



# OLDER PEOPLE SPECIALIST GROUP

October 2021



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## THE HIGHLIGHTS



Hello and welcome to October's edition of the OPSG newsletter. I would like to start by introducing you to Bitia Curtis our new committee member who we welcomed in September and who will take up the Secretary role. Bitia has a specialist interest in the care of older adults and works as a community dietitian in the South West of England. We are excited to have Bitia and look forward to her joining the team. This good news does however follow with us saying a fond farewell to Kerry Burrows our outgoing Secretary. We thank Kerry for all that she has done for our committee and specialist group and we wish her every future success.

You may have noticed that our newsletter had recently taken a different format. We were experimenting with the BDA website functions available to us. Many of you have told us that you prefer our previous design. And so in a you said we did fashion - I am pleased to inform you that fabulous newsletter created by our fantastic communications lead Simone is back. Your committee continues to work hard behind the scene to make sure our specialism is visible and represented. We hope that you can sit back, grab a drink and take some time out to read about our latest developments and news. The recovery of health and social care services is well underway and many of us are feeling just how tough it is. Please all remember to take care of yourselves and remember that your wellbeing is important too.

Best wishes from your committee

*Vittoria*

# GROUP OF THE YEAR 2021



The OPSG is delighted to announce that we have been shortlisted for specialist group of the year 2021. The winners will be announced on November 4th at 7.30pm during an online awards ceremony!

## 3RD DRAFT REVISED MALNUTRITION PATHWAY- OUTCOME OF REQUEST FOR BDA ENDORSEMENT

Back in August the BDA choose not to endorse the revised malnutrition pathway. The BDA has since changed their initial response and has decided to provide endorsement. Please see full response from the BDA below:

The BDA Board of Directors (BoD) considered whether to endorse the revised 3rd Edition of the Malnutrition Pathway at its meeting on the 21st September 2021. Directors had access to the following documentation:

- Previous rationale for BDA decision not to endorse the pathway;
- Authors' response to previous BDA Board of Directors decision not to endorse the pathway;
- The revised Pathway, with revisions made by the authors in response to comments/suggestions from the BDA Specialist Group representatives;
- BDA Specialist Groups' collective response to the revised pathway.

In addition to the above documentation the BoD received a summary drawing together main perspectives and responses to issues raised within each document, to facilitate an overall risk assessment of either endorsement or non-endorsement.

At BoD, the discussion opened by ensuring that all in

attendance were fully appraised of both authors' and Specialist Groups' feedback in detail, and that the responses received in advance from those not attending were shared within the meeting.

The considerations discussed by BoD regarding whether or not to endorse included:

- The clear differences of opinion, approach and perspective between the authors and the Specialist Groups' response
- The overall risks and benefits either way to the profession, the BDA and to patients;
- The basis for commercial sponsorship of this resource, and the potential for any conflicts relating to this sponsorship;
- The utility and intended scope and audience of the resource, and its potential impact within the broader context of prevention and treatment of malnutrition across all relevant specialisms within the field of dietetics;
- The concurrent ACBS consultation and how its outcome may impact on the resource;
- The primary function of the resource as supportive guidance that does not seek to replace or supersede clinical judgement /decision-making, in particular where local prescribing teams and locally specific guidance has been established and adopted.

### After careful consideration and discussion, The BoD collectively agreed:

1. To endorse the revised version of the 3rd edition of the pathway. In reaching this decision, it was agreed that, on balance, there was a greater overall benefit to ensuring BDA continue involvement with this resource, with non-endorsement posing a higher likelihood of harm to the intended audience and their patients, especially where locally specific, dietitian-led guidance and associated resources are unavailable at present.
2. To recognise the merit and value of the feedback received from members during this re-endorsement process, and to pursue the opportunities it has presented for dietitians to develop a more preventative, holistic, personalised approach to the prevention of malnutrition at a local population level that reaches every community across the U.K.; it is acknowledged that there is real opportunity for dietitians to lead in developing this vision, and to set out how prevention and treatment of malnutrition can be built into population-based approaches that reach out to those at highest risk. Further consideration of how this work could be taken forward is now required.
3. To undertake a systematic review of the processes currently in place within the BDA to ensure that mechanisms for appropriate representative member engagement and feedback are optimised, addressing issues raised during the current re-endorsement process to identify and implement future improvements.



# #UKMAW2021

We made ourselves seen during MAW 2021 by challenging some of the malnutrition myths and sharing some of our top tips. Check out our social media round up here, on Twitter, Instagram or Facebook.



#UKMAW2021



**“Did you know that it is more protective, for overall health, to be a higher weight if you are an older adult?”**

For people aged 65 and over, unless you are underweight, (which means that your body mass index is less than 20kg/m2) maintaining your body weight (even if you are a bit overweight) is usually healthier than gaining or losing weight.

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**“Moving your body and eating protein at each meal can help keep muscles strong!”**

In older adults, losing weight often means losing muscle. Moving your body in any way helps with mobility, strength, and balance. Combining this with eating protein rich foods at each meal (meat, eggs, fish, beans, pulses, dairy, nuts) can support your muscles to stay strong!

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**“Malnutrition does not just mean being a low body weight!”**

Unplanned weight loss can occur even in adults who are "overweight". It is important to notice if your clothes or jewellery are getting looser your loved ones are commenting that you have lost weight, or your appetite is smaller and to ask for some help and support!

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**“Let's drink 6-8 cups or glasses of fluid a day .... but what size is my cup or glass?”**

Let's get a bit more specific - it's recommended that women drink at least 1600ml a day and men 2000ml. If an average mug holds around 200ml of fluid and a tea cup around 150ml, we need a lot more than 6-8 cups a day to stay hydrated!

**TOP TIP: Know your cup sizes!**

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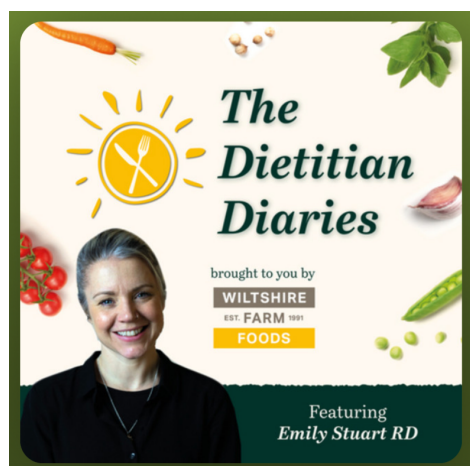
**“Food fortification means more than just extra energy”**

When tackling malnutrition, it is important to think about increasing your nutrient intake not just adding extra calories through fat (butter, cream, oil) and sugar. Focus on using nutrient dense foods like skimmed milk powder, cheese, ground almonds, nut butters and pea protein powder. Eat little and often and ensure meals are fortified to make them super charged to support the body without increasing the amount you need to eat!

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## CPD



Our very own Comms Lead Simone took part in the first episode of The Dietitian Diaries discussing malnutrition in the community. Check out the link [here](#).



## OPSG AND AGILE SERIES WEBINAR 1 - "SARCOPENIA, FRAILITY AND MALNUTRITION"

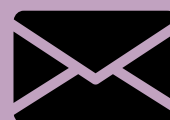
The first in a series of webinars with Agile is available on our webpages. Stacey speaks about her PhD and Sarcopenia alongside colleagues from Agile and geriatrics.

[Link](#)

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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