Upskilling Health Care Support Workers in the community setting.

Refresh, review and enhance for hydration and nutrition.

CNO Clinical Nurse Fellow
Melanie Ingham 2021

NHS England and NHS Improvement
Eat your water

- Melon: 90.2%
- Orange: 90.5%
- Strawberry: 91%
- Celery: 96%
- Tomato: 91.4%
- Cucumber: 96.7%
- Watermelon: 91.5%
- Yogurt: 85-88%

NHS
**Hypernatremia**
Dehydration

- High electrolyte concentration in extracellular fluid pulls water out of cells.

**Fluid Balance**

**Hyponatremia**
Overhydration

- Low electrolyte concentration in extracellular fluid causes water to move into cells.

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Foods That Boost Your Immune System

Anna Steve
#HealthAndWellness
Refresh, review and enhance hydration and nutrition project.

- **MAPPING OUT**: identifying what is already in place from Skills for Health, Skills for Care, HEE etc

- **IDENTIFY EXEMPLER SITES**: identify and showcase best practice where resources have been used effectively, highlighting the available evidence, impact and outcomes for patients, residents and carers (HYDRATE, MUST etc)

- **REVIEW**: the hydration and nutrition component of the care certificate (HCSW program, HEE, Florence Nightingale).

- **ESTABLISHING THE PROJECT GROUP** – provisional dates in June. Identified group from Home Care, Care Providers, HCSW CW shared decision making group, Professor Julie Murphey, Rep from Age Concern, Malnutrition Task Force, awaiting other identified H and M leads.

- **CLARIFY THE AIMS OF THE PROJECT & GROUP**: to enhance, refresh and review good practice and tools, capturing the evidence from the exemplar sites to support the development of national standards that can be adopted across the community setting.

- **SUPPORT NUTRITION AND HYDRATION WEEK - 14th-20th June** and celebrate the Global T party on the 16th June with pictures to #NHW2021 www.nutritionandhydration.co.uk
Nutrition and Hydration Week 14\textsuperscript{th}-20\textsuperscript{th}

- June 14\textsuperscript{th} -20\textsuperscript{th} Nutrition and Hydration week
- Celebrate the Global T party on the 16\textsuperscript{th} June with pictures to #NHW2021

- [www.nutritionandhydration.co.uk](http://www.nutritionandhydration.co.uk)