Improving nutritional standards in care homes

What we are doing differently

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What do we do at Queens Court?

We have raised the profile of nutrition in our care home...

🍎 We have introduced home Nutrition Champions.

🍎 We have quarterly regional nutrition meetings attended by home Nutrition Champions and Head Chefs.
At Queens Court

- We discuss nutrition of at risk residents at daily stand up meetings.
- We have monthly nutrition meetings - discussing nutritional profile of our residents.
- We ensure that the Resident of the Day is visited by the chef.
- We are committed to ensuring that everyone has a 5* Dining Experience in a hospitable environment.
Guidelines to holding a Nutrition Meeting

- Invite representatives from each department (must have a senior member of staff).
- Meeting to be held on 1st – 4th of each month (Time – 2.15 -3.15pm)
- Agenda to be around monthly Nutrition Profile.
Key Characteristics of Nutrition Champion

1. Knowledge
   - A working knowledge of the nutrition, the key food groups and the calorie count for male and female.

2. Good Communicator
   - Keeping colleagues in the loop and work together for the benefit of the residents.

3. Ability to give training
   - Train colleagues in the basics of nutrition so that they are aware of the importance of good nutrition and hydration.
4. Meeting residents individual dietary requirements
   - Champions / Chef to visit Resident of the Day.
   - Liaise with Head Chef / Duty Chef to ensure that changes are communicated with staff.

5. Lead by example
   - The nutrition champion will always work hard, be professional at all times and be determined to ensure that residents receive the nutrition and hydration they require.
   - The Nutrition Champion will be positive, knowledgeable and helpful and will ensure that the desired outcomes are achieved.
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6. Documenting evidence

- The Nutrition Champion will ensure that there is documented evidence in the care plan or progress notes.

7. Coordinator / Leader

- The Nutrition Champion will work with the care, nursing, hospitality and activities team to ensure that all the teams are working with the same objective.
- The Nutrition Champion will lead the teams and facilitate nutrition meetings.
To conclude

Standard - Nutrition is a very important part of care. The catering department should be valued.

Impact - Residents, relatives and staff usually express their satisfaction and appreciation or complaints around quality of food.