A note from our chair Alison.

A warm welcome to our third newsletter for all OPSG members, old and new!

Since the last newsletter the committee has been busy working on our Social Media presence and our Discussion Forum, and starting to plan our next study day based on what you told us you wanted. As always, we will let you know about all the latest news and discuss how you can get involved.

Discussion Forum - Now Live

Our discussion forum is now live, providing a great place to post all your queries, questions and comments as well as allowing our BDA members to share knowledge through your answers and responses.

The advantages of using the forum in this way are twofold:

- No delay in getting your query out to the membership
- Everyone can see all of the responses, making sharing good practice much quicker and easier

The plan is that for the next 2 months, any queries sent to the OPSG email address will be sent out to members as usual (with a reminder to subscribe to the forum) and the query will also be posted on the forum. Please note, from 1/12/17 the forum should be used to post all queries instead of them being sent out by email.

We’d therefore like to encourage all of you to subscribe and start posting so that you can benefit from this inclusive way of sharing good practice. Please visit the OPSG page for more information about how to use the forum.

During nutrition and hydration week in March we were lucky to form a partnership with the charity “friends of the elderly” (25K followers on twitter!). We produced resources highlighting the importance of nutrition in older age:

“Guide to good nutrition and hydration in older age”

“Five tips to boost good nutrition and hydration in older age”

http://www.fote.org.uk/resources/2017/03/10/good-nutrition-hydration-older-age/

Older People’s Day

Celebrated on 1st October across the UK, Older People’s Day aims to raise awareness about nutritional issues affecting older people, the OPSG plan on tweeting key messages every day throughout October. We are busy working on content for a #foodfirst #targetmalnutrition #staystrong campaign.

Get involved...

Please get involved and tweet us your photos – the brief is small portion, high protein, high energy nutrient dense meals or snacks. Please send us any tweets and pictures you would like us to include during this month by emailing us here olderpeople@bda.uk.com

The nutrition and hydration digest has been established as hospital food standards and the dietitians ‘go to’ document for all catering and dietetic matters since 2013 when it was first published. The second edition is going to be launched on 1st November 2017 in London, tickets are £10 if you able to attend
https://www.bda.uk.com/calendar/event/view?id=607

Michelle and Elaine have been involved in this review, and as a result, we have a small section on nutrition and dementia for the first time. Check it out on 1st of November and find out if it impacts on your hospitals catering.

Elaine presented on 26th July at Leeds Older People Matter Food Group with a focus on protein.

Get involved...

We have been asked by NHD magazine for a regular article every 2 months on anything related to nutrition and older people. If you would like to be added to our list of contacts who would be interested in writing an article/ sharing good practice please email kirsty.robinson@bartshealth.nhs.uk There is a small honorarium for your efforts. Equally if you have written an article for another publication and would like us to promote it via social media and the next newsletter please get in touch with Kirsty or olderpeople@bda.uk.com

With increasing use of social media both the HCPC and the BDA have brought out guidance on how to use it safely;
http://www.hcpc-uk.org/registrants/socialmediaguidance/
http://www.bdacpd.co.uk/course/index.php?categoryid=37
In other news...

Committee member Michelle recently won an award for Community Nutrition Professional of the year, to read more about her award and the other winners, follow this link https://www.nutrition2me.com/images/awards/2017CNAwardWINNERS.pdf

Kirsty is starting a part time NIHR funded MRes in clinical research at St. Georges university, London. As the PR rep and a “beginner” researcher Kirsty is keen to hear from any dietitians involved in nutrition and older peoples research with a view to sharing any studies, papers or experiences with our members via social media or our newsletter.

And finally, our Chair Alison has recently won BDA Ambassador of the Year 2017 for her work representing BDA and OPSG members at the following:

- the All Party Parliamentary Group on patient safety inquiry into malnutrition in end of life care
- liaised with Public Health England on care home nutrition guidance
- worked with Health Education England on dementia, end of life, nutrition and hydration guidance
- worked with PENG to update Royal College of Physicians - Oral feeding difficulties and dilemmas

Alison is currently representing OPSG in the following areas:

- National Hydration Network
- National Osteoporosis Society working group on Nutritional standards in care homes
- National Reference Group considering adoption of IDDSI in the UK
- Liaison with CQC regarding nutrition guidance for inspectors
- National Association of Care Catering Menu Planning resource update

Thank you to everybody who completed our survey. Results revealed the next study day will:

- Focus on Malnutrition, Frailty & Sarcopenia; three very important issues affecting older people.
- Be held in London around March 2018.

We are busy putting the final details together and will let you know as soon as tickets are available for purchase. Watch this space, details to follow very soon...

We need you...

OPSG Meeting’s Organiser – Our OPSG committee is currently seeking a Meeting’s Organiser to help complete our team. If this sounds like you or you would like more information about the role, please contact us via olderpeople@bda.uk.com

Student Members – Once you become a BDA member, you can join our specialist group at a subsidised rate. If you fancy joining the OPSG, please contact us for more information olderpeople@bda.uk.com

Homemade Fortified Milkshake

Ingredients
- 180ml full fat milk
- 30g skimmed milk powder
- 20g (4 heaped teaspoons) vitamin fortified milkshake powder (Nesquik or Tesco Milkshake Mix) OR 25g (5 heaped teaspoons) ‘Ovaltine Original Add Milk’ powder

Directions
- Mix milk powder and milkshake powder together in a glass.
- Gradually mix in milk and stir well.
- Serve 2 portions per day

Prizes to be won!

Are you following a food first approach in addressing malnutrition? Do you enjoy creating recipes and recording these on your phone? Perhaps you are studying nutrition or dietetics and keen to develop your skills?

If this sounds like you, then we have a competition for you: Create a short video to show how simple it is to make a delicious fortified, nutritionally complete milkshake. You can use the following recipe, or create your own.

Entries must be received by the 30th November 2017. The winner will receive free entry to our study day next year! Please get your creative hats on and send your videos to us at olderpeople@bda.uk.com

I am sure you will agree with the whole committee in congratulating Alison on this fantastic and very well deserved achievement.

Study day 2018

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Keeping in touch!

As always, we love to hear your news and ideas and to share this with the whole group.

Stacey has been busy getting us all up to date with our social media presence and usage to reach wider audiences. Written any articles lately? Attended any interesting events? Got any exciting plans for Nutrition & Hydration week? Fancy writing a 200 word ‘A day in the life...’ story? Won any awards? Found any resources or research papers particularly useful and relevant to practice with older people?

Keeping in touch and up to date...

We are here to support you and your patients.

You can contact us through: olderpeople@bda.uk.com
Don’t forget to check the BDA website too for up and coming events.

Follow @BDA_olderpeople and keep your eyes peeled for news about our specialist group and our Instagram account: www.instagram.com/bda_olderpeople
That’s all from us for now until our next newsletter.

Edited by Michelle Dewar, OPSG Committee Member
Designed by Mike Jones // mike@mikejonesdesign.co.uk