-models/vanguards/care-models/care-homes-sites/

Identifying and treating malnutrition in your residents

Why identify malnutrition (undernutrition)?

If undetected and untreated malnutrition causes a wide range of problems for your residents including reduced immune response to infection, reduced muscle strength and impaired wound healing.

How do you identify those at risk of malnutrition?

Malnutrition risk screening is used to identify people that are underweight and those at risk of malnutrition. NICE CG 32 recommends that screening should assess body mass index (BMI), percentage unintentional weight loss and should also consider the time over which nutrient intake has been unintentionally reduced and/or the likelihood of future impaired nutrient intake. The most commonly used screening tool in the UK is the Malnutrition Universal Screening Tool or MUST.

What do you do once you've completed the screen?

If a resident is identified as being at moderate or high risk of malnutrition it is important to identify and treat any potential causes. Consider underlying symptoms and contributing factors such as nausea, infections,