



# OLDER PEOPLE SPECIALIST GROUP

**Spring 2024**



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Hello and welcome to our first newsletter of 2024,

As always we bring to you a jam-packed newsletter. We've had a fantastic quarter that started with our Eating, Drinking and Ageing Well resource hitting national news and our BDA Research Symposium Workstream showing such incredible dietetic talent. We are very proud of our colleague's success. We've also been planning our events for this upcoming year and we are very excited for what's to come. Read on for all the latest updates and news.

Your OPSG team!



# Eating, Drinking and Ageing Well



Our resource has been making a splash in mainstream news - points have been covered in New Scientist, The Telegraph, and the Daily Mail.

Have you spotted it anywhere else?

Let us know!

**Please continue to help raise awareness of the new resource by sharing with your networks.**

Available on the BDA site as a downloadable printable version.



Produced in collaboration between OPSG and the Falls Sub Group, we are excited to announce that our new, complementary resource

## Muscle Health, Nutrition and Ageing



is now live!

*click here!*

# Published

## PEN Wound Care Pathway Questions

Elaine Lane reviewed the pathway questions

- Can nutrition intervention prevent the development of pressure injuries in at-risk individuals?
- Does nutrition supplementation improve the healing of pressure injuries?



Log in  
through your  
BDA account

## RCSLT position statement on thickeners

The Royal College Speech & Language Therapists has developed a new position paper and resources to support practitioners when considering the use of thickened fluids in the treatment and management of service users with dysphagia.

click  
here!

## Spot the authors



Journal of Frailty, Sarcopenia and Falls


JFSF

### Original Article

### Nutritional Screening, Initial Management and Referral for Older People with Sarcopenia or Frailty - Results from a UK-Wide Survey

Caroline Bowler<sup>1</sup>, Elizabeth Moriarty<sup>1</sup>, Melody Chawner<sup>2</sup>, Andrew Clegg<sup>3</sup>, Sarah De Biase<sup>4</sup>, Natalie Offord<sup>5</sup>, Vittoria Romano<sup>6</sup>, Avan A. Sayer<sup>7,8</sup>, Alison Smith<sup>6,9</sup>, Oliver Todd<sup>3</sup>, Miles D. Witham<sup>7,8</sup>

Practice patterns and guidelines

Improving the assessment of older adult's nutrition in primary care: recommendations for a proactive, patient-centred and aetiology approach 

 Rebecca Fisher<sup>1</sup>,  Kathy Martyn<sup>2, 3</sup>, Vittoria Romano<sup>4</sup>, Alison Smith<sup>5</sup>, Rosemary Stennett<sup>6</sup>, Sally Ayyad<sup>3</sup> and Sumantra Ray<sup>3, 7, 8</sup>



# How does social care support older adults' food and drink-related needs/outcomes?

A new report exploring the evidence, outcomes and care needs of older people receiving food and drink-related care in their own homes has been published.

The research team found that the role of homecare in supporting older people's food and drink needs is undervalued and overlooked. Most research focused on clinical outcomes and less on whether older people also enjoy what they eat and drink and whether they can socialise or stay active around food and drink.

Social care survey data shows that the percentage of people receiving care who reported unmet food and drink needs has almost doubled from 4.3% in 2011 to 8.1% in 2022.

The report describes a need to better understand the role and value of homecare for food and drink in ways that move beyond nutrition/hydration status alone. Future work should consider the impact of homecare on people's lives – including the personal, social and cultural aspects of eating and drinking.

There are opportunities to demonstrate how greater collaboration between dietitians and homecare providers can support high-quality food and drink care in people's own homes.

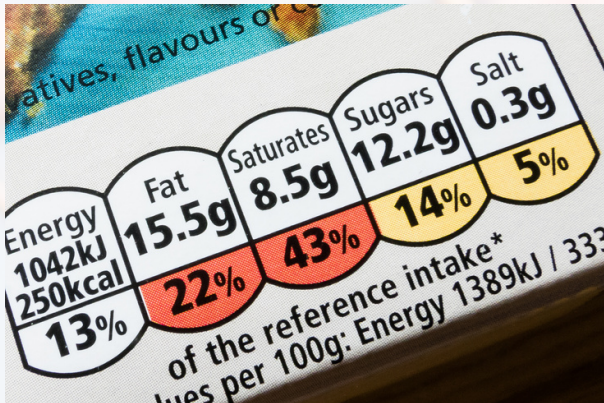


Read the report in full on the website

*click here!*



# How does front of pack labelling impact nutritionally vulnerable older adults?



Inspired by anecdotal evidence that the UK front of pack food labeling, especially the 'traffic lights', may impact negatively on nutritionally vulnerable older people, Dr Jane McClinchy (Professional Lead for Dietetics at the University of Hertfordshire Nutrition and Dietetics department) and colleagues undertook a feasibility study using co-creation with older people to explore food information practices.

They found that the food information sources of older people are varied and wide reaching. However, food packaging and embodied knowledge about nutrition are key. As older people need to focus more on the nutritional density of what they eat, the 'one size fits all' UK Front of pack food labeling could be harmful.

This poem written by one of the research participants encapsulates the findings (opens via YouTube).





# Events Coming Up

## 11th to 17th of March is Nutrition and Hydration Week 2024

Join in on social media or plan activities as part of your practice.  
And join us for the annual:



### OPSG AGM & Webinar

**Tuesday 12th March at 6.30pm**

#### **Healthy Eating for Older Adults – A review of the evidence base.**

We are pleased to announce our upcoming webinar with special guest speaker, Professor Mary Hickson from the University of Plymouth. Join us to hear Professor Mary Hickson speak about the review of the evidence base of the key concepts of healthy eating for older adults in the UK. This review formed the evidence base of our new Eating, Drinking and Ageing Well resource and was led by Professor Mary Hickson and commissioned by the Older People's Specialist Group.

This webinar is free for members to attend and will be followed by our AGM.

### Joint Study Day

**Wednesday 26th June**

At Crowne Plaza Hotel, Birmingham for a joint study day with the Food Services Specialist Group and NACC for the launch of the care home digest.

*Book!  
Now!*

*Save the Date*



# Nutrition in Older Adults Research Stream at the *BDA Symposium*

*Congrats!*

Thank you to all our applicants for the “Nutrition in Older Adults” stream 2023 and congratulations to our winners - we look forward to sharing some snippets about their work with you over socials soon.

## **Wednesday 4th of December in Birmingham**

The ‘Nutrition in Older Adults’ stream will be returning for 2024, providing a forum for sharing practice, fostering collaboration, and promoting the role of nutrition in the field of older adult care.

We would very much encourage you to consider submitting your work and sharing your practice within this exciting stream. For more information on submitting visit the [BDA Website](#).

*★ WORK IN PROGRESS ★*

Your OPSG Committee took the opportunity to have our first, in-person, committee meeting since pre-pandemic to coincide with the 2023 BDA Research Symposium!

This was the first time that some of the committee have met each other offline and we took the opportunity to finalise lots of exciting plans to support you, our members, and our field.



# Request for Sharing: Falls Best Practice

*from Debbie McGugan (active member of  
BDA OPSG working sub group)*

"Following the delivery of nutrition & hydration awareness training with our NHSCT falls team, our community rehab dietetic team have embedded nutrition & hydration triggers within our Trusts falls screening documentation. We are at the pilot stage and would be keen to hear from any members who are involved with similar falls prevention work. We are happy to share our progress.

Your  
**VOICE**  
MATTERS

To make contact, please email Debbie  
Community Rehab Dietitian at  
[IRD.dietetics@northerntrust.hscni.net](mailto:IRD.dietetics@northerntrust.hscni.net)"

NEW!

Noticed something new?  
Selena has been working away to give our web pages an overhaul, starting with the Resources Pages - check them out and let us know what you think.

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

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