



OLDER PEOPLE SPECIALIST GROUP

March 2021



IN THIS EDITION:

Highlights from our
chairperson - 1

Diversity in dietetics
series part 3 - 2

Webinar
Policy updates
Member requests - 3

Managing with meals -
4

THE HIGHLIGHTS



Hello and welcome to the March Newsletter. Spring is finally upon us and with the easing of lockdown the future is looking brighter in so many ways. Over the last month we have seen the publication of two important documents. The first is NICE Guideline 189 Safeguarding Adults in Care Homes of which I am pleased to see highlighted many of the key indicators of abuse and neglect that are related to nutrition and nutritional care. This guideline alongside CQC Regulation 14 Meeting Nutritional and Hydration Needs, reinforces how crucial nutritional care is to general health and wellbeing. The second is the Royal College of Physicians updated guidance document 'Supporting People who have Eating and Drinking Difficulties' that included contribution from our committee member Alison Smith. Thank you to Alison and all contributors for an excellent document.

Lastly, your committee needs you! Please Save the Date on the 26th April 2021 for an online workshop where we want to hear from you. More details can be found in this newsletter. As always your committee thanks you for all that you do. Enjoy the newsletter including the continuation of our fantastic diversity series.

Stay safe

Victoria

DIVERSITY IN DIETETICS FOCUS ON POLISH DIETS

695,000 Polish people were living in the UK in 2019. The diet is rich in meat, especially pork, chicken and beef, in addition to a wide range of vegetables, spices, and herbs. Dietitian Magdalena Kot has shared with us her knowledge of a traditional Polish diet.

Traditional Polish diets are hearty, meat-based, one pot dishes served with potatoes and pickled vegetables or salads. Fried or stewed meats in gravy, mainly beef or pork varieties, served with potatoes or savoury dumplings also commonly served meals.

The dumpling family in Polish cuisine is very diverse. Called pierogi, they are made from unleavened dough around a savoury or sweet filling and cooking in boiling water, often then pan-fried before serving. Savoury varieties can be filled with pork scratching, cheese, or onion in butter. Sweet pierogi are often topped with sweet butter or cream sauces.

Gnocchi or “KOPYTKA”, made with potatoes and flour, are served with meats and pickles. The sweet variety “LENIWE” is made with quark, a soft white cheese, instead of potatoes, and served with sugared breadcrumbs fried in butter as a topping.



Several migration waves influenced Polish diets in the UK especially as there was very little Polish food stuff available until after 2004. Polish seniors, that settled in UK post WWII, adapted their way of eating to the British diets drawing from the similarities between the two cultures.

Polish RDs UK, founded by Malgorzata Szycha, is an independent group of Polish HCPC registered dietitians, living in the UK. You can find more information @PolishRDsUK



Meat, beans and cabbage continue to be a staple ingredients of Polish diets. Most Polish individuals are Roman Catholics, meaning they will be honouring fast days on Fridays and during major holidays, such as Good Friday and Christmas Eve.

Traditionally fish is eaten on fast days, smaller portions are encouraged. Those 65+ are exempt from fasting however most of them will decide to honour it as dietary restrictions are strongly linked with religious holidays.



Some very special traditions include “Fat Thursday”, the last Thursday before Ash Wednesday, where doughnuts are eaten in every household. “Pancake Tuesday” in Poland is celebrated as “OSTATKI” and can be translated as “the last of”. This day is traditionally spent with family, eating treats and favourite foods in preparation for the period of dietary restrictions during Lent.

Polish desserts consist of cakes with apple or pears, cheesecakes, poppy seed cakes and sandwich tall cakes called “TORT” made for special occasions and anniversaries. Many seniors will have their favourite “comfort foods” from their childhood and are very happy to share their own experiences with food.

@MagdalenaKotRD

OLDER ADULTS: EATING FOR HEALTH MDT ONLINE WORKSHOP



[Register](#)

The Older People Specialist Group (OPSG) is looking for volunteers who are passionate and interested in shaping new guidance for older adults. Health and Social care services are redesigning with a focus on prevention and supporting older adults to age well. OPSG want to make sure that the importance of eating well is recognised and part of any public health messaging.

This MDT workshop is an opportunity for you to have your say. By taking part you will be involved in deciding a title for a 2 page public facing advice resource as well as a breakout discussion to agree the content for 1 of 6 key concepts: Eating a Nutrient Dense Diet, Healthy Body Weight, Vitamin D, Regular Physical Activity (together with a nutrient dense diet), Hydration and Enjoyment of Eating. Each concept will be led by a field expert.

Register using the link above to join us on April 26th 7-8pm.

POLICY UPDATES

Enhanced Health in Care Homes: A new guide for care homes:

The Care Provider Alliance has been working with NHS England and NHS Improvement, with support and advice from the BDA's Older People Specialist Group (OPSG), to produce a new guide to the Enhanced Health in Care Homes (EHCH) framework. The guide is intended for Registered Managers of care homes and staff in England but is relevant to all health care professionals. EHCH aims to ensure that people living in care homes receive the same level of healthcare and support. People living in care homes should expect comprehensive personalised care plans, reduced risk of unplanned hospital admissions and quality palliative and end of life care planning.

MEMBER REQUEST

Diabetes training in care homes

I HAVE RECENTLY SECURED FUNDING TO SUPPORT PATIENTS WITH DIABETES IN CARE HOMES. I AM KEEN TO FIND OUT IF ANYONE HAS DELIVERED ANY SIMILAR PROJECTS AND IF THEY WOULD MIND SHARING THEIR EXPERIENCE/RESOURCES THEY HAVE DEVELOPED?

Contact: joseph.mcgoldrick@nhs.net

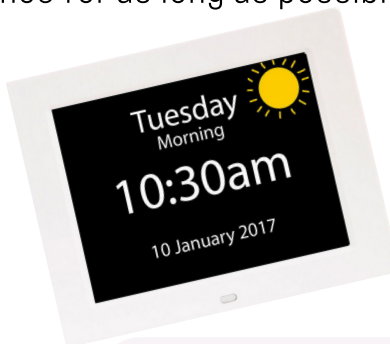
MANAGING WITH MEALS

Common symptoms of Dementia such as memory loss and difficulties with executive functioning i.e., planning, organising and sequencing of tasks, can make maintaining a balanced diet very difficult – more so if the person is living alone. Here are some of the more common difficulties observed when working with people with an earlier stage Dementia and strategies that can sometimes help in terms of retaining independence for as long as possible.

Being prepared

Planning ahead is key to supporting independence.

- Plan meals ahead and use an orientation clock, stating the day and date
- Use a simple meal planner and shopping list.
- Simplify checklists for recipes - list the time meals will take to prepare and cook, ingredients needed and then clear, straightforward instructions on wipe clean recipe cards with tick boxes and pictures.
- Ready meals and vegetables.
- Reduce clutter and improve organisation within the kitchen.
- If kitchen orientation is an issue, label cupboards or provide picture prompts



Assistive technology

Consider the use of assistive technology to improve functioning and meal preparation e.g. timer on a rope to wear around neck or a water boil alert disc. A simple to use tablet such as “Myhomehelper” may be useful for some people can provide reminders or video calling, which connects automatically and be useful for families who live away.

Physical and sensory difficulties

Certain types of Dementia such as Posterior Cortical Atrophy (PCA) causes difficulty with vision and perception which can make meal prep very challenging. Parkinson’s related Dementia can result in difficulties with co-ordination and managing cutlery:

- Use brightly coloured labels
- Aids such as bright coloured foam handled cutlery, easy grip handles, knife and fork combination utensils
- Take a photo of appliances, enlarge it and provide straight forward instructions
- Use colourful dots/labels on appliances.



Food hygiene

Use visual reminders on a calendar to check dates on food in the fridge.

- Have specific places for types of food with labels and pictures.
- De-clutter work surfaces and cupboards to make cleaning easier.
- Visual prompts for washing hands prior to meal prep.
- Use marker pen / labels to emphasise cooking time.

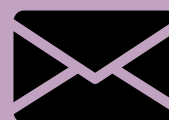


Helen Power,
Senior Occupational Therapist
Herefordshire and Worcestershire Health
and Care NHS Trust

If you have resources to share or suggestions for future events please get in touch. Contact us via our email address or following us on social media @bda_olderpeople.

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