



Media Release

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DIETITIAN'S RESEARCH TO IMPROVE NUTRITION CARE IN BARNSELY CARE HOMES

Barnsley-based dietitian Laura Brown was awarded the prestigious Research Award at The British Dietetic Association Awards Ceremony on 21st June at The British Dietetic Association's Annual Conference in London. This award will enable Laura to investigate the involvement of care home staff in the nutritional care of residents.

Laura is a community dietitian working in Health Promotion with Barnsley Hospitals NHS Foundation Trust. She is passionately interested in supporting staff in care homes in providing nutritional care to residents and consequently driving up nutritional standards in care homes as well as improving standard elsewhere in the community through the Food Award Barnsley Scheme.

Current government policy, for example the National Minimum Standards for Care Homes, requires that homes ensure adequate nutritional care of clients. Anecdotal evidence suggests that understanding what this means in practice can be variable. There is no shortage of research focusing on high levels of malnutrition and perceived causes / effects among older people who are resident in care homes. However, what is not clear is how changes to improve the situation are to be achieved in practice.

The main research aims are:

- To understand how nutritional care is being implemented in one care home and describe how care home staff are involved in this process.
- To explore the perceptions of care home staff regarding barriers to the nutritional care of residents.
- To identify issues to inform the development of an effective intervention, supporting care homes to provide effective nutritional care for residents

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Says Laura: "My research idea has developed following work on the Food Award Barnsley (FAB), an award developed by the Community Dietitians and Environmental Health, with the aim of driving up nutritional standards in care homes. An understanding of care home staff's involvement in the nutritional care of their clients can be used to inform our interventions as registered dietitians to gain maximum benefit for patients and clients."

She continued: "I am delighted about winning this award as it will really allow me to spend time to focus on the research and gain more experience on a personal level to develop a richer understanding of the process of nutritional care in care homes. In time, I would anticipate that the research I am conducting will provide a much-needed evidence base to reflect the key areas of nutritional care support required by staff working in care homes."

- Ends -

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 21 June 2006 at The International Hotel, Docklands, London.
2. Further information on the conference and the awards ceremony is available from:

Dr Frankie Phillips National PR Officer, The British Dietetic Association. Tel: 01626 362473, Mobile: 07908 712277, Email: pr@bda.uk.com

3. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with over 5,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.

Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence.

Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct.

For further details about The British Dietetic Association, please visit our website: www.bda.uk.com

**June is Weight Wise: The Next Generation month
Get into Healthy Habits**

www.bdaweightwise.com

www.teenweightwise.com