

# Upskilling Health Care Support Workers in the community setting.

**Refresh, review and enhance** for hydration and nutrition.

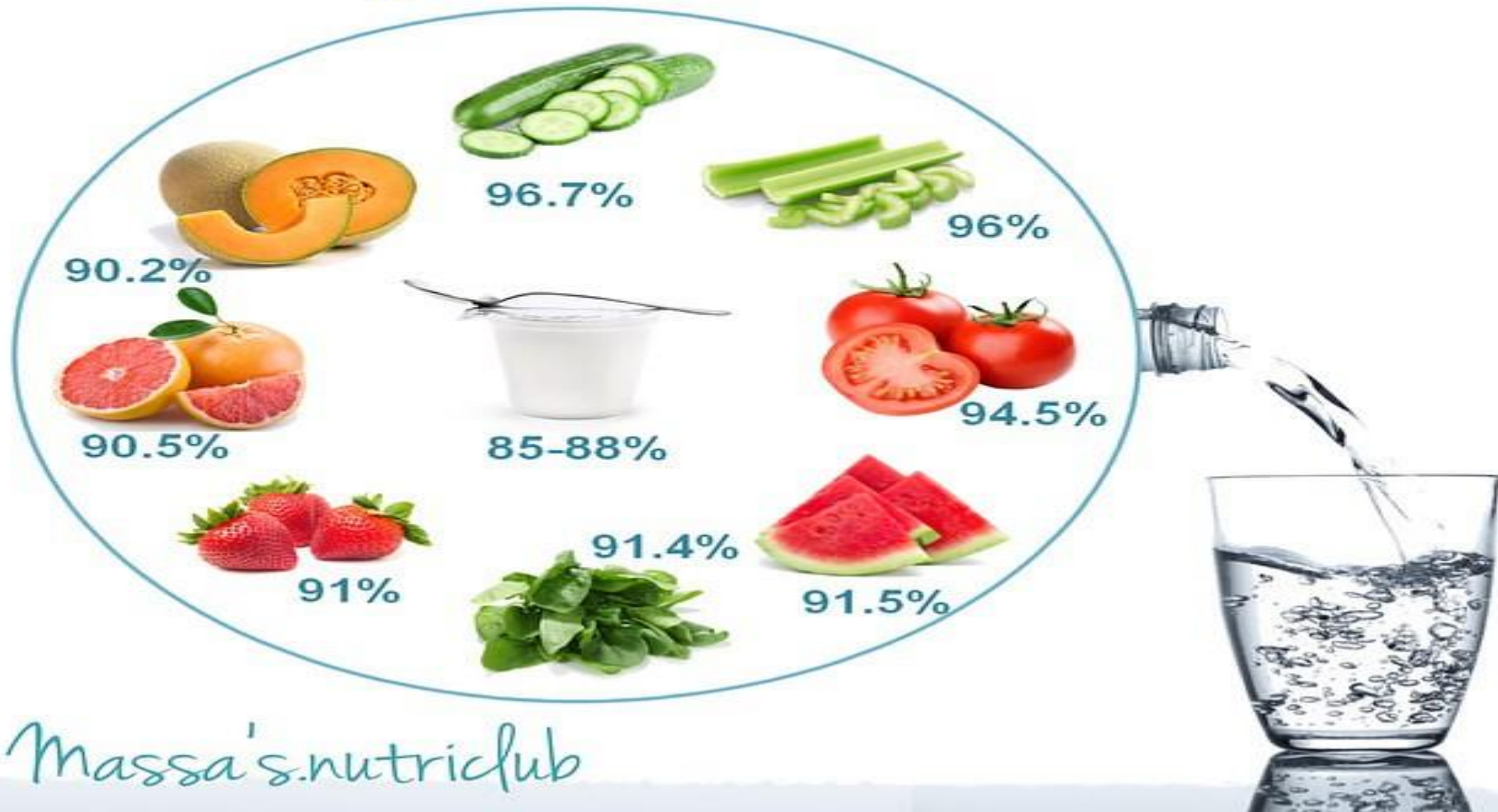
**CNO Clinical Nurse Fellow  
Melanie Ingham 2021**

NHS England and NHS Improvement



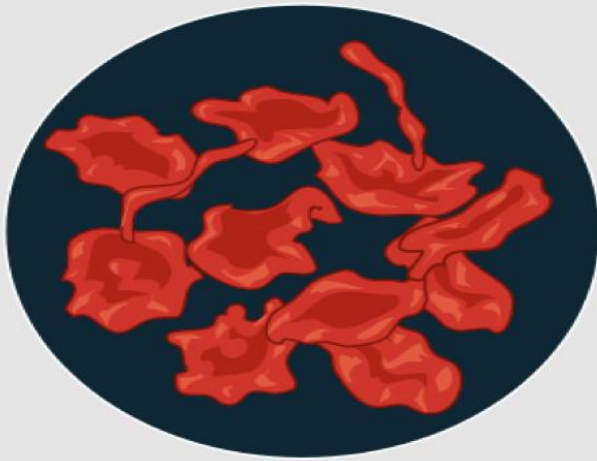


# Eat your water

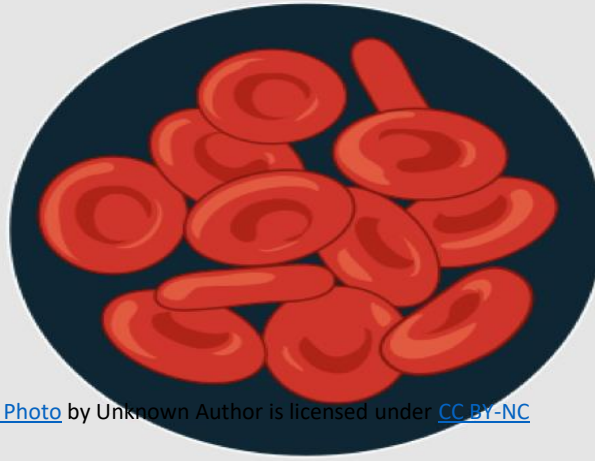


Massa's.nutriclub

### Hypernatremia Dehydration

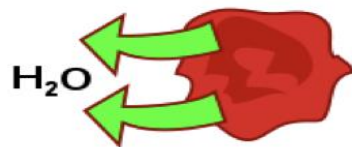
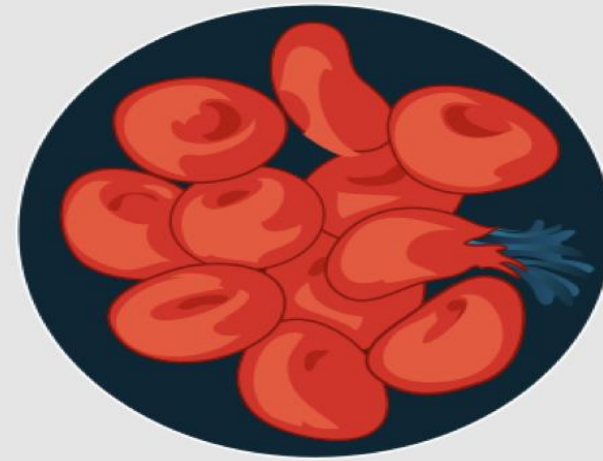


### Fluid Balance

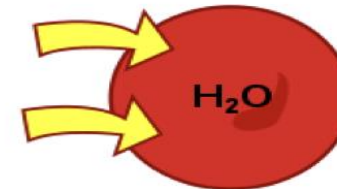


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### Hyponatremia Overhydration



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



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





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# Foods That Boost Your Immune System

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**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 EXEMPLAR SITES:** identify and show case 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 - 14<sup>th</sup>-20<sup>th</sup> June** and celebrate the Global T party on the 16<sup>th</sup> June with pictures to #NHW2021 [www.nutritionandhydration.co.uk](http://www.nutritionandhydration.co.uk)

## Nutrition and Hydration Week 14<sup>th</sup>-20<sup>th</sup>

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