

# 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.

# Cont'd...

## 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.

# Cont'd...

## 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.



